



# JAGUAR AQUATICS

2022-2023 Short Course Yards Registration Packet

*“Jaguar Aquatics is central Indiana's swim team, developing holistic athletes through the sport of competitive swimming.”*

*Our technique-driven coaching staff educates athletes about kinesthetic awareness, balance, posture, mental, and physical awareness as it applies to swimming as well as a healthy lifestyle. When athletes become members of Jaguar Aquatics, they learn the values of goal setting, sportsmanship, and teamwork.*

*Swimming through JAGS provides a safe and welcoming environment where athletes will learn physical, emotional, and intellectual skills that will last a lifetime.”*

**2-Week Free Trial:** New members have the opportunity to try out Jaguar Aquatics for two weeks for FREE! If after two weeks you decide to join our team, the enclosed forms will need to be completed. If you decide that Jaguar Aquatics is not the best fit for your family, simply communicate your decision to a member of the coaching staff and you'll be free to research other options.

**The IU Natatorium:** Jaguar Aquatics is very fortunate to utilize the IU Natatorium on the campus of IUPUI as a practice facility. Both the instructional pool and the main competition pool are used for practices. We are the only team in the state that gets the opportunity to practice daily in the same pool as many Olympians and National champions.

**Training Groups:** Jaguar Aquatics is divided into smaller training groups to better serve the athletes.

**Jaguar Explorers:** This group is the first step into our competitive team and is geared toward athletes exploring the sport. Athletes in this training group learn swimming terminology and build basic endurance through kicking and stroke drills. The technical skill focus is on learning proper body position, body awareness, and how to move through the water more efficiently. Developing a solid foundation in freestyle and backstroke, as well as flip turns, and racing starts is the primary focus of this group. Athletes are also introduced to breaststroke and butterfly.

Entry requirements: Athletes are expected to be comfortable in the water, know how to breathe while swimming freestyle, and be able to swim unassisted for 25 yards.

Practices: Monday, Tuesday, and Thursday from 5:00-6:00 pm.

**Jaguar Cubs:** Athletes in this training group continue to focus primarily on stroke technique, but also begin to work with short swim sets to build their training skills. They learn to read the pace clock and become more aware of their stroke counts and times in practice and how those correlates to racing. Jaguar Cubs athletes continue developing their skills in breaststroke and butterfly and begin more complex drills for freestyle and backstroke. Athletes are introduced to skills that will help them manage competitions; how to warm-up and cool-down properly, event strategies for various strokes and distances, and fueling their bodies with proper nutrition.

Entry requirements: Athletes are expected to show proficiency in freestyle and backstroke, have the ability to swim at least 50 yards at a time, and have a basic understanding of breaststroke and butterfly.

Practices: Monday, Tuesday, Wednesday, and Thursday from 6:15p-7:45p.

**Junior Jags:** Athletes in this training group are committed to developing their racing skills and continuing to refine their technical skills. These athletes compete in all four strokes, and work toward being able to compete in longer events like the 200 and 400 IM, and 400/500 freestyle. Junior Jags can make adjustments to their strokes quickly, they understand the focus of each stroke drill utilized, and they work to improve their aerobic base by completing longer and more challenging training sessions.

Entry requirements: Athletes are expected to be able to complete a legal 50 of all four strokes and complete a set of 5x100's freestyle on a @ 2:30 interval.

Practices: Monday, Tuesday, Wednesday, and Thursday from 6:00p-7:45p.

**Senior Jags:** Athletes in this training group continue our program-wide emphasis on achieving technical skills that produce effective and efficient swimming for the individual. Senior Jags are committed to improving their performance and overall athleticism. Practices concentrate on maximizing the athletes' aerobic case, developing anaerobic endurance, strength, speed, and all aspects of race preparation – including strategies and skills, nutrition, and mental training

Practices: Monday, Tuesday, Wednesday, and Thursday from 5:45p-7:45p.

**Away Swim Meets:** JAGS athletes have the opportunity to compete at swim meets at other facilities. We attend other meets about once every 4-6 weeks. Athletes are not required to compete at these swim meets; however, it is an excellent opportunity for them to get out of the comfort of the Natatorium and compete against other teams.

**Hosted Swim Meets:** Jaguar Aquatics typically hosts two swim meets over the course of calendar year. One of those meets take place during the Short Course season (September through March) and the other is held during the Long Course season (April through August). The primary purpose of these meets is to allow the athletes an opportunity to compete in a world class facility against local and regional competition. The secondary purpose is to raise funds for the team. By hosting meets, Jaguar Aquatics families do not have to do any outside fundraising. However, in order to successfully run these high caliber meets, it takes help from our parents!

NOTE: We will NOT be hosting our regular December invitational this short course season.

## Fee Schedule

1. The 2022-2023 (August 2022-March 2023) fees per athlete are:

<b>Group</b>	<b>Team Registration Fees</b>	<b>USA Swimming Registration Fee</b>	<b>First Month Fee Billed in September</b>	<b>Regular Monthly Fee Billed October-April</b>
Jaguar Explorers	\$30	\$20***	\$37	\$75 + meet entry fees
Jaguar Cubs	\$30	\$83	\$50	\$100
Junior Jags	\$30	\$83	\$55	\$110
Senior Jags	\$30	\$83	\$63	\$125

\*\*Discovery is an LTS payment, see Rachel for details.

Parking passes are available in the ProShop for an additional \$15/month. Please let the ProShop staff know that you are a member of Jaguar Aquatics. This optional add-on will be charged to your next monthly invoice.

2. The USA Swimming Registration/Insurance Fee is \$83 per athlete and is included in the first month fees.
  - a. \*\*\*NOTE: a reduced USA Swimming membership is offered for \$20 and is only available to athletes in the Jaguar Explorers group who do not wish to compete in more than 2 meets. Following the maximum 2 allowable meets, an upgrade fee of \$63 will be billed so athletes can continue competing.
3. Training fees are divided into **8 payments** beginning September 1, 2021, and continuing through April 1, 2022.
4. Invoices are processed during the first week of the month for the prior month.
5. Meet entry fees are included in the regular monthly fee for all training groups except Jaguar Explorers, where meet fees (if applicable to the athlete) are billed as a separate line item.
6. All incurred fees are due upon receipt of statement. If fees are not paid in a timely manner, your athlete's membership may be inactivated until payment is received. In addition, athletes will not be registered in swim meets, including championships if the account is past due.
  - a. Please communicate with us if your family is experiencing financial hardship so that together a plan can be worked out, and your athlete can continue training and competing with Jaguar Aquatics.
7. There is a \$25 fee for any payments returned for insufficient funds.
8. Athletes may not come "in and out" of the program during the season.
  - a. For example, a family may not pay for just October and November, then quit swimming for December and return in January.
  - b. This does not apply to Senior Jags athletes who compete for their high school from October to February.

**Registration Forms:** Please take the time to carefully read and complete each form. Only complete these forms if you are considering joining the team. After we receive your registration forms, you will be sent a verification e-mail from a website called TeamUnify, where you can set up your online account through. This online account is not used for billing. Thank you for considering Jaguar Aquatics! We hope that together we can help your athlete experience success through JAGS!

**Membership Termination:** If you wish to withdraw your athlete from our program, you must submit a resignation email sent by the resigning athlete's parent or guardian to Coach Rachel Metzger at [rachmetz@iu.edu](mailto:rachmetz@iu.edu).

Please copy Tammy Shields at [tshield1@iu.edu](mailto:tshield1@iu.edu). Families will be responsible for paying any fees that were billed before the resignation email was received.

**Swimmer and Parent Conduct:** Club members have an obligation to act as guests while in the Natatorium. Every member of the club needs to do everything possible to respect this privilege. Any damages to the property may result in financial liability of the athlete's parents or guardians. Any damage may also result in the athlete being asked to leave the team permanently. Parents, guardians, and/or siblings are not allowed on the pool deck during practice unless it is an emergency. The bleachers in the Instructional pool, and the concourse level seating galleries for the Competition pool are available for those wishing to watch practice.

***Before signing this agreement, please make certain that you completely understand each section as it applies to you and your family.***

***I may void this agreement within 30 days of signing by notifying the Coaching Staff in writing. After that date I agree to the conditions outlined above.***

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Signed

Printed Name

Date

## **Meet Schedule**

### **October**

Hamilton Southeastern

Fishers High School 7-9

Pike Fall Invitational

Pike High School 28-30

### **November**

Skypoint Transit Invitational

Elkhart Aquatic Center 11-13

### **December**

IU Natatorium Winter Invite

IU Natatorium 9-11

December Developmental

Pike High School 15

### **January**

FAST Mudsock Classic

Fishers High School 13-15

WTSC Groundhog Invitational

North Central High School 27-29

### **February**

ACST Aquasprints Invitational

Avon High School 10-12

Pike Last Chance Invitational

Pike High School 26

### **March**

Divisionals – qualifying times

TBA 3-5

Senior State – qualifying times

TBA 10-12

AGS – qualifying times

IU Natatorium 17-19

# *Photo, Video, and Audio* **CONSENT AND RELEASE FORM**

I ("Participant") authorize The Trustees of Indiana University ("IU"), acting through its agents, employees, or representatives, to take photographs, video recordings, and/or audio recordings of me, including my name, my image, my likeness, my performance, and/or my voice ("Recordings"). I also grant IU an unlimited right to reproduce, use, exhibit, display, perform, broadcast, create derivative works from, and distribute the Recordings in any manner or media now existing or hereafter developed, in perpetuity, throughout the world. I agree that the Recordings may be used by IU, including its assigns and transferees, for any purpose, including but not limited to, marketing, advertising, publicity, or other promotional purposes. I agree that IU will have final editorial authority over the use of the Recordings, and I waive any right to inspect or approve of any future use of the Recordings. I acknowledge that I am not expecting to receive compensation for participating in the Recordings or for any future use of the Recordings. I release and fully discharge IU, and its employees, agents, and representatives, from any claim, damages, or liability arising from or related to my participation in the Recordings or IU's future use of the Recordings.

**I have read this entire Consent and Release Form, I fully understand it, and I agree to be bound by it. I represent and certify that my true age is at least 18 years old, or, if I am under 18 years old on this date, my parent or legal guardian has also signed below.**

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Location of Recordings

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Date(s) of Recordings

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Participant's Signature

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/ /  
Date

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Participant's Printed Name

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Address

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City

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State

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Zip Code

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Phone Number

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Email Address

*If participant is under 18 years old, then his/her parent or guardian must sign below.*

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Parent/Guardian's Signature

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Parent/Guardian's Printed Name

2022-2023 Short Course Member Registration



**Primary Online Account Holder & Billing Information**

<b>First Name</b>	<b>Last Name</b>

<b>Address</b>	<b>City</b>	<b>Zip</b>

<b>Phone Number</b>	<b>Login E-mail</b>

**Athlete 1 Information**

<b>Legal First Name</b>		<b>Full Middle Name</b>	<b>Legal Last Name</b>	
<b>Birthdate</b>	<b>Current Age</b>	<b>Gender</b>	<b>Grade</b>	<b>Preferred Name</b>

**Athlete 2 Information**

<b>Legal First Name</b>		<b>Full Middle Name</b>	<b>Legal Last Name</b>	
<b>Birthdate</b>	<b>Current Age</b>	<b>Gender</b>	<b>Grade</b>	<b>Preferred Name</b>

**Athlete 3 Information**

<b>Legal First Name</b>		<b>Full Middle Name</b>	<b>Legal Last Name</b>	
<b>Birthdate</b>	<b>Current Age</b>	<b>Gender</b>	<b>Grade</b>	<b>Preferred Name</b>

For Office Use Only	Date Received _____	Account Notes
	Added to TU _____	_____ 2 athletes (youngest 10% off)
	Added to Billing _____	_____ 3 athletes (youngest 50% off)
	USA Registered _____	_____ 4 athletes (youngest free)