



Short Course 18/19 Season Information Packet

Thank you for your interest in Westfield Aquatics! Joining a swim team can be a bit overwhelming. Please read our Season information packet thoroughly. If you have further questions before registering, please send an email to contact@swimwestfield.org.

How to Register for the Team:

To register your swimmer(s), please go to: www.swimwestfield.org on or after September 1, 2018. You will find a menu on the left side of the page, click on "Registration" and follow the directions in order to register.

Important Dates — Please Mark Your Calendars:

- *New Swimmer Evaluations at the WHS Pool* 8/21 or 8/23 @5:30pm
- *First Practice Offered—Senior* 8/21 (3:30-5:30pm)
- *First Practice Offered—Developmental, Age Group 1&2, Age Group Elite* 9/4/18 (Tues)
- *Elsmore Swim Shop On-Deck at WHS* TBA
- *New Parent Informational Meeting at WHS* TBA

Westfield Aquatics Club Basic Information

Where do we train?

Westfield Aquatics trains at Westfield High School which contains a six-lane, 25-yard pool. Please enter the building through Door #13.

Practice Groups

Westfield Aquatics uses a progressive multi-level team structure designed to challenge each swimmer's development physically and mentally. At each level all swimmers are encouraged to achieve the objectives and goals set out by the swimmer and coach. This structure promotes long-term success and enjoyment of the sport of swimming. The coaching staff encourages parents to embrace the fact that each child is different and progresses at their own individual rate. All group assignments are made by the coaching staff after an evaluation session for new swimmers, or by evaluating the progression of current swimmers on the team.

WESTFIELD AQUATICS 2018-19 GROUP STRUCTURE

Block Program (NEW for 2018/2019): Swim program in 6-week increments for those swimmers in the Developmental, Age Group 2 and Age Group 1 programs **only**.

Developmental

(K-3rd grade), Ages 6-8

- Must swim 1 length of Freestyle and Back to be eligible for team.

- Participation in local meets is recommended.

Age Group 2

(3-5th grade), Ages 8-10 (11 who turns 11 after Jan. 1st and/or is in 5th grade)

- (3rd), 8 year old - must be returning USA Swimming athletes or summer league experience, must be proficient at Freestyle and Back have working knowledge of all 4 strokes, must participate in local meets.
- (4-5th grade) 9-10 year old- Must be able to swim 50 Free and 25 Back.
- (5th grade) 11 year old- New to swimming. Must be able to swim 50 Free and 25 Back
- Participation in local meets is highly recommended.

Age Group 1

(4-7th grade), Ages 9-12

- (4th grade), 9 year old- Must be returning swimmers. Must have 6 divisional times or 9-10 Age Group State Qualifying times. Must be able to practice effectively in all 4 strokes, kicking and IM.
- (5th grade), 10 year old- Must be returning swimmers. Must have divisional times. Must be able to practice effectively in all 4 strokes, kicking and IM.
- (6-7th Grade) 11-12 year old- Must be able to swim 100 Free and 50 Back to be eligible for the team.
- Participation in meets is a very important part of their continued development.

Age Group Elite

(6-8th Grade) Ages 11-14

- (6th grade) 11 year old- Must have a state qualifying time in the 11-12 age group or 4 or more times in the 9-10 age group if moving into 11-12 age group in the current season. Must be able to train all 4 strokes, Kick, IM and for the 500 Free. Must be able to train 8x100 Free on 1:40; 6x100 IM on 1:50; 6x100 kick 2:00
- (6-7th Grade) 12 year old- Must have 6 or more Divisional Qualifying times and be able to train all 4 strokes, Kick, IM and for the 500 Free. Must be able to train 8x100 Free on 1:40; 6x100 IM on 1:50; 6x100 kick 2:00
- (7th grade) 13 year old - Must have Divisional Qualifying times and be able to train all 4 strokes, Kick, IM and for the 500 Free. Must be able to train 8x100 Free on 1:40; 6x100 IM on 1:50; 6x100 kick 2:00
- (8th grade) 13-14 years old- Must be able to swim 200 Free and 100 Back to be eligible for the team.
- Participation in Meets is critical for the continued development.

Senior Group

All High School Freshman or Beyond. Must be able to meet the demands of the Senior Practices.

- All Athletes are expected to compete in Meet

Athlete Expectations

1. **Always be punctual at practices and meets.** This is rule #1 for a reason. Time is the most important resource any of us have! Honor your time and the time of your family and coaches, and show respect through being punctual.
2. **Train to your limits.** Give 100% each day--there is no such thing as 110% one day to make up for lackadaisical effort another day. Make everything you do count.
3. **Use the pace clock.** Don't *guess* how fast you are swimming—**know** how fast you are swimming.
4. **Start and finish every swim at the wall.**
5. **Listen** – No talking when directions are being given.
6. **Perform every set and drill exactly as stated.** 100% right is 100% right; 99% right is 100% *wrong*.
7. **Do every stroke and turn legally.**
8. **Learn to enjoy a hard challenging practice** since this is what helps you reach your potential.
9. **Always have the necessary equipment** including an extra cap and goggles.
10. **Have fun!**

Please review the updated “Swimmer’s Code of Conduct”. A separate link will be posted on the website prior to the registration date. This will need to be signed by the athlete before starting the 1st practice (if in Age group Elite or Senior group) otherwise as a Parent, during registration, you agree to discuss with your child by checking the box.

Policies Regarding Practice

- Westfield Aquatics does not have a set attendance policy. As with most athletic activities, competition will improve as practice time increases. Your coaching staff spends a great deal of time preparing a practice schedule that caters to the variety of ages and ability levels. The coaching staff will take attendance on a daily basis so that the progress of each athlete can be tracked.
- Swimmers should arrive at the pool practice facility no earlier than 10 minutes prior to their workout time and should be picked up no later than 5 minutes after practice time is over. No swimmer should be dropped off at any time unless the parent knows a coach is present. This is for their safety.
- In order to continue the good relationship that we currently have with the Westfield Washington Schools, no swimmers are allowed in any areas of the schools other than the workout facilities and the halls that lead to them. It is also extremely important for siblings of swimmers, as well as any other young children involved with the team, to be under constant adult supervision.
- While at practice, swimmers are the responsibility of the coaching staff. During workouts, swimmers are not to leave the pool area without the coach’s permission.
- Westfield Aquatics is the guest of the Westfield Washington School District, and it is our responsibility to respect this privilege. Any damage to school property may result in the financial liability of the swimmer’s family. Any damage may also result in the swimmer being asked to leave the team permanently.
- Westfield practices are extremely important. Therefore if the parent needs to speak to a coach, please plan to do so before or after the practice, do not interrupt the coach during a practice. The coach’s

responsibility is to the swimmer. When the attention is taken away from the swimmer the coach is not able to do their job.

- Promptness is a must for practices to be worthwhile.

Expenses associated with swimming

There are 4 types of expenses you will typically incur as a swim parent—here is a brief explanation of each type.

- **Registration Fees:** \$165 for each swimmer (Age Group Elite and Seniors).
 - Included in this fee:
 - USA *Swimming Registration* (approx. \$70) which includes secondary accident insurance, eligibility to enter swim meets, bi-monthly issues of *Splash* magazine, eligibility to participate in USA Swimming and Indiana Swimming programs such as camps.
 - A Westfield Aquatics team shirt and swim cap.
 - The remainder is applied to Westfield Washington Schools’ facility usage fees.
- **NEW --Flex Membership Fee:** included in the BLOCK fee (\$20 per swimmer). Please see below for more information regarding this new program offered by USA Swimming. This option is in lieu of the regular membership.
- **Training/Practice Fees:** These fees vary by group. Your child will be placed in the group our coaches feel best suits their ability.
- **Meet Entry Fees:** Swimmers are responsible for paying entry fees to all competitions in which they are entered. These fees vary depending on type of competition and the number of events entered and generally range from \$20-\$40 per meet. Meet entry fees are calculated by Westfield Aquatics, and are automatically applied to your monthly bill.
- **Apparel Costs:** Westfield Aquatics requires all swimmers to compete in Westfield Aquatics competitive gear. This includes a Westfield Aquatics suit and cap for all competitors, male and female. Our team provider typically does one on-deck fitting per season; please take advantage of this opportunity and save yourself a trip to the swim shop. (Further details in “Apparel Expectations” below).

USA Swimming Flex Membership

The Flex membership is a year-round membership, but the benefits are limited** from the “Premium” (i.e. the traditional membership). This is a membership geared toward those athletes who are new to the sport, athletes who might train but not compete, and multi-sport athletes.

**swimmers are limited to two competitions in a calendar year AND are not allowed to swim in any championship level meets (i.e. Divisionals and above).

The Flex membership can be upgraded to a “Premium” membership at any time.

Westfield Aquatics has incorporated this membership in the “BLOCK” program for swimmers in our Developmental, Age Group 1, and Age Group 2 programs. Please refer to Appendix A for a more detailed explanation and the fee structure.

Multi-swimmer Discounts and Scholarship Opportunities

We strive to make this an enjoyable, and affordable experience for your family.

- ***Sibling Discounts (if have swimmers in AGElite & Senior programs):***
 - Westfield Aquatics applies a 15% discount in training fees for the second swimmer in a family.
 - Westfield Aquatics applies a 30% discount in training fees for the third swimmer in a family.
 - Westfield Aquatics applies a 100% discount in training fees for the fourth (and 5th, 6th, etc.) swimmer in a family.
 - Discounts are applied from the highest-fee group to the lowest-fee-group. Discounts are not applied to registration fees and/or meet fees.
- ***Sibling Discounts (BLOCK swimmers):***
 - Westfield Aquatics applies a \$15 discount per BLOCK for the second swimmer in a family.
 - Westfield Aquatics applies a \$25 discount per BLOCK for the third swimmer in a family.
 - Westfield Aquatics applies a \$100 discount per BLOCK for the fourth (and 5th, 6th, etc.) swimmer in a family.
 - Discounts are not applied to meet fees.

--For example: if you have a senior swimmer and an Age Group 2 swimmer (in the BLOCK program), the senior swimmer is charged the full price, but the AG2 swimmer would have a \$15 discount off the BLOCK fee.

Bottom line: if you have more than one swimmer, you will get some form of discount.

- ***Scholarship Program:*** Westfield Aquatics offers a scholarship program with reduced fees for families that qualify financially. More information is available on the website under the “Swim Team” tab, including a form to be turned in to the Board.

Apparel and equipment expectations

Apparel

- ***At Practice:*** Swimmers may practice in any one-piece practice suit and a Westfield Aquatics swim cap.
- ***At Meets:*** We expect Westfield Aquatics athletes to compete in Westfield Aquatics gear. This includes a Westfield Aquatics T-shirt, a Westfield Aquatics swim suit, and a Westfield Aquatics swim cap for all competitors, male and female. During the regular (non-championship) season there will be few (if any) exceptions to this rule; we compete as a team! If a swimmer wishes to wear any suit other than a Westfield Aquatics suit, they must first have the permission of their coach. During championship meets, swimmers may wear competition suits other than their Westfield Aquatic suits—but only after

having discussed it with their coach. Wearing the same suit and cap serves two purposes: it furthers team unity, and it helps coaches and parents easily identify Westfield Aquatics swimmers on deck.

Equipment

Westfield Aquatics provides kickboards to our swimmers in the Developmental, AG2, and AG1 groups. The following groups have a list of recommended additional equipment. Please contact Elmore Swim Shop (317-208-3000) to purchase equipment for your swimmer's group – just tell them what practice group your child is in, and they can make sure you get the right equipment.

- **Age Group 2:**
 - Fins (rubber)
 - Mesh bag (optional for storage/transport of fins)
- **Age Group 1:**
 - Fins (rubber)
 - Snorkel
 - Mesh Bag (optional for storage/transport of fins)
- **Age Group Elite:**
 - Fins (rubber)
 - Snorkel
 - Mesh Bag
 - Speedo Tech Paddles
 - Pull Buoy
 - Kickboard
- **Senior Group:**
 - Fins (rubber)
 - Snorkel
 - Mesh Bag
 - Speedo Tech Paddles
 - Pull Buoy
 - Kickboard
 - Tempo Trainer

Apparel and equipment expectations are taken seriously. They are an outward reflection of the order and class of our team. Team members are expected to understand and follow this policy.

Training Fees and Payment Schedule (AGElite & Seniors)

The monthly training fees for the 18/19 Winter Season have **not** increased from the 17/18 season, **however members will be charged the credit card processing fee, 2.95% currently. This is a pass-through charge for members.** There are **two** payment options (see schedules on the following pages):

- **Option #1: Monthly Payment Plan:**
 - *For Age Group Elite swimmers, Westfield Aquatics has two seasons each year: Short Course (Winter) and Long Course (Summer).*

- For the Sr. Group (14-19 High Schoolers), Westfield Aquatics has moved to a year-round program in order to establish a training schedule that maximizes the development of our High School age swimmers to compete successfully during the High School season and at Championship meets.
- **Important: When you join in the fall (Winter Season/Short Course Season), you are committing to paying all training fees through the remainder of the 18/19 season.** In order to ensure we maintain adequate staffing throughout the entire season, after registering we do not pro rate monthly fees or provide refunds for months when swimmers do not participate.
- **For the Senior group only:** if you sign up for the monthly payment plan (i.e. the “6 payment” plan-Oct, Nov, Mar, May, Jun, and July), there are NO payments during the high school season (i.e. Dec., Jan., & Feb. see chart below).
- At the conclusion of the Winter Season in March, Age Group Elite Swimmers will have the option to continue their membership through the Summer Season. You will NOT pay registration fees again at that time, but **you will need to register again** (this is different from the prior Summer Season process). Senior swimmers will continue to pay monthly fees through July. The summer fees are the same monthly charges.

Monthly Training Fee Payment Schedule—Winter 2018/2019

***Senior Group will also incur training fees in May/June/July**

	REG.	Training Fees					
First Swimmer	SEPT.	OCT.	NOV.	DEC.	JAN.	FEB.	MARCH
Full Price							
Age Group Elite	165	150	150	150	150	150	
Senior*	165	196	196				196
	REG.	Training Fees					
Second Swimmer	SEPT.	OCT.	NOV.	DEC.	JAN.	FEB.	MARCH
15% Discount							
Age Group Elite	165	128	128	128	128	128	
Senior*	165	167	167				167
	REG.	Training Fees					
Third Swimmer	SEPT.	OCT.	NOV.	DEC.	JAN.	FEB.	MARCH
30% Discount							
Age Group Elite	165	105	105	105	105	105	
Senior*	165	137	137				137

● **Option #2: One-Time Payment Plan; 2 payment option for Seniors only:**

- Members may opt to pay their training fees in a one-time payment for the season. Payments are due October 1, 2018 for the short course season for Age Group Elite or **two payment plan-Senior Group only** and are processed via our online payment system.

- Members who choose this plan receive a **5% discount** on training fees. Members on this plan are still considered “Seasonal,” and must declare their intent to swim each season by re-registering. **Senior swimmers (High School Age) will have two payments for an entire year of training through July 2019 on October 1, 2018 and May 1, 2019.** Choose “One-Time” for your “Payment Plan” when you register to pay in this manner or “**2 payment**” option for Seniors only.

One-Time Training Fee Payment Schedule—Winter 2018/2019

Group:	Reg Fees	Due Oct 1, for Swimmer #:			
	Sept. 1	1st	2nd	3rd	4th+
Age Group Elite	165	713	606	499	0
Senior (Oct 1 & May 1)	165	559	475	391	0

Joining After the Start of the Season:

Any member joining on or before October 31, 2018 may choose either of the following options:

- **Monthly**--You will pay your registration fees at sign-up (online), and your remaining training fees as they come due on the first of each month.
- **One-Time Payment**--You will pay your registration fees at sign-up (online), and prorated training fees, which will be applied automatically to your Westfield Aquatics account on the next first of the month after your sign-up.
- *Any member joining on or after November 1, 2018 must pay a one-time pro-rated sum for training fees.*

BLOCK Program Fees: please see Appendix A for details.

Online Payment: Automated Payment Processing

- Westfield Aquatics families must pay all training fees and charges online with a VISA, MasterCard, or Discover, or through Automated Bank Withdrawal. When you register you have the option to set this up, or you can set this up through your online Westfield Aquatics website account (once you log in, click “Set up Auto Pay” on the left-hand side of the screen). All meet and training fees (as well as incidentals or fines, if necessary) will be run through our website. Please talk to a Westfield Aquatics Board Member if you have questions regarding this policy, or email manager@swimwestfield.org.
- Our automated payment system will tell you when your payment information needs to be updated. When your card expires, or you get a new card sent to you by your bank, please be sure to update your Information in our system to keep our billing system running smoothly.

Your Commitment to Westfield Aquatics

Westfield Aquatics makes important decisions based on your commitment, including the recruitment, hiring and scheduling of coaches, the allotment of pool time for each group, and the reservation of and payment for pool time. **When you join Westfield Aquatics, please keep in mind that you are committing to the following for the season:**

- (1) **Timely payment of your dues through our automatic payment system.** All members must pay their registration and training fees, as well as incidental costs (such as meet fees or apparel) incurred during the season, in this manner. Your child may not participate in any Westfield Aquatics practices until you have entered this information into our website. If, for some reason (such as an expired credit card or

inaccurate payment information), payment is not made on the first of the month in which it is due, your child may not participate in Westfield Aquatics practices until an updated payment method is added. Please contact manager@swimwestfield.org so that a manual payment may be processed.

(2) **Full payment of your Westfield Aquatics fees according to the amounts set forth in this packet.** We offer two payment schedules as a *convenience* to our members—but your completed registration through our team website is your indication that you intend to pay your dues in full. There are two exceptions to this rule:

- **New members (AGElite & Seniors only):** New members are granted a two-week trial period. If at the end of the trial period you would like to terminate your relationship with Westfield Aquatics, you may do so by contacting the Head Coach with a formal request via email. Westfield Aquatics will keep \$70 of your registration fees to cover the cost of registering your swimmer with IN Swimming (which we do immediately), but we will refund the balance of the registration fees you paid (\$95), and you will be released from all further financial obligations.
- **Injury/illness (AGElite & Seniors only):** Should a member swimmer suffer an injury or illness that prevents him/her from practicing, the Club will refund a prorated portion of the season (100% of the weeks missed swimming) minus the \$50 handling fee. This amount will be issued in the form of a refund to the family unless otherwise determined by the Westfield Aquatics Board.
 - *Further requirements are:*
 1. *A refund requires a doctor's note.*
 2. *The swimmer must miss more than ½ of the season to qualify for any refund.*
 3. *At a minimum, Westfield Aquatics keeps the normal withdrawal-handling fee.*
 4. *The request must be made before the season in question is over.*

(3) Purchase of appropriate apparel and equipment for your child's group. **All Westfield Aquatics swimmers must have a fitting Team T-shirt (first one will be provided) as well a swim cap (first one will be provided) and a Westfield Aquatics team suit.** Any exceptions to this rule must come from your child's coach. Some of our higher groups have equipment expectations, and for your child to fully participate in their group's workouts, they should have the proper equipment with them at all practices.

Volunteering Commitment

Joining the swimming community is more than just dropping off and picking up your children at practice. Westfield Aquatics cannot function without the involvement of all parents. Throughout the year, Westfield Aquatics will ask its members to support fundraising activities (including volunteering in needed roles for hosted swim meets and Swim-A-Thons) and participating in club activities. These fundraisers are opportunities for parents to become involved in our organization and support their children. In general, they serve to promote and build the Westfield swimming community. These fundraisers are a significant source of revenue for the club, enabling us to maintain a reasonable fee structure while providing the highest quality program possible. By joining our team each family is committing to participation in Westfield Aquatics fundraisers as determined necessary by the Board of Directors.

One of our hosted meets is the **Westfield Neighborhood Swim League Championship** at Westfield High School (**June 2019**). If other volunteering opportunities arise, the Board will communicate the opportunities as soon as they are known.

Sign-up sheets for specific jobs and times will be available online in the month preceding the meet(s). We hope to provide ample volunteering opportunities throughout the season. If you know ahead of time that you will be unable to participate or volunteer in a meet, please contact the Meet Director as there are usually ways to fulfill your requirement ahead of time. Families who are unable or unwilling to honor this commitment will be assessed a \$50.00 financial penalty per family per session not meeting the meet requirement. For example, a specific meet might require 2 sessions, but if you only work 1 session—you would be assessed a \$50 fee. This ensures that we can provide adequate staffing at the meets and achieve our budget.

In addition to staffing meets (typically 4 hour shifts), each family is expected to participate in a volunteer capacity during the club each season. Meeting the volunteer commitment can include serving on various committees, such as the Board of Directors, meet planning, apparel, social committee, communications and marketing. Other opportunities include running new member orientation, officiating, generating club sponsorship monies, providing services in-kind to the team, sponsoring a Saturday morning swimmer breakfast, hosting a parent function, etc. Opportunities will be available to sign up online throughout the season and new ideas are welcome. The board reserves the right to impose a \$50 fee on families that do not fulfill a volunteer commitment.

BLOCK families only – your volunteer requirements are tied to the timing of your BLOCKS. For example: if we host an intrasquad meet during your 1st block, you would NOT be required to work, however when you are signed up for your 2nd block, you would be required to volunteer in some capacity, i.e. timing, ribbon writing, provide drinks, etc. Of course, all of the other volunteer opportunities (as listed above) are available to you at any time.

Website

Please check www.swimwestfield.org for current important club information. Your coach can answer questions regarding meet requirements.

Other Team Information

Our club website also has current board members, the club by-laws, coaches' bios, email & contact information, and other miscellaneous information to keep you up to date on Westfield Aquatics. Check it often to stay informed! Also, check us out on Facebook, Instagram, and Twitter!

Parent Checklist!

Please use this list to help ensure that you get your child ready for the season.

Before your child's first practice, please make sure to do the following:

(1) Register online at www.swimwestfield.org. On the left-hand side of the page, click "Start Registration," and follow the online instructions. Please be sure to use a contact email for your account that you check often.

Done!

(2) Set up some form of automatic payment through our team website. This will allow us to consistently and accurately bill your account on the first of each month. You may use a credit card or bank account for this secure payment system.

Done!

(3) If you are transferring from another USA Swimming team, please submit the IN Swimming Transfer Form. The form is available in electronic format on our website under the "Fall 2018 Season Information" menu tab. Once you have filled out the form, email it to manager@swimwestfield.org. If you are unsure when your child's last meets were with their previous team—we can help you with that information!

Done!

By the end of your child's second week at practice, please make sure to do the following:

(1) Submit a proof of identification/age for your child (if you are brand new to swimming). Information regarding acceptable forms is available in electronic format on our website under the "Fall 2018 Season Information" menu tab. Please photocopy the relevant information (usually a birth certificate, passport, or driver's license), and email the scanned copy to manager@swimwestfield.org.

Done!

(2) Order the equipment and team suit needed for your child's practice group. You can order over the phone (317-208-3000) with Elsmore Swim shop, or take advantage of our on-deck visit from the shop on sometime in September.

Done!

(3) Stay tuned--new parent information night coming up! We will have experienced parents and coaches at the meeting to answer questions that you have as a new parent. Before the meeting—feel free to ask any questions by sending them to contact@swimwestfield.org, and they'll get you directed to the right person.

Done!

APPENDIX A

GROUP STRUCTURE and “BLOCK” Scheduling

We are always looking at ways to improve our team and our sport by offering the very best opportunities for our athletes to thrive in our program. One of the most important parts of this is to allow athletes the opportunity to try our team. Experts believe, and we agree that young athletes should compete in multiple sports until they are approaching or going into high school.

In an effort to make it easier for young athletes to try our sport/team and to stay in it, we are reorganizing the younger portion of our program. Developmental, Age Group 2 and Age Group 1 will be offered in blocks of 6 weeks on and 1-2 weeks off. There will be 6 blocks offered through the year.

Athletes in these groups will be registered under USA Swimming’s FLEX Plan at \$20.00 per year. This registration fee will be paid by the club as part of your “block” fee. The FLEX Plan covers the athlete at all Westfield Aquatics practices and up to TWO USA Swimming Sanctioned meets per year. Any athlete who chooses to participate in more than two USA sanctioned meets will be required to extend their USA Membership to a FULL Member Registration which is \$70.00. The athlete’s family will pay the difference of \$50 at the time of that registration change.

There are several reasons we chose to make these changes.

1) To take the pressure off athletes and families from choosing one sport too early. Want to play soccer? Great we’ll see you in two months. Want to try basketball, no problem we hope to see you in the session after that. Want to try swimming? OUTSTANDING! We have 6 different blocks through the course of the year that you can sign up for when it fits YOUR schedule and other demands.

2) We believe BURN OUT is the most overused phrase in youth sports. Athletes come and go from activities all the time for a multitude of reasons and BURN OUT is the phrase assigned to most all of them. We do however believe that children have short attention spans and can get bored or lose focus. We believe that giving athletes multiple breaks throughout the year will keep them interested, engaged and excited about what they are doing even if they choose to sign up for all 6 blocks.

3) We will be able to schedule our blocks around many of our holidays; fall break, Christmas...Allowing our families to have time with each other, to travel or to host guests without any sporting commitment to us. It will also allow the simple pleasure of a nightly family meal for a couple weeks to reconnect and step back from today’s hectic and heavily scheduled lifestyle.

4) This will give many members of our staff time off with their families. It will also give them time to focus on their “real” jobs. This will give the coaches a break to get refreshed and excited to work with all the athletes when they see them again.

5) Athletes will not “get out of shape” during their time off. Young athletes don’t need to “train.” There are a few physical/physiological developments that consistent activity in young athletes develop. One is greater capillary development in larger muscle groups, this is almost exclusively legs for young athletes. The other is “aerobic base,” which is a generic term for the development of your cardio vascular system. Both these traits are developed over years not weeks of activity and do not diminish over a short period of time.

6) If an athlete chooses to participate in all 6 blocks during the course of the year, they will have swum 9 months. 9 months of swimming will allow the athlete to continue to move their skill level forward in the sport and prepare them for our program when they are asked to do more.



2018-19 WA Session Blocks and Group Fees for Developmental, Age Group 2 and Age Group 1

	9/4-10/12	10/29-12/7	1/2-2/8/19	2/18-3/27	4/8-5/17	6/3-7/12	
1st Swimmer	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Total Per Year
Developmental	\$155	\$155	\$155	\$155	\$155	\$155	\$930
Age Group 2	\$180	\$180	\$180	\$180	\$180	\$180	\$1,080
Age Group 1	\$205	\$205	\$205	\$205	\$205	\$205	\$1,230
2nd Swimmer	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Total Per Year
Developmental	\$140	\$140	\$140	\$140	\$140	\$140	\$840
Age Group 2	\$165	\$165	\$165	\$165	\$165	\$165	\$990
Age Group 1	\$190	\$190	\$190	\$190	\$190	\$190	\$1,140
3rd Swimmer	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Total Per Year
Developmental	\$130	\$130	\$130	\$130	\$130	\$130	\$780
Age Group 2	\$155	\$155	\$155	\$155	\$155	\$155	\$930
Age Group 1	\$180	\$180	\$180	\$180	\$180	\$180	\$1,080
4th (5th, 6th...) Swimmer	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Total Per Year
Developmental	\$55	\$55	\$55	\$55	\$55	\$55	\$330
Age Group 2	\$80	\$80	\$80	\$80	\$80	\$80	\$480
Age Group 1	\$105	\$105	\$105	\$105	\$105	\$105	\$630
Discount:							
2nd swimmer	\$15						
3rd swimmer	\$25						
4th (and beyond)	\$100						

NOTE: in addition to the above fees, a credit card processing fee, currently 2.95%, will be charged.