



## 2021 LONG COURSE SEASON INFORMATION

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

All registration this year must be done online through our website [www.scscswim.org](http://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.*

### 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 young people 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

## **YOUR BENEFITS:**

- **Swimming Fast!** – Our swimmers improve their skills and performance, every day 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 GPAs 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 Assistant

**Mitchell Homan** – Silver Assistant/Bronze

**Katherine Harris** – Bronze

**Brooke Martin** - Bronze

## **TEAM STRUCTURE**

**There is a spot for everyone somewhere in our program!** Youngsters who are not quite ready for the team can participate in the Crawfordsville Aquatic Center's Learn-to-Swim program to become better prepared.

Swimmers are divided into practice groups based primarily on age and ability. A consistent practice schedule is encouraged. We recommend that all swimmers strive to attend as many of their groups' practices as possible; however, we encourage each swimmer and family to determine their level of time commitment based on their unique situation and goals.

**As with any other skill-based activity, frequency and quality of practice time correlate to improvement.**

Group changes typically occur after the long course season; however, advancement of swimmers to a different practice group is always at the coach's discretion. The following guidelines have established some to help the swimmers set goals.

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. **Swimmers will get out of our program what they choose to put into it!**

## **BRONZE GROUP**

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:

- **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**

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 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> 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**

This group consists of swimmer's 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**

All practices are at the Crawfordsville Aquatic Center inside Crawfordsville High School.

## **SPRING SCHEDULE**

Gold/Silver begin on Monday April 5th - Bronze begins on Monday April 12th

<b>Gold/Silver Group</b>	4:00-5:30pm	Monday-Friday
	8:00-10:00am	Saturday
<b>Bronze Group</b>	5:45-7:00pm	Monday-Thursday

## **SUMMER SCHEDULE**

Begins Tuesday June 1st

**Practice times will be determined based on group size and pool space/availability.**

Schedule is subject to change based on pool availability & group size.

ALL groups should bring a water bottle to every practice!

## **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 but is not a requirement. All swimmers will be signed up to swim in all home meets hosted by SCSC. 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. **Indiana Swimming requires all distance events at the Long Course Senior State Championships to have a long course cut. Gold Group swimmers must achieve at least one long course cut in any event during the current season in order to participate at the Senior State Meet.**

### **Entry Fees**

Each swimmer/family is responsible for paying the entry fees and/or surcharges for all meets for which they sign-up to 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 \$3 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. More information about individual meet entry fees is available in the Meet Letter for each meet we attend. Meet letters can be found on our events page linked with each meet.

## **2021 Long Course Meet & Activity Schedule**

ALL SCSC SWIMMERS EXPECTED TO PARTICIPATE IN HOME MEETS

<b><u>Meet Date</u></b>	<b><u>Meet/Activity Name &amp; Location</u></b>
<b>April 24-25</b>	<b>Fitter &amp; Faster Clinics @ CAC</b>
<b>May 4</b>	<b>SCSC Red/White Intrasquad Meet (25 yards) @ CAC</b>
<b>May 14-16</b>	<b>SCSC Spring Closed Invitational (50 meters) @ CAC</b>
<b>June 4-6</b>	<b>SCSC School’s Out Closed Invite (50 meters) @ CAC</b>
<b>June 18-20</b>	<b>SCSC Solstice Splash Invitational (50 meters) @ CAC</b>
<b>July 9-11</b>	<b>SCSC Summer Splashdown Closed Invite (50 meters) @ CAC</b>
<b>July 13</b>	<b>CGAC Stars &amp; Stripes 12 &amp; Under Meet @ CGHS, Greenwood</b>
<b>July 15-18*</b>	<b>ISI Senior State Championships (50 meters) @ TBD</b>
<b>July 19</b>	<b>SCSC Last Chance Time Trial (50 meters) @ CAC</b>
<b>July 23-25*</b>	<b>ISI Age Group State Championships (50 meters) @ TBD</b>
<b>July 30-August 1*</b>	<b>ISI Summer Divisional Meet (25 yards) @ CAC</b>
<b>August 5-8*</b>	<b>Central Zone 14 &amp; Under Championships @ TBD</b>

\*CHAMPIONSHIP MEETS – Swimmers must achieve qualifying times for these meets. The coaching staff will notify those who are eligible to compete.

## 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.

### **NEW SWIMMER Registration Fees - \$35.50**

This includes the **2021 USA Swimming Seasonal Registration Fee** of \$35.50, which entitles each swimmer to enter swim meets and participate in Indiana Swimming and USA Swimming programs; secondary accident insurance. Swimmers will enjoy their membership benefits through August 31, 2021. *Swimmers who are on the free or reduced lunch program will only pay a \$5 USA Registration Fee. Swimmers who were members of the team during the 2020-2021 Short Course Season will not be charged this fee.*

**USA Swimming requires 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 documentation to Coach Dowd 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. **No swimmer will be allowed to compete in meets without completing this requirement.** Swimmers who have turned in their proof of birth date in prior seasons WILL NOT have to do it again this season.

### **Team Fees**

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.

Team fees may be paid by a recurring monthly charge to your credit card or automatic checking debit. Fees are due at registration and on the 1<sup>st</sup> of June and July. We offer a 10% discount for families wishing to pay their fees in one lump sum at the beginning of the season.

### **2021 Long Course Season Team Fees**

	<b>3 Monthly Payments (at registration/June/July)</b>	<b>Single Payment (10% discount)</b>
<b>Bronze Group</b>	\$58	\$157
<b>Silver Group</b>	\$78	\$211
<b>Gold Group</b>	\$98	\$265

**\* Registration Fees of \$35.50 are in addition to these fees for NEW members**

## **SCSC Financial Aid**

Swimmers who provide proof of qualification for the Free/Reduced School Lunch Program are also eligible for a reduction of their team fees. The registration fees will be reduced to \$5. Swimmers who are on the reduced lunch program will receive a 50% monthly fee discount and those who are on the free lunch program will receive a discounted fee of only \$13 per month. Athletes/families that are eligible for these discounted fees are still responsible for all entry fees, 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. Refunds for the team support fee will not be given for families who leave the team.
- **We offer multi-swimmer family discounts: 2<sup>nd</sup> child: -\$40; 3<sup>rd</sup> child: -\$55; 4<sup>th</sup> child: -\$70 (Families who qualify for the free/reduced lunch program will not receive this discount)**
- 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.

## **TEAM UNIFORM**

**All team members are required to wear the SCSC team suit and cap at all swim meets.** It is recommended that the team suit not be worn during practices in order to prolong its useful life. All team suits can be ordered through our team store with Elsmore Swim Shop. A link can be found on our website. Swimmers will receive 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 SUPPORT

### **MARK YOUR CALENDAR! PLAN AHEAD!**

Families are asked to work a minimum of **SIX** sessions/job slots during our hosted meets this season. **Two of these sessions MUST be at the CW Summer Divisional Championships July 31-August 1.** Each family will be charged a service fee of **\$100** upon registration for the team. Once the 6 sessions have been completed, the service fee will be credited back to your account. At the end of the season, refunds for this fee will be issued via check upon request. The amount will not be prorated for those who worked 1-5 sessions. The fee will not carry over from one season to the next unless you leave it as a credit on your account. The fee is non-refundable for families who leave the team prior to the end of the season.

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 six sessions. Some options are:

- Trade sessions with another family (post a note on the bulletin board or 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.
- Ask another family who works more than the 6 sessions if they would be willing to donate one or more of theirs to your family.