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**OUR VISION AND VALUES**

Cardinal Aquatics was founded in 2005. Our goal is to create safe, positive and productive environment for athletes of all ages and abilities. From our youngest swimming Cardinals to our NCAA and Olympic Trial Qualifiers, we provide a space and encourage our athletes to live and train with vigor.

Cardinal Aquatics strives to make a positive difference in the lives of its team members by promoting good sportsmanship, bio-mechanically sound techniques, nutrition, healthy lifestyle, balance, commitment, responsibility, love for the sport of swimming and self respect.

We are committed to creating an environment where each individual athlete may realize his or her own potential. We believe that the healthiest motivation for a child is the motivation that comes from within. We endeavor to draw out each child's natural energy, hope and courage, thereby fueling the pursuit of their dreams.

**OUR VISION**

Cardinal Aquatics strives to be one of the preeminent year round swimming club in USA Swimming. We strive to be universally recognized as a leader in compassionate coaching and competitive swimming instruction for young people.

**OUR VALUES**

The following is a list of what we live for everyday and try to instill in each one of our athletes: Family, Integrity, Respect for People, Honesty, Growth, Teamwork, Education, Freedom, Individuality and Peace of Mind.

**Our Coaches**

Cardinal Aquatics brings together a strong and dedicated group of swimming professionals to provide high-quality instruction in a competitive, safe and nurturing environment for our swimmers to grow and improve as athletes and individuals. Our goal each year is to be better in every aspect than we were in the previous year. We expect our team of coaches to strive for greatness.

Please respect our coaches while they are on deck with our swimmers. Parents are not allowed on the pool deck during practices. Our coaching staff is available via email for communication with parents. Coaches emails will be provided on the team website. Coaches will respond to email within a 24 hour period. If you have immediate concerns, please contact Coach Amy Albiero ([albierofamily@juno.com](mailto:albierofamily@juno.com)).

**Our Programs**

Cardinal Aquatics provides a safe, positive and productive instruction environment for all ages and abilities.

**DEVELOPMENT PROGRAM** - Development programs are designed for 10 & Under swimmers of all levels from our Cardinal Development and Age Group Development these groups focus development of proper stroke mechanics, balanced with building a base for endurance training for competition racing in meets.

**HIGH PERFORMANCE PROGRAM** - (Ages 10-14) High Performance groups (Age Group Elite and PreSenior Group) are the top level training groups within the Age Group Programs for swimmers 10-14 years old.  Swimmers will continue to build upon their swimming base and explore new training thresholds and qualifying for time standard meets.  Swimmers in these groups will have advanced training and aggressive goal setting. Enrollment into the group is by coach invitation and approval only.

**SENIOR AND NATIONAL TEAM PROGRAM** - Senior and National Team swimmers are the top level of training for the Senior Program. Swimmers in these groups compete on a Sectional, National and International level.  Advanced training and aggressive goal setting set the bar high and participants are expected to make all scheduled workouts. This group has a more extensive meet and travel meet schedule.  Enrollment into the group is by coach invitation and approval only.

**Program duration**

Cardinal Aquatics is a year round program offering 11 months of training for our competitive swimmers. Groups typically do not train the month of August (only for national level swimmers depending on meet schedule).

**FEES, PAYMENT OPTIONS AND REFUNDS**

**REGISTRATION FEES**

The registration fee for the competitive programs for the 2019-20 season is $205. This fee includes: Three Cardinal Aquatics t-shirts and registration with USA Swimming and Kentucky Swimming. These are annual membership fees paid for each swimmer with Cardinal Aquatics. After February 1, the registration fee is prorated to $125.

**PAYMENT PLANS**

Cardinal Aquatics offers two payment plans for the payment of your team fees.

**Full Payment** - Full amount due at the time of registration. Save 10% on fee total.

**Monthly Payments –** Fees paid monthly over 10 months. July and August are FREE.

**REFUNDS**

Cardinal Aquatics is not able to provide a refund for swimmers withdrawing from the team during the course of the season after January. A 30 day notice is required for removal prior to January. All pool rental and coaching contracts are executed prior to the start of the season based upon our registration numbers. Exceptions will be made for military families leaving the area in service to our country and medical reasons with supporting documentation (30 day notice required). If a swimmer decides to not complete the full season with Cardinal Aquatics, the family remains responsible for any outstanding fees.

**Team Communications**

All registered swimming families should provide at least one email address to Cardinal Aquatics. The majority of communications from the team will come via email. This will include information about upcoming meets and events, practice changes and cancellations and team news.

The most important link in the swimmer, coach, and parent triangle is the parent-coach communication line.  Cardinal Aquatics uses a wide variety of tools to communicate with our families. However, if any questions or problem should arise, the lines of communication between the coaches and parents are always open.  Feel free to email  your coach or our staff about problems or suggestions concerning your swimmer.  It is very important that you let us know if there is anything we can do to aid your swimmer in his full enjoyment of the sport from which he will realize greater success.  It is best to communicate with the coach most involved with your youngster's program.

**Cardinal AQUATICS TEAM UPDATE**

NEW!! The team's newsletter will be published WEEKLY and provides specific information on upcoming events like meets, achievements, tidbits, ideas, philosophy and changes in practice schedules.  In short, it is our main means of communicating with team parents.  It will be posted on the web (under the “NEWS AND EVENTS” heading) and mailed to you via email.  We urge parents to read the “CARDINAL AQUATICS TEAM UPDATE" carefully and faithfully.

**CARDINAL AQUATICS WEBSITE AND TEAM UNIFY**

[WWW.CARDINALAQUATICSLOU.COM](http://WWW.CARDINALAQUATICSLOU.COM)is the address of our team web site.  It contains our team recent news and is often updated weekly during the season.  The site has meet results, the complete schedule for the 2019-2020 season, information on each facility including staff and practice schedule, records, various time standards and a lot more. Be sure to add it to your bookmarks! Our website is used for MEMBER ONLY information, including billing, meet sign-up, and much more. Please take the time to become familiar with what the website can do for you and ask your coach if you are having difficulty finding information.

**Cardinal AQUATICS EXECUTIVE AND ADMINISTRATION STAFF**

Owner, Head Coach – Amy Albiero

National Coach – Chip Augustus

Senior and PreSenior Coach – Kevin Arakaki

National/Senior Assistance Coaches – Avery Baunecker, Rachel Howard, JP Goyetche, Joao DeLucca, Maggie Jahns, Lauren James

AGE Coach – Amy Albiero/Michael Eastman

AGE Coaches – Maggie Jahns/Ashlyn Schoof

Cardinal Development Coach – Rachel Howard

Meet Directors – Brenda Powell/ Beth Harned/ Laura Blevins

**Parents On Deck App**

If you have a smart phone, the FREE ***Parent On Deck***smart phone app is now available in the [**Android store**](https://market.android.com/details?id=com.teamunify.ondeckparent&feature=search_result#?t=W251bGwsMSwyLDEsImNvbS50ZWFtdW5pZnkub25kZWNrcGFyZW50Il0.)and the[**iTunes App Store**](http://itunes.apple.com/us/app/ondeck-parent/id420964130?mt=8)**.**

This is a mobile application for parents of swimmers. This is a great app to have with you while attending swim meets...or just to kill time while at your kids’ practice! The app was created by Team Unify, the folks who run our website and team database and billing system.

Here are some features:

**Meet Results**-- You can use it to see your swimmer’s historical meet result times from every USA Swimming meet they have ever swum. And it is updated with new meet results every time you sync your app with the results on our website. Just a tap of the “sync” button on your phone is all that is required.

**Account/Swimmer Management**-- OnDeck pulls the up-to-date swimmer database exactly as we have your swimmer’s information in our website database. When you synchronize OnDeck with our data, you'll see exactly what contact information we have for you. If there are issues or changes needed, you'll know to login into your account to make changes.

In your Account view, you also see all of your kids with their age and the roster group to which they are assigned. Tap on one of your kids’ names, and you'll see a wealth of information -- a full history of all meets swum with instant access to results, plus best their times, with instant access to results and ability to compare times to local and national time standards.

You can see complete info about this application on [**Team Unify's web page**](http://www.teamunify.com/__corp__/ondeck/ondeck-parent.php).

Additionally, another useful and free app for tracking your swimmer's times and meet results is **MEETMOBILE**. Although it is not tied into our team database, the majority of meets in which we participate feed data to MeetMobile.

[**MeetMobile iOS in iTunes for iPhones**](https://itunes.apple.com/us/app/meet-mobile/id422154977?mt=8)

[**MeetMobile for Android phones**](https://play.google.com/store/apps/details?id=com.active.aps.meetmobile&feature=search_result#?t=W251bGwsMSwxLDEsImNvbS5hY3RpdmUuYXBzLm1lZXRtb2JpbGUiXQ..)

**Practice Cancellation due to Weather**

If UofL is open and it is not a scheduled Cardinal Aquatics holiday, practice will be conducted. There are times when UofL is closed, but we will still have practice (during UofL games, weather, etc). At times, due to extreme weather, Cardinal Aquatics will cancel practice (emails will be sent!). **We DO NOT follow school closures for weather**. We will email you as soon as a decision has been made about the practice cancellations. If uncertain, please check the website at www.cardinalaquaticslou.com for updates.  **ALL CANCELATIONS WILL BE SENT VIA EMAIL!**

**Volunteer opportunities**

**Officials**

As a Kentucky Swimming Team we are called upon to provide officials and/or timers for all meets that we participate in.  We are in need of parents to volunteer to become certified as officials. Michele Reichel is our team Officials Coordinator and will conduct a few classes a year for those interested to get certified. Please contact her at: [michele.l.reichelgh1h@statefarm.com](mailto:michele.l.reichelgh1h@statefarm.com) if you are interested to learn more.

**Parent Volunteer**

Parent volunteers are an important part of the commitment to the sport of swimming and will be needed throughout the year.  Job needs include: officials, timers, admissions, hospitality, runners, computer work (requires some training that we can provide). All families are required to volunteer at every hosted meet (5-6 meets per year). If the meet is a 1 day meet, the requirement is 1 session, if the meet is 2 days, the requirement is 2 sessions, if the meet is 3 day, the requirement is 3 sessions. All parents are required to volunteer 4 session of the Christmas Classic Prelim/Final meet.

Meet job sign ups are sent a few weeks prior to the hosted meet. Be sure to sign up to fill a spot, as sessions worked are logged/tracked through the website. You are able to see the hours recorded in the Team Unify site.

In the event you are unable to work the required sessions for that meet, $75 will be charged to your account after the meet for each session not worked over the weekend. This is for HOSTED meets ONLY.

**Meet Entry Procedures**

**PARTICIPATION**

All competitive swimmers with Cardinal Aquatics are encouraged to participate in meets each month.  We offer approximately one meet per month for our team. This is an opportunity for swimmers to see the benefits of their training, experience the full competitive experience of their sport and connect with their teammates from our site. While not required, we strong believe that competition is fundamental component of a swimmer’s development.

**MEET ENTRIES**

Meet announcements are posted on the Cardinal Aquatics website under the “Meets” page. Entry deadlines are posted and reminders sent prior to closing. All entry deadlines for the season are posted on the “Schedule” page for the season.

To register for a meet, please read the meet announcement first. You can find the meet announcement on the Meets page under the individual meet under the Meets/Schedule section. The meet announcement will include information about the date, location, events, entry limits, and possible timeline for the meet. Each meet is different, so please read each announcement carefully. Be sure to review the meet announcement with your swimmer(s) before you select events. Please reach out to your swimmer’s coach if you have questions about their events.

All registrations for meets are done using the TEAM UNIFY system. This is the same account that you used to register for the team. At the beginning of the Cardinal season, you will receive an email with the password for the TEAM UNIFY system.

Once you have logged into the system, you will need to declare you are participating in the meet. Once you declare for the meet, the meet events for which your swimmer is qualified will automatically pop up. Click on the events you would like to swim.

Remember to hit SAVE or your entry will not be saved in the system. If your swimmer is not qualified for a meet, you do not need to indicate they are not attending.

Once your entries are in the system the coaches will review them. They will either approve or reject them. If a swimmer’s events are “rejected” the coach will select another event for the swimmer. The day after the entry deadline an Entry Report will emailed for your review. Once entries are submitted to the host team NO changes or additions can be made. Check the Entry Report as soon as it’s available to make sure that your swimmer is in the correct events.

A few days prior to the meet, the host team will email or post a psych sheet on the website under the meet page. Please make sure to check it. It is the swimmer’s responsibility to check the psych sheet and report any errors. If you find an error, please contact Coach Amy as soon as possible. If you wait until the last minute, no changes can be made.

If you have any questions about meet entries or need assistance in the process, please contact Coach Amy.

**DECK ENTRIES**

Once our entries have been submitted to the meet host, we are not able to makes any changes or additions to our meet files. If you wish to participate in a meet after the deadline, you may arrange for a deck entry for your swimmer. The option for deck entries is at the discretion of the meet director. Please review the meet announcement for details on the deck entry procedure for that meet.  There are fees for late entry events that are paid by the swimmer at the meet. These fees are not included in your registration fee.

**Carinal Aquatics Apparel**

**TEAM SUIT**

To build a complete Cardinal Aquatics culture, we require swimmers to wear a team suit when attending all competitive meets that are not consider “tech suit” meets by the Cardinal Aquatics coaching staff. Tech suits may only be worn at championship meets or meets with coaches approval ONLY.

**Cardianl AQUATICS APPAREL VENDOR**

All Cardinal Aquatics apparel will be available exclusively through SwimVilleUSA. Swim caps can be purchase from Coach Amy at $15 each. Caps with names need to be purchased on the website with the team order ($40 for 2 caps). Team caps are required to be worn at all competitions.

Championship suits (TYR ONLY) will be permitted to be worn at CHAMPIONSHIP or meets with Coaches approval ONLY- NO EXCEPTIONS.

**Our relationship with USA Swimming**

Cardinal Aquatics is a member of USA Swimming. As the National Governing Body for the sport of swimming in the United States, USA Swimming is a 300,000-member service organization that promotes the culture of swimming by creating opportunities for swimmers and coaches of all backgrounds to participate and advance in the sport through clubs, events and education. The website for USA Swimming is [www.usaswimming.org](http://www.usaswimming.org).

Within USA Swimming, there are four Zones. These are North, South, East and West. Machine is located in the Eastern Zone. The Southern Zone includes the Local Swimming Committees (LSC) from Kentucky, Border, Florida Gold Coast, Louisiana, Mississippi, NorthCarolina, North Texas, South Carolina, South Texas, Southeastern Swimming, West Texas, West Virgina. More info about the Southern Zone can be found at [www.szoneswim.com](http://www.szoneswim.com)

Cardinal Aquatics is a member of the Kentucky Swimming (KYLSC) LSC. Additional information about KYLSC can be found at [www.kylsc.org](http://www.kylsc.org).