



2021-22 Season Information Packet

(Revised 7/14/2021)

Thank you for your interest in Zionsville Swim Club's 2021-2022 swim season.

Important information to check out in this packet:

- Fees
- Membership Fee Payment Plans and Schedules
- Joining Mid-Season
- Online Payments
- Volunteer Requirement
- Termination
- Competition Uniform Policy
- New Swimmer FAQs

FEES

PAYMENTS: All payments are made through your Team Unify account using Online Payments. This happens automatically on the first of each month, so you don't have to go in and initiate payment. See Online Payments section for details.

USA SWIMMING REGISTRATION FEE: All swimmers are required to be USA Swimming Members for insurance purposes. (Billed on October 1, 2021 or in the month after joining. Good through 2022)

- \$83/year Premium USA Membership per Swimmer for **Year-Round** swimmers
- \$20/year Flex Membership per Swimmer for **Seasonal** swimmers (limit 2 meets per year). Seasonal swimmers wishing to swim more than 2 meets must pay for a Premium membership. You can upgrade at any time during the year by paying the difference.
- Click on this [link](#) for details on the difference between Premium and Flex.

MEMBERSHIP FEES: These fees vary by squad and are **non-refundable**, however members are granted a two-week trial period. If at the end of the trial period you would like to terminate your relationship with ZSC, you may do so by contacting the [Club Administrator](#) with a formal request via email. **All families who commit to swim after the two week trial period are obligated to pay 100% of their swimmers' fees.** Exceptions can be made if you have concerns about your swimmer's safety due to changing circumstances with the Covid-19 pandemic. Membership Fees are split into monthly payments as a **convenience to our members.**

ENTRY FEES: Swimmers are responsible for paying entry fees to all competitions in which they are entered. Fees are paid by the club in advance of meets, so if a swimmer is unable to attend due to sickness or other commitment, you are still obligated to pay the fee. Likewise, host clubs are not required to refund fees for cancellation of meet sessions due to uncontrollable circumstances, e.g., inclement weather. These fees vary depending on type of competition and the number entered. They generally range from \$20-\$40 per meet. Meet entry fees are calculated by ZSC and are automatically applied to your monthly bill.

TEAM UNIFORM AND EQUIPMENT: ZSC requires all swimmers to compete in ZSC competitive gear and to use the Speedo brand per our contract with them as a team sponsor. Our team vendor is Elsmore Swim Shop. They typically set up a pop-up shop at our pool in September and April each year. You can also go to their [website](#) to order. The following items are required per squad:

- Foundation:
 - ZSC Team Suit
 - PVC kick stick (provided by club)
 - Speedo Training Fins - Optional (we have fins available on deck for this group exclusively, but can bring their own if they want) *No equipment will be shared during the Covid-19 pandemic.
- Evolution 3&4:
 - ZSC Team Suit
 - PVC kick stick (provided by club)
 - Speedo Training Fins
- Evolution 2:
 - ZSC Team Suit
 - PVC kick stick (provided by club)
 - Speedo Training Fins
 - Speedo Junior Bullet Head Snorkel
- Junior 3 and 4:
 - ZSC Team Suit
 - PVC kick stick (provided by club)
 - Speedo Training Fins
 - Speedo Bullet Head Snorkel
- Evolution 1 and Junior 1&2:
 - ZSC Team Suit
 - Team Warm-ups
 - Speedo Backpack
 - PVC kick stick (provided by club)
 - Speedo Training Fins
 - Speedo Power Paddle Plus (small or medium)
 - Speedo Bullet Head Snorkel
 - Mesh Bag - Optional, recommended if you have more than just fins!
- Senior 1&2&HP:
 - ZSC Team Suit
 - Team Warm-ups
 - Speedo Backpack
 - PVC kick stick (provided by club)
 - Speedo Training Fins
 - Speedo Power Paddle Plus
 - Speedo Bullet Head Snorkel
 - Bouy
 - Kickboard
 - Wiffle Balls
 - Drag Sox (provided by club. \$10 charge to your Team Unify account)
 - Mesh Bag - Optional, recommended if you have more than just fins!

Only team swim caps are allowed at practices unless coaches give permission. All swimmers will receive one free latex ZSC swim cap upon initially joining the club. Members will be responsible for purchasing all replacement caps. We will periodically coordinate group orders with our vendor for caps with the swimmer's last name on the side. Members are responsible for paying the vendor. Further requests for latex (\$5) or silicone (\$12) caps can be made directly to the coaches during the season and the charge will be applied to your monthly bill.

SCHOLARSHIP PROGRAM: ZSC offers a scholarship program with reduced USA Registration and ZSC Membership fees for families that qualify for the Federal Free and Reduced Lunch Program. Please contact the [Club Administrator](#) if you would like more information.

MEMBERSHIP FEE PAYMENT PLANS AND SCHEDULES

DISCOUNTS:

- ZSC applies a 10% discount in Membership Fees for the second swimmer in a family.
- ZSC applies a 15% discount in Membership Fees for the third swimmer in a family.
- ZSC applies a 20% discount in Membership Fees for the fourth swimmer in a family.
- ZSC applies a 25% discount in Membership Fees for the fifth swimmer in a family.
- Continue pattern of discount increase in any additional family members.

YEAR-ROUND SQUADS:

MONTHLY PAYMENT PLAN FOR EVOLUTION 1 & 2/JUNIOR 1, 2, & 3 SQUADS:

When you join the Zionsville Swim Club as an Evolution 1, Evolution 2, Junior 1, Junior 2, or Junior 3 Squad swimmer, you are committing to making all payments through August, 2022. For these groups, 9 monthly payments will be due and processed on the 1st of each month during the months of September-May.

MONTHLY PAYMENT PLAN FOR SENIOR SQUAD:

When you join the Zionsville Swim Club as a Senior swimmer, you are committing to making all payments through August 2022. For this squad, 6 monthly payments will be due on the 1st of each month during the months of September-November and March-May. New senior swimmers who join following High School Season will make the last 3 payment (March-May). Graduating seniors who elect to stop swimming after High School season will only make the first 3 payments (September-November).

MONTHLY PAYMENT PLAN FOR COLLEGE SWIMMERS:

When you return to the Zionsville Swim Club for the summer as a College swimmer, 2 monthly payments will be due on the 1st of each month during the months of June and July.

MONTHLY MEMBERSHIP FEE PAYMENT SCHEDULE FOR YEAR ROUND SQUADS:

First Swimmer Full Price	Total	1-Sep	1-Oct	1-Nov	1-Dec	1-Jan	1-Feb	1-Mar	1-Apr	1-May	1-June	1-July
Senior	\$1,602	\$267	\$267	\$267	\$0	\$0	\$0	\$267	\$267	\$267	\$0	\$0
Junior 1	\$1,953	\$217	\$217	\$217	\$217	\$217	\$217	\$217	\$217	\$217	\$0	\$0
Junior 2	\$1,692	\$188	\$188	\$188	\$188	\$188	\$188	\$188	\$188	\$188	\$0	\$0
Junior 3	\$1,089	\$121	\$121	\$121	\$121	\$121	\$121	\$121	\$121	\$121	\$0	\$0
Evolution 1	\$1,332	\$148	\$148	\$148	\$148	\$148	\$148	\$148	\$148	\$148	\$0	\$0
Evolution 2	\$1,098	\$122	\$122	\$122	\$122	\$122	\$122	\$122	\$122	\$122	\$0	\$0
College	\$534	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$267	\$267

Second Swimmer 10% Discount	Total	1-Sep	1-Oct	1-Nov	1-Dec	1-Jan	1-Feb	1-Mar	1-Apr	1-May	1-June	1-July
Senior	\$1,442	\$240	\$240	\$240	\$0	\$0	\$0	\$240	\$240	\$240	\$0	\$0
Junior 1	\$1,758	\$195	\$195	\$195	\$195	\$195	\$195	\$195	\$195	\$195	\$0	\$0
Junior 2	\$1,523	\$169	\$169	\$169	\$169	\$169	\$169	\$169	\$169	\$169	\$0	\$0
Junior 3	\$980	\$109	\$109	\$109	\$109	\$109	\$109	\$109	\$109	\$109	\$0	\$0
Evolution 1	\$1,199	\$133	\$133	\$133	\$133	\$133	\$133	\$133	\$133	\$133	\$0	\$0
Evolution 2	\$988	\$110	\$110	\$110	\$110	\$110	\$110	\$110	\$110	\$110	\$0	\$0
College	\$481	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$240	\$240

Third Swimmer 15% Discount	Total	1-Sep	1-Oct	1-Nov	1-Dec	1-Jan	1-Feb	1-Mar	1-Apr	1-May	1-June	1-July
Senior	\$1,362	\$227	\$227	\$227	\$0	\$0	\$0	\$227	\$227	\$227	\$0	\$0
Junior 1	\$1,660	\$184	\$184	\$184	\$184	\$184	\$184	\$184	\$184	\$184	\$0	\$0
Junior 2	\$1,438	\$160	\$160	\$160	\$160	\$160	\$160	\$160	\$160	\$160	\$0	\$0
Junior 3	\$926	\$103	\$103	\$103	\$103	\$103	\$103	\$103	\$103	\$103	\$0	\$0
Evolution 1	\$1,132	\$126	\$126	\$126	\$126	\$126	\$126	\$126	\$126	\$126	\$0	\$0
Evolution 2	\$933	\$104	\$104	\$104	\$104	\$104	\$104	\$104	\$104	\$104	\$0	\$0
College	\$454	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$227	\$227

Fourth Swimmer 20% Discount	Total	1-Sep	1-Oct	1-Nov	1-Dec	1-Jan	1-Feb	1-Mar	1-Apr	1-May	1-June	1-July
Senior	\$1,282	\$214	\$214	\$214	\$0	\$0	\$0	\$214	\$214	\$214	\$0	\$0
Junior 1	\$1,562	\$174	\$174	\$174	\$174	\$174	\$174	\$174	\$174	\$174	\$0	\$0
Junior 2	\$1,354	\$150	\$150	\$150	\$150	\$150	\$150	\$150	\$150	\$150	\$0	\$0
Junior 3	\$871	\$97	\$97	\$97	\$97	\$97	\$97	\$97	\$97	\$97	\$0	\$0
Evolution 1	\$1,066	\$118	\$118	\$118	\$118	\$118	\$118	\$118	\$118	\$118	\$0	\$0
Evolution 2	\$878	\$98	\$98	\$98	\$98	\$98	\$98	\$98	\$98	\$98	\$0	\$0
College	\$427	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$214	\$214

Fifth Swimmer 25% Discount	Total	1-Sep	1-Oct	1-Nov	1-Dec	1-Jan	1-Feb	1-Mar	1-Apr	1-May	1-June	1-July
Senior	\$1,202	\$200	\$200	\$200	\$0	\$0	\$0	\$200	\$200	\$200	\$0	\$0
Junior 1	\$1,465	\$163	\$163	\$163	\$163	\$163	\$163	\$163	\$163	\$163	\$0	\$0
Junior 2	\$1,269	\$141	\$141	\$141	\$141	\$141	\$141	\$141	\$141	\$141	\$0	\$0
Junior 3	\$817	\$91	\$91	\$91	\$91	\$91	\$91	\$91	\$91	\$91	\$0	\$0
Evolution 1	\$999	\$111	\$111	\$111	\$111	\$111	\$111	\$111	\$111	\$111	\$0	\$0
Evolution 2	\$824	\$92	\$92	\$92	\$92	\$92	\$92	\$92	\$92	\$92	\$0	\$0
College	\$401	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$200	\$200

SEASONAL SQUADS:

MONTHLY PAYMENT PLAN FOR FOUNDATION/EVOLUTION 3 & /JUNIOR 4 AGE GROUPS:

When you join the Zionsville Swim Club as a Foundation or Evolution 3 or 4 or Junior 4 swimmer, you are committing to making all payments through a single season. For these groups, 2 monthly payments will be due and processed on the 1st of each month during the months of each season. **Any swimmer that signs up for a second or third season during 2021-2022, will receive a 15% discount on their 2nd and/or 3rd season fees.**

- Season 1 (Sept 13-Dec 4) – Payments in September-October
- Season 2 (Dec 6-Mar 10 (approx.)) – Payments in January-February
- Season 3 Evolution 3 & 4/Foundation Full (Apr 12-July 14 (approx.)) – Payments in May-June
- Season 3 Evolution 3 & 4/Foundation Half A (Apr 12-May 26) – Payment in May
- Season 3 Evolution 3 & 4/Foundation Half B (May 31-July 14) – Payment in June

MONTHLY MEMBERSHIP FEE PAYMENT SCHEDULE FOR SEASONAL SQUADS:

First Swimmer Full Price	Per Season Total	Month 1	Month 2
Evolution 3	\$426	\$213	\$213
Foundation	\$370	\$185	\$185
Junior 4	\$417	\$208.50	\$208.50
Evolution 3 Half - Season 3 Only	\$213	\$213	\$0
Foundation Half - Season 3 Only	\$185	\$185	\$0

Second Swimmer 10% Discount	Per Season Total	Month 1	Month 2
Evolution 3	\$383	\$192	\$192
Foundation	\$333	\$167	\$167
Junior 4	\$375	\$188	\$188
Evolution 3 Half - Season 3 Only	\$192	\$192	\$0
Foundation Half - Season 3 Only	\$167	\$167	\$0

Third Swimmer 15% Price	Per Season Total	Month 1	Month 2
Evolution 3	\$362	\$181	\$181
Foundation	\$315	\$157	\$157
Junior 4	\$354	\$177	\$177
Evolution 3 Half - Season 3 Only	\$181	\$181	\$0
Foundation Half - Season 3 Only	\$157	\$157	\$0

Fourth Swimmer 20% Discount	Per Season Total	Month 1	Month 2
Evolution 3	\$341	\$170	\$170
Foundation	\$296	\$148	\$148
Junior 4	\$334	\$167	\$167
Evolution 3 Half - Season 3 Only	\$170	\$170	\$0
Foundation Half - Season 3 Only	\$148	\$148	\$0

Fifth Swimmer 25% Discount	Per Season Total	Month 1	Month 2
Evolution 3	\$272	\$136	\$136
Foundation	\$236	\$118	\$118
Junior 4	\$266	\$133	\$133
Evolution 3 Half - Season 3 Only	\$136	\$136	\$0
Foundation Half - Season 3 Only	\$118	\$118	\$0

JOINING MID-SEASON

If you join before April 2022, year round swimmers will pay the full Premium USA Swimming Registration fee (\$81) and pro-rated training fees as they come due. Seasonal swimmers can join only at the beginning of a “season” and will pay the full Flex USA Swimming Registration fee (\$20).

ONLINE-PAYMENT

We require all members to use credit/debit card and/or to enable direct bank processing (ACH) to pay your monthly dues and other expenses (e.g., meet fees).

Our club manages team membership, including payments to the club, through the Team Unify system. Team Unify runs accounts for each member family, and all club charges are applied to these accounts as they are incurred. On the 1st of each billing month, Team Unify charges the balance of each member account to the credit card or bank account which has been set up in Team Unify’s ‘AutoPay’ system.

We offer a two-week trial period for you to decide whether or not your swimmer is going to commit to the club. If you are still unsure at that point, please contact the [Club Administrator](#) to be considered for an extension to decide. All families who commit to swim after the two week trial period are obligated to pay 100% of their swimmers’ fees.

A \$10.00 registration fee is collected at registration to automatically set up your account in our ‘AutoPay’ system. You will initially be setup to pay via credit card. There are processing fees associated with both credit card and bank account payments. You can change your banking information in Team Unify.

- If you use a credit card to pay your fees online we will be passing the bank fees through to users. Current credit card fees are 2.95% of transaction amount + \$.30 per transaction.
- If you enter your bank routing information in Team Unify (ACH), the fee is \$1.25 per transaction. Note that the system requires you to keep a credit card in the system in case there is ever a need to do an on-demand payment. This should only happen if your payment fails.

- To change your banking information, simply visit our team website at www.teamunify.com/inzsc

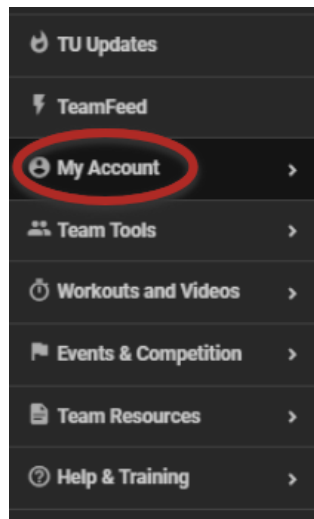
1. Sign In to your account.



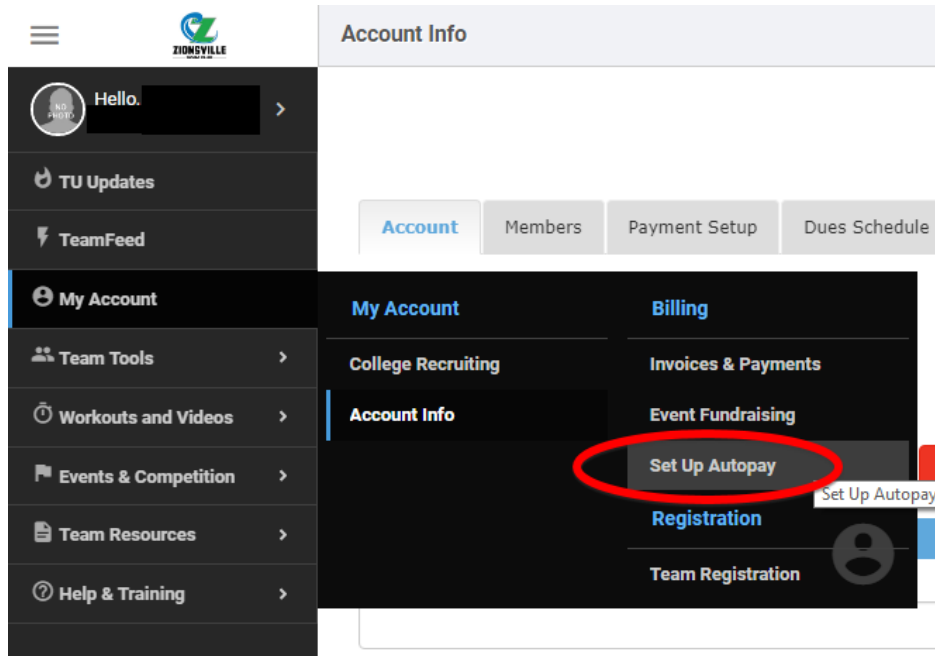
2. Once logged in, Click on My Account by clicking on the “head” on the right.



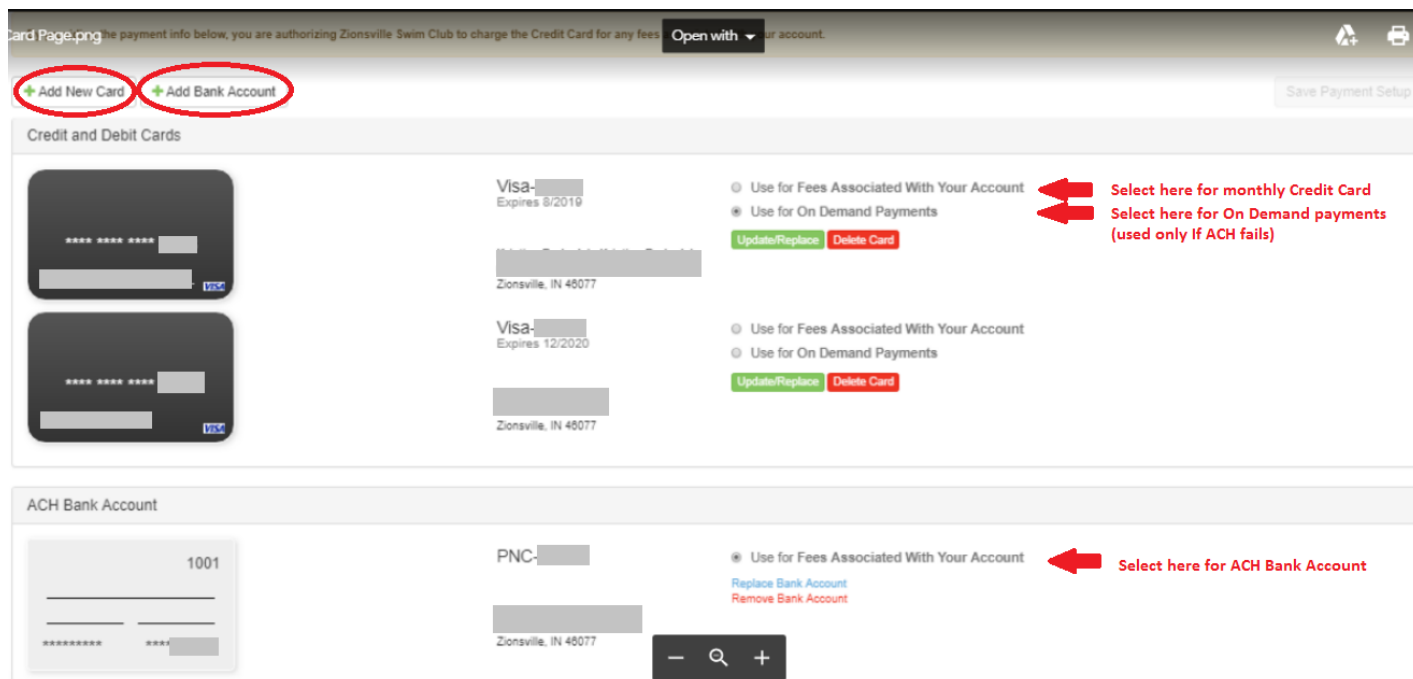
3. Select My Account on the left hand side.



4. Select Set Up Autopay under Billing



5. Select Either +New Card or +New Bank Account. Enter your card and/or bank information.



6. Click on Save Payment Setup button on the top right of the page

You will receive monthly invoices outlining what your credit card or bank will be paying. You can review your current and past billing histories through the My Invoices → Billing → Invoices & Payments on the left or our team website.

VOLUNTEER REQUIREMENT

Volunteer Commitments for meets hosted by ZSC will be:

Regular Season Meets and Assistance with Club Events and Admin:

- 3 sessions per family for families with swimmers in Senior/Junior/Evolution 1 or 2 (Sept 2021-July 2022)
- 1 session per family for families with swimmers **only** in Junior 4/Evolution 3 or 4/Foundation (Sept 2021-July 2022)

Examples:

1. A family with swimmers in Senior, Junior 2, and Evolution 3 would have a 3 session commitment
2. A family with swimmers in Evolution 3 and Foundation would have a 1 session commitment (no swimmer in a squad with a 3 session commitment)
3. A family with one swimmer only in Foundation that signs up for both Season 1 and Season 2 would have a 1 session commitment

A session is typically 4 hours. This includes ALL families with swimmers registered (except College). There will be further needs for volunteers to assist with the swim club events beyond hosted meets that also count toward your requirement.

If ZSC is awarded the opportunity to host a Championship Meet (these are typically determined after the season starts), the Club can enforce an ADDITIONAL requirement of all families:

- 1-2 sessions per family with a swimmer on the ZSC roster at the time of the meet - SEPARATE from the regular season meet requirement.

The Board has discretion to reduce session requirements if the extra sessions are not needed.

1. Tentative meets hosted by ZSC during the 2021-2022 season include, but are not limited to:
 - Candy Cane Classic, hosted by ZSC at ZCHS (December 2021)
 - Z-Freeze, hosted by ZSC at ZCHS (January 2022)
 - Z-Heat, hosted by ZSC at North Central High School (June 2022)
 - Friday Night Races (throughout the year)
2. In the event that I am not able to work at a hosted meet, I will find someone to work in my place or be assessed a fine of \$100 per required session. Anyone working the meet must be a minimum of 15 years old (exceptions to the age requirement can be made for experienced swimmers over age 11 helping with specific jobs (e.g., Clerk of Course)).
3. If I fail to show up for an assigned work session, and do not find a replacement, I will be assessed a \$100 fine per missed session. If I leave prior to the end of my shift, I will be assigned a \$100 fine for that session.
4. This requirement applies to ALL families, even if my swimmer(s) does not participate in the meets.
5. Fines for missed sessions are calculated at the end of the year and are applied to the August 1st bill.

6. Volunteer Opt-Out Option – I may choose to ‘opt-out’ of all volunteer requirements for the year (September 2021-July 2022). If I choose this option, I will pay \$200 and my family will be excused from any otherwise mandatory volunteer requirements. In order to select this option, I must do so before the end of October and notify the club in writing by contacting the [Club Administrator](#).

TERMINATION

Any swimmer (new or returning) may cancel membership at any time for any reason prior to **October 2, 2021** (or within two weeks of starting with ZSC).

Starting **October 3**, if at any time I wish to withdraw my swimmer(s) from the team prior to the end of the season that I have committed to, I understand:

- I must make my request in writing to the ZSC Club Administrator
- For Evolution 1 & 2, Junior 1, 2, & 3, and Senior swimmers, the unused portion of the Year-Round (6 or 9 month) Membership Fees is not refundable (**An exception to this annual obligation will only be provided to swimmers in their first year contract with ZSC** or when there is a medical issue and a doctor's note is provided stating that the swimmer is unable to continue participation.)
- For Junior 4, Evolution 3/4 and Foundation swimmers, the unused portion of the Seasonal (3 month) Membership Fees is not refundable (An exception to this will only be provided when there is a medical issue and a doctor's note is provided stating that the swimmer is unable to continue participation. There is no exception for swimmers in their first year contract with ZSC.)
- Any outstanding entry fees are considered an obligation to the Zionsville Swim Club and are payable upon termination of participation.
- Once my termination has been accepted by the ZSC Board, I will not be required to meet volunteer obligations for future events.

- Athletes ages 12 & Under are required to wear the Speedo team suit in every competition, with the exception for championship meets such as Divisionals, Age Group State, Zones or beyond. Only at “championship meets” would it be deemed appropriate to wear a Speedo branded technical suit with the approval of the athlete’s coach.
 - Tech suit restrictions, proposed by the Age Group Development Committee, went into effect for 12 & Under swimmers September 2020.
 - Follow this [link](#) for complete lists of the suits that are **restricted** for athletes 12 & Under, and those tech suits that are **allowed** for athletes 12 & Under.
- Athletes ages 13 & Over are required to wear the Speedo team suit, unless the coach makes an exception during an in-season meet. It is expected for each individual to wear the appropriate Speedo technical suit in “championship meets” as determined by the coach.
- A technical suit is any suit that provides greater advantages in the way of compression (tighter less stretchy material) and reduced form drag (material that conducts water more fluidly). These suits can commonly be identified by the FINA “stamp” on the rear of the suit, which denotes that it has been approved for elite level competition.
- ZSC members get a 25% discount on Speedo technical suits through our vendor, [Elsmore Swim Shop](#).
- Reasons for having a suit policy are multi-faceted:
 - It helps our athletes to discover ways to improve their competitive results, without relying solely on the quality of their suit.
 - It helps our families save money in the long run. It is our mission to continue to keep this sport and our facilities accessible to anyone who wants to enjoy it.
 - It helps grow our athletes’ confidence by allowing them to exhibit improvement in skills and speed “in-season” without the aid of a tech suit and then giving them the super-compensation of the advantages of this suit when the level of competition is worthy of this advantage.
 - It helps our coaching staff educate our athletes and parents as to the reasons and situations that warrant the use of a technical suit, regarding the philosophy that athletes who are pre-pubescent and have not reached advanced stages of physical maturation will not expressly benefit from the qualities of a tech suit. Also, the prevailing concept that athletes who have yet to advance their own technical skills would also be better suited to working on the specifics of their stroke before looking to the aid of a technical suit to advance their results.

Q – WHEN DOES PRACTICE START?

A – Senior/Junior 1/Junior 2 practice starts Wednesday, August 4. All other Age Group practice starts Monday, September 13.

Q – WHAT IS THE DIFFERENCE BETWEEN “AGE GROUP” AND “SENIOR” SWIMMERS?

A – USA Swimming and ZSC refer to swimmers that are aged 14 and under as Age Group swimmers. Senior swimmers typically refer to high school aged swimmers (15 and up).

Q - WHAT IF I'M NOT SURE MY SWIMMER WILL LIKE IT?

A - You have a 2 week trial period to decide whether or not your swimmer is going to commit to the club. After the 2 week trial period, you are obligated to pay 100% of your swimmers' fees for the season (Seasonal for Junior 4/Evolution 3 & 4/Foundation or Year-Round for Evolution 1 & 2/Junior 1, 2, & 3/Senior).

Q – HOW LONG IS THE SWIM SEASON?

A – That depends. Our entry-level squads (Junior 4/Evolution 3 & 4/Foundation) are seasonal and set up in 3-month seasons (Sep-Dec, Dec-Mar, Apr-Jul). Swimmers indicate their intention to return for each season. All other squads (Evolution 1 & 2/Junior 1, 2, & 3/Senior) are year-round (Sep-Jul).

Q – WHAT IS “SHORT COURSE SEASON” AND “LONG COURSE SEASON?”

A – Short Course and Long Course refer to the length of the swimming pool used in competitions. From September to the middle of March is Short Course season. Competitions are held in 25 yard pools and races are measured in Short Course Yards (SCY). Long Course season runs from mid-April through mid-to-late July.

Long Course competitions are held in 50 meter pools and races are measured in Long Course Meters (LCM). Zionsville Swim Club practices at the Zionsville High School Aquatic Center which has a Short Course pool. In the summer, we do some training at Azionaqua, which is close to a Long Course pool.

Q – SHOULD MY SWIMMER ATTEND ALL OF THE PRACTICES?

A – Practices are not mandatory, so your swimmer should attend the amount of practices that fits best into your family's schedule. But we like to say, the more you attend, the better you will get, the more fun it becomes! Your swimmer will get to know teammates better, gain endurance, and have more opportunities to focus on stroke, turn, and start technique if they consistently make practices. Practice attendance recommended per squad is spelled out in [Squad Descriptions](#) on our website

Q – SHOULD I DROP OFF MY SWIMMER AND LEAVE OR STAY AND WATCH PRACTICE?

A – You can drop off your swimmer. Rather than dropping your swimmer off at the curb, we encourage you to park your car and walk your swimmer to the door of the aquatic center. Please do not drop off more than 15 minutes before swim practice. You are also welcome to watch your swimmer's practice from the balcony seating. Parents are not allowed on the pool deck for liability and safety reasons. If your swimmer needs to be dropped off early or stay late to wait for siblings, your swimmer will need to be supervised by an adult. At the conclusion of each practice, the coaches are no longer responsible for the safety of your children. We ask that all athletes be picked up at the conclusion of their practice and are not left waiting around the building unsupervised. Athletes that are left unsupervised may be subject to fine and/or suspension from the team.

Q – WHERE DOES MY SWIMMER GO FOR PRACTICE?

A – Swimmers enter the pool deck through locker rooms. Each squad has a designated meeting place for practice. Swimmers should be dressed for athletic development (see next FAQ), bring their bags with them, and report to their coach.

Q – WHAT IS ATHLETIC DEVELOPMENT?

A – Strength training, stretching, and aerobic activity all help us to develop better athletes and swimmers. Most days, 30 minutes at the start of each squad's practice is dedicated to athletic development activity out of the water. Examples of athletic development activities include running, pushups, pull-ups, squats, stairs, medicine balls, and resistance bands. Swimmers should come to practice in comfortable workout clothes and sneakers. It is suggested they have their swimsuit on underneath so they can transition quickly from athletic development to the pool.

Q – I NEED TO ASK THE COACH/MY SWIMMER A QUESTION DURING PRACTICE.

A – Please do not talk to your swimmer or the coach during practice. The swimmers need to pay attention to what the coach is telling them and the coaches need to give 100% of their attention to the swimmers. Coaches are usually available after practice in the pool lobby or via email to answer your questions.

Q – ARE THERE LIFEGUARDS ON THE POOL DECK?

A - Yes, there are lifeguards on the pool deck. They, and all of our coaches, are certified in CPR.

Q – WHERE DO WE PURCHASE ZSC SWIM SUITS AND CAPS?

A – [Elsmore](#) is our team apparel provider. They will come set up a shop at our pool for swimsuit fittings and orders two days in late September/early October and again one day in April at the start of Long Course Season. Stay tuned for specific dates. All swimmers will receive one free latex ZSC swim cap upon initially joining the club. Members will be responsible for purchasing all replacement caps. We will periodically coordinate group orders with our vendor for caps with the swimmer's last name on the side. Members are responsible for paying the vendor. Further requests for latex (\$5) or silicone (\$12) caps can be made directly to the coaches during the season and the charge will be applied to your monthly bill.

Q – WHAT ARE CHAMPIONSHIP MEETS AND DOES MY SWIMMER QUALIFY?

A – During the season, swimmers are working to qualify for end of Short Course and Long Course Championship meets. The two main Championship meets that swimmers qualify for are the Divisional meet and/or State (Age Group or Senior) meets. Qualifying times are set each year by Indiana Swimming and get more difficult to achieve as swimmers age up. Qualifying times are grouped by 10 and Under, 11-12, and 13-14. Most recent time standards can be found on the [Indiana Swimming Time Standards](#) website. It is helpful for young swimmers to look at the cuts for Divisional times as a first major goal. More elite swimmers can move on to qualify for Zones, Speedo Sectional, Jr. National, or Olympic Trial events.