



P.O. Box 707
Crawfordsville, IN 47933
765-364-3247
www.scscswim.org

2020-2021 SHORT COURSE SEASON INFORMATION

HOW TO JOIN THE TEAM OR RE-REGISTER FOR THE UPCOMING SEASON

All registration must be done online through our website www.scscswim.org. Simply go to the website and click on **Start Registration** on the left side of the page. If you are a current or past member, you **MUST** log into your account before starting this process. *If you need assistance with your user id and password, please contact Coach Dowd.*

USA Swimming Requirements

Every (NEW) swimmer 18 years old and younger submit a COPY of their birth certificate (issued by the State/County health department, not the hospital), driver's license or passport upon registration. You must turn in a copy of this document before your registration will be complete. The copies will be forwarded to Indiana Swimming where each swimmer's date of birth will be confirmed and then the copies will be destroyed.

Swimmers 18 years old and older will need to complete the Athlete Protection Training as part of the Minor Athlete Abuse Prevention Policy within 30 days of joining the team.

Practices will begin on **Tuesday September 8th** for Gold and Silver Groups and **Monday September 14th** for the Bronze Group, but please remember our program is structured such that swimmers may join or return to our team at any time during the season.

WHO WE ARE

Sugar Creek Swim Club's competitive swimming program promotes a healthy lifestyle and provides the youth and families of Central Indiana with a positive outlet for children's enthusiasm and energy in a team environment. The sport of swimming offers youngsters an opportunity to enhance their physical, mental and emotional development and challenges them to strive for continuous personal improvement in and out of the water. We are a parent-governed and operated 501(c) 3 non-profit organization. On the following pages you will find introductory information about our team and the sport of competitive swimming. However, words on paper cannot adequately convey the dynamic nature of our program. We encourage you to come by and visit one of our practices and to contact us with your questions. We would love for you to become a part of the SCSC family.

SCSC IS:

- A professionally coached, athlete centered, competitive swim TEAM
- **Dedicated** to the long-term development, participation and progress of our members
- **Committed** to teaching & coaching efficient stroke technique as the foundation for future success
- **Focused** on improving athletes' aquatic skills, physical, mental and emotional capabilities
- **Supportive** – of each other and the team in our journey toward excellence
- **Fun** – we value the notion that our time together should be enjoyable as well as productive
- **Flexible** – in our practice and meet schedule so our young athletes can participate in other important athletic and social activities
- **Family-oriented** – parents are encouraged to support their children's efforts by participating actively in our organization.



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YOUR BENEFITS

- **Swimming Fast!** – Our swimmers improve their skills and performance, everyday in every way.
- **Meeting terrific people** – Many swimming buddies become lifelong friends.
- **Great exercise for cardiovascular and overall fitness** – Swimming is a low-impact physical activity that can be done for a lifetime!
- **Fun** – Competitive swimming is exciting and rewarding!
- **Life Skills** – Swimmers learn time management, goal setting, self-discipline, sportsmanship and other valuable tools for success.
- **Improved Academic Performance** – the discipline and other skills acquired coupled with aerobic exercise can improve brain function; varsity swimmers & teams historically have higher average GPA's than other athletes, sports teams and the non-athlete student population at all grade levels.
- **Parental Involvement** – All great swimmers have strong parental involvement and play a pivotal role in the development of the athlete. Parents have the opportunity to positively impact our program and their child's swimming experience.

OUR COACHING STAFF

We are very proud of our professional staff of coaches who have over 40 years combined coaching experience. These coaches are dedicated to working with each athlete to help them grow and develop as swimmers and people. They are also continually striving to enhance their swimming and coaching knowledge through clinics and other continuing education.

Kevin Hedrick – Head Coach

Sarah Dowd - Head Age Group Coach

Shane Sankey – Silver Group Assistant

Mitchell Homan – Bronze Group

Katherine Harris – Bronze Group

PRACTICE GROUPS

Swimmers are divided into practice groups based primarily on age and ability. A consistent practice schedule is essential for attaining the goals of SCSC as set forth in our team handbook. We expect that all swimmers attend as many of their group's practices as possible. ***As with any other skill-based activity, swimmers will get out of our program what they choose to put into it.***

BRONZE GROUP – 4-5 hours per week

The purpose of the Bronze group is to develop skills in all four of the competitive strokes. Practices will focus on skill development and building endurance in a fun atmosphere. The group is the first level of the competitive team and typically consists of swimmers who are in their first few years in the sport. Dependent upon group numbers, the Bronze Group may be divided into the following squads:



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- **Red Squad** is for swimmers who are brand new to our team or are still working on the basics of freestyle and backstroke
- **White Squad** is for swimmers who have been with our team for at least one season and are competent in freestyle and backstroke as well as the basics of breaststroke & butterfly.
- **Blue Squad** is for swimmers who have mastered all four strokes but have not yet achieved a Divisional time standard in any age group. The goal of this group is to further refine each swimmer's proficiency in the different strokes, starts, and turns. This group is introduced to the concept of interval training by doing longer practice sets to build endurance. Swimmers are expected to develop good practice habits, and will begin to learn additional training concepts that are utilized at the higher levels of our team.

SILVER GROUP – 7 ½ hours per week

This is our highest level of training for age group (14 & under) swimmers. Emphasis is placed on continuing to improve skills and stroke technique, as well as increased training intensity. Members of this group also are expected to have consistent practice attendance and demonstrate leadership to the other members of the age group team. Swimmers in 6th, 7th, and 8th grade are automatically placed in the Silver Group.

- **Silver 1** is for swimmers who have achieved a Divisional time standard or higher and have not yet entered middle school/junior high. Home School students or students whose school does not have an organized team will be placed in this group for billing purposes.
- **Silver 2** is for swimmers who have achieved a Divisional time standard or higher and will practice and compete with a middle school/junior high team during the school year.

GOLD GROUP – 11 ½ hours per week

This group consists of swimmers high school age and above. Swimmers transition to this group the summer before starting high school. Training in this group is structured so that individuals are prepared to compete at the highest levels of swimming. Every swimmer is expected to contribute positively to the team's pursuit of excellence. This group may be divided into multiple groups based on the number of swimmers and ability levels.

PRACTICE SCHEDULE

BRONZE	Monday- Thursday	5:45-6:45pm 7:00-8:00pm
SILVER	Monday-Friday	5:30-7:00pm
GOLD	Monday-Friday	4:00-5:30pm



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SWIM MEETS

SCSC provides a meet schedule designed to both challenge our athletes and give them an opportunity to “showcase” their skills. Meet participation is strongly encouraged as a method to gauge progress, reap the rewards of practice and enjoy the fun of racing. Home meets are required. Away meets are up to each individual family. As part of the commitment to our team culture, swimmers are expected to compete at any Championship level meets for which they qualify. All meet sign-ups are done on-line through our website.

SWIM MEET/ACTIVITY SCHEDULE

Meet Date Meet Name & Site

September ? **Team Suit Sizing**

October 2* **Red/White Intrasquad @ CAC**

October 14* **SCSC Swim-A-Thon Fundraiser @ CAC**

November 6-8* **SCSC Pumpkin Paddle Invitational @ CAC**

November 20-22 CGAC Jingle Bell Invitational @ Center Grove HS, Greenwood

December 4-6 BA Winter Champions @ Purdue University

December 5** ZSC 10 & Under Candy Cane Classic @ Zionsville HS

Dec. 11-13 Jags Winter Invite @ IUPUI

January 1-3 **SCSC Penguin Plunge Invitational @ CAC***

January 22-24 BA Gold Fever Invitational @ Purdue University

January 29-31** Circle City Classic (minimum BB) @ IU Natatorium (IUPUI Campus), Indianapolis

TBD* **SCSC Closed Invite @ CAC**

CHAMPIONSHIP MEETS – SWIMMERS MUST QUALIFY

March 5-7 ISI CW Divisional Championships @ BBSC

March 12-14 ISI Senior State Championships @ IUPUI

March 19-21 ISI Age Group State Championships @ IU Natatorium (IUPUI Campus)

TBD End of Season Celebration Banquet

SCHEDULE SUBJECT TO CHANGE

Invitational and/or Dual meets may be added at the coaches' discretion.

***ALL SCSC SWIMMERS AND PARENTS ARE REQUIRED TO PARTICIPATE IN OUR HOME MEETS**

****Tentative based on coaching coverage availability**



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YOUR INVESTMENT

Sugar Creek Swim Club operates a year-round program that allows each member the opportunity to fully explore their potential as well as the flexibility to participate in other sports, activities and/or teams. We divide the swimming year into two seasons: Short Course (SCY) – practice & competition primarily in 25-yard pools from September-March; and Long Course (LCM) – practice & competition primarily in Olympic-size, 50-meter pools from April-August.

USA Swimming Registration Fee - \$81

The **2020 USA Swimming Fee** of \$81 entitles each swimmer to enter swim meets and participate in Indiana Swimming and USA Swimming programs; secondary accident insurance; a subscription to USA Swimming's bi-monthly magazine, Splash! Swimmers will enjoy their membership benefits through December 31, 2021. SCSC is merely the collection point for this USA Swimming Fee.

SCSC Uniform

All swimmers are required to wear the SCSC uniform at swim meets. This includes an SCSC team swim suit and cap. Team suits may be purchased online at

<https://elsmoreswim.com/teams/indiana/clubs/sugar-creek-swim-club.html>

It is recommended that the team suit not be worn during practices in order to prolong its useful life. Swimmers will select an SCSC team cap upon registering for the team. Additional team caps may be purchased for \$3.00 each. Silicone caps are also available and may be purchased for \$10.00 each.

Team Dues - Charged on the 1st of the months listed below

These fees cover coaches' salaries, pool usage fees and other program operating expenses. We are one of the most reasonably priced teams in the state of Indiana, offering great value for your dollar. Swimmers who attend 50% or more of the scheduled practices are paying, on average, less than \$2.50/hour. Fees will be spread out over 6 equal monthly payments during the season. Swimmers competing on high school, middle school or junior high teams will still be responsible for monthly fees during that season.

Team Dues (in addition to Registration Fees)

	Oct	Nov	Dec	Jan	Feb	Mar
GOLD	\$80	\$80				\$80
SILVER 2	\$86	\$86	\$86			
SILVER 1	\$64	\$64	\$64	\$64	\$64	\$64
BRONZE	\$48	\$48	\$48	\$48	\$48	\$48



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Entry Fees

Each swimmer/family is responsible for paying the entry fees and/or surcharges for all meets for which they enter. These fees are set by the meet hosts and vary depending on the level and type of competition and the number of events entered. The amount ranges anywhere between \$6 and \$50 per meet. SCSC will bill you after the entry has been completed and we require that these fees be paid in a timely fashion. Swimmers/families that fall behind in payments may not be allowed to enter future meets.

SCSC Financial Aid

Swimmers who provide proof of qualification for the Free/Reduced School Lunch Program will pay a USA Swimming Fee of only \$5 and are also eligible for a reduction of their team fees. Swimmers who are in the reduced lunch program will receive a 50% fee discount and those who are in the free lunch program will receive a reduced fee of only \$13 per month. Athletes/families that are eligible for reduced fees still remain responsible for all entry fees and uniform and travel costs.

Financial Policies

SCSC has established the following financial policies so that we may continue to offer you a consistent, quality program with excellent, professional coaches in a superior facility.

- There is no credit given for missed practices or vacations. If you participate in a practice during a given month you are considered a member of the team for that month.
- Swimmers/families electing to drop out of the program must notify the team treasurer and their coach in writing.
- **We offer multi-swimmer family discounts: 2nd child: -\$40; 3rd child: -\$55; 4th child: -\$70**
- For swimmers joining after the start of the season – payments begin with the current month.
- Account balances need to be paid in full within 30 days of receipt of your statement. Anyone who is unable to pay the full balance within 30 days should contact our club treasurer or their designee to set up a payment plan. Active SCSC members who have a past due balance greater than \$200 per swimmer will not be entered into meets. However, a written payment agreement with the club treasurer and consistent monthly payments will allow the swimmer to be entered into meets if the meet entry fees are paid by cash in advance.
- Swimmers/families with an outstanding balance greater than \$100 per swimmer will not be allowed to register for the next season until either full payment has been made or satisfactory payment arrangements have been made in writing with the club treasurer.



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TEAM SUPPORT = VOLUNTEER

MARK YOUR CALENDAR! PLAN AHEAD!

Families are required to work a minimum of **one** session/job slot during each of our hosted meets this season. **We will not be assessing a Team Support Fee this year.**

October 2	Intrasquad Meet
November 6-8	Pumpkin Paddle Invitational
January 1-3	Penguin Plunge Invitational
February TBD	SCSC Closed Invite

Team Support sign-up will be done through the SCSC website. An email will be sent to all club families indicating the start of sign-ups for each meet at least one month prior to the meet date.

IF you know you have a conflict on a meet weekend or are unable to provide team support during the season, there are other ways to satisfy the eight sessions. Some options are:

- Trade sessions with another family (talk to other parents at practice; you may find a family that can't work a meet you can & you can trade sessions)
- Hire a teenager (15 years old or older), or find one looking to fulfill community service requirements for their school or other group. Teenagers may serve as timers only unless supervised by an adult.