

How will I know what workout group and site my child will be assigned?

The entire coaching staff , will be collaborating to assign swimmers to each group. Group placements can be discussed with the coaching staff at any time.

Are group assignments a season long placement?

No. If a swimmer's placement needs to be adjusted, the coaches do not hesitate to switch a swimmer to a more appropriate training group.

How do the team's fees compare to other teams in the area?

The coaching staff has investigated the cost of comparable programs in the Midwest and set the fees based upon this research. We are very confident that we are the best valued program in the area and encourage you to research other area team's fees, competitive results, and rate of swimmer improvement . The team offers fund-raising, service options, and scholarships as a means to reducing fees (see coaches for details).

Is attendance mandatory at all practices?

No. However, in the upper ability groupings, the coaches encourage full participation at practice for the sake of athletic development for the swimmers. The coaches try to maintain a relaxed atmosphere and social opportunities while at the same time encouraging a competitive work ethic. There are attendance requirements for participation in the National Level meets.

What do I wear at swim practice and meets?

Do all swimmers compete in the same meets? Some competitions are geared for lower age swimmers, others for higher ages. Invitationals are available for all swimmers regardless of age who wish to sign up for them. End of season championships do not involve the entire team as there are usually qualifying standards or entry limitations that preclude full team participation.

Are all the coaches full-time?

The three lead coaches are full-time in the sport and are committed to a long-term role on the team. Even if only 100 swimmers sign up, all three are committed to building a solid, strong, fully enrolled team for the future. The remaining coaches are part-time.

To what extent are my fees refundable?

Training Fees & Refunds Group Fees above include training fees only. Note that there is a multiple swimmers discount, as outlined below. For new swimmers, within the first two weeks of practice your team fees will be returned to you if you drop out, but your ISI/USA registration will not. After that time, no team fees will be refunded. For returning members, you can get a team credit. No refunds beyond these stipulations. ISI Fees are not refundable.

****Below policy begins with 2018/19 Fall Winter registration/season.**

- Team fees are 25% non-refundable (Of total fees) until September 1. After Sept 1, all fees including fundraising fees are non-refundable.
- Exception: New Families in Blue, Bronze, Silver, Senior and Senior High School, team fees are 25% non-refundable through the first 5 offered practices. After that period, all fees are non-refundable.

Are there qualifying sets for Gold, Pre-National or National squads?

Not formally, however Gold swimmers should be able to do 100s on 2:00, Pre-National swimmers should be able to do 100s on 1:30 and National swimmers should be able to do 100s on 1:20.

What is a typical workout like?

A workout typically is structured to allow swimmers to learn-by-doing. After a warm-up, instruction is given in stroke drills, race strategy, etc. The swimmers are then given the chance to apply this teaching to their own swimming. Generally a "main set" takes up a large part of the second half of practice for our upper groups. Swimmers also will do kicking, starts, turns, etc on a rotating basis.

Is the Fund-Raising requirement per person on the team?

The fundraising fee is Per Family. The fundraising fee is an additional charge to the team fee. However, once the amount is reached, all additional fundraising monies raised from ads and swim-a-thon go to offset that family's team fees. Once the amount is reached, 50% of the monies raised from Scrips go to offset team fees.

Is there an official Head Coach?

Coach Chris and Coach Bob are equal partners in the ownership of the team and as such handle different aspects of the program, eg. Webmaster, fundraising coordinator, etc. A more accurate description would be that there are three associate head coaches.

Is there a code of conduct for the team?

Yes, and this will be posted on the website. In addition, as USA Swimming Coaches, there is a national code of conduct that is followed as well.