

# CITY OF ALEXANDRIA SWIM TEAM

## Registration Packet 2021 – 2022



Registration payment takes place online at

[www.coastswim.org](http://www.coastswim.org)

### Team Membership Agreement and Payment Obligation Payment

Your financial obligation to be a part of the COAST Swim Team is divided into 5 components:

- 1) Annual Team Registration Fee
- 2) Monthly Team Fees
- 3) Annual USA Registration (\$85 USA Fee)
- 4) Team Expenses
- 5) Volunteering – 10 points/hours annually.

All Swim Team Billing is tracked through our team website, [www.coastswim.org](http://www.coastswim.org). Families always have real-time access to their accounts when logged in. It is the account holder's responsibility to maintain and keep accounts current. **Any unpaid balance from a previous season will automatically be included at registration.**

### Monthly Team Fees

These fees are based on the year-round swimming program and cover coaching, facility, and program expenses during both Short Course (fall/winter) and Long Course (spring/summer) seasons. These fees are billed monthly on the 1<sup>st</sup>. Please note: while billed monthly, the fees are simply an average of the total annual fee and do not relate directly to just the month charged. **If a swimmer joins after the 1<sup>st</sup> of any month, the pro-rated (if applicable) monthly balance will be added to the invoice for the 1<sup>st</sup> of the subsequent month.**

### Team Expenses

These are expenses associated with team membership including, but not limited to, meet entry fees, apparel and events. These fees accrue and are billed monthly on the 1<sup>st</sup>.

### Volunteering

To help keep monthly fees down, each family is required to Volunteer at hosted events. The requirement is based on which practice group the swimmer(s) is in. See the FEES section on the next page and the VOLUNTEERS page of the website for full details.

### Payment

Pay by cash or check at the COAST Office. **Coming in early 2022 - Account holders may choose to use the autopay feature on the website, but this is not required.** This system ONLY drafts automatically on the 1<sup>st</sup> of each month. Those not desiring to use autopay may pay by cash or check each month, no later than the 21<sup>st</sup> to avoid Late Fees.

### Late Fees

A \$10 late fee will be automatically be system assessed for delinquent payments (received after the 20<sup>th</sup>) as well as any other bank fees. All payments made are final. No refunds will be issued. All fees and dues must be current for swimmers to practice or participate in meets.



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## SWIM TEAM - Registration Packet

### Fees

Practice Level	Annual USA Registration Fees*	Annual Registration Fee (included: T-Shirt- limited supply after Fall Reg)	Monthly Team Fees
<b>Pre – Level I</b>	\$85.00	\$35.00	\$30.00
<b>Level I</b>	\$85.00	\$35.00	\$30.00
<b>Level II</b>	\$85.00	\$35.00	\$30.00
<b>Level III</b>	\$85.00	\$35.00	\$30.00
<b>Level IV</b>	\$85.00	\$35.00	\$40.00
<b>Level V</b>	\$85.00	\$35.00	\$50.00

**\*If transferring from another USA team, COAST will cover the USA Transfer Fee.**

### Notice of Intent to Withdraw

#### Policy

Notice of Intent to Withdraw form must be submitted in order to ensure the cancelation of future payments.

Notification must be submitted in writing to Head Coach Wally Fall no later than the 5th business day prior to the scheduled draft date in order to avoid being charged for the following month. Members are responsible for all fees until such time. **No refunds will be given for payments drafted.**

- Any remaining owed balance from Active accounts will automatically be charged to the form of payment on file with Active. If there is no form of payment on Active Networks able to be used, the form of payment used for monthly Team Fees will be used.

**There will be a Reactivation Fee (75% of 1 month's fees) for swimmers returning within the same season/year of a withdraw. This fee does not apply to Fall Registration for the new "Swim Year".**

Phone notification, without submission of a completed Notice of Intent to Withdraw form, will not be accepted as valid notification for withdrawal from the COAST Swim Team.

Members are responsible for all fees until such time as a completed Notice of Intent to Withdraw form has been received by the Head Coach.

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Name of Swimmer(s)

Practice Level

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Date of Withdrawal

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Reason for Withdrawal

# **CITY OF ALEXANDRIA SWIM TEAM**

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## **Practice Levels**

### **Age Group Pre-Novice I (8 & Under)**

This practice level is for young swimmers new to the sport and whom do not yet have the basics of all 4 competitive strokes and/or that are still working on building an endurance base.

Attendance: Two practices per week are recommended

### **Age Group Novice I (10 & Under)**

This level is for 8 & under swimmers and some 9-10 swimmers who are knowledgeable but not proficient in all four competitive strokes. The emphasis is on developing the fundamentals of the strokes, starts and turns by means of drills and games in an enjoyable atmosphere for instruction. Swimmers learn the basic rules of competitive swimming.

Attendance: Two to three practices per week are recommended

### **Age Group Novice II (9-12)**

This practice level is designed for established 9-10-year-old swimmers and 11-12 year olds with some skills refining needed. Improving stroke, start and turn techniques will be the primary emphasis in this level. It will serve as an introduction to the highest levels of age group swimming. Mild distances and endurance work will be introduced at practices. Level II swimmers will also begin to learn the basics of dryland movements for motor skill development, coordination, and overall improved body awareness.

Attendance: Three practices per week are recommended

### **Age Group Novice III (11-14)**

This practice level is the top Age Group level for 14 & Under swimmers. This level is designed for established 11-12-year-old swimmers as well as developing 13-14's. Strong emphasis is placed on technique refinement with a stronger conditioning experience. General Aerobic, IM, Kick, and Sprint work is also emphasized along with introductory dryland and general body strengthening. Racing strategies and mental preparation are also introduced.

Attendance: Three to four practices per week are recommended

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### **Age Group Level IV – Junior Varsity (12-18)**

This practice level is the top Age Group Practice Level. This level is designed for Jr. High and High School age swimmers that are at an Intermediate Level of skill development, competition, and commitment to the sport. Level IV is also great for those High School age swimmers that enjoy the sport more socially and for physical activity rather than competition. Continued strong emphasis is placed on technique refinement while also increasing the overall aerobic and training load. General Aerobic, IM, Kick, and Sprint work is emphasized along with dryland and general body strengthening & stability. Racing strategies and mental preparation are also built upon.

Attendance: Four practices per week are recommended

### **Senior Level V – Varsity (13 & Older)**

“Senior” Level swimming begins a pronounced shift of focus from practicing to training while also maintaining an emphasis on stroke technique improvement & race strategy execution. The training focus is IM, Aerobic, and Race Pace training along with a strong emphasis on kicking. This level is also for those moderately advanced 13 and older athletes that swim seasonally and/or are multi-sport athletes. Swimmers must have the ability to handle the physical demands of an advanced training regimen to allow the opportunity to build and move to the next training level.

This practice level is only for athletes committed to reaching their full swimming potential and is not required for any swimmer. Year-round training and meet attendance are required. Participation in Level V is a privilege, not a right. Members of Level V must maintain required practice attendance and expectations to join and to remain in the group.

Level V Swimmers and Parents will be required to sign and agree to a full Level V description and requirement.

#### **Expectations & Requirements:**

- A maintained minimum 75% Practice Attendance is required, including dryland strength-training sessions
- Swimmers must complete & maintain USA Swimming’s Athlete Protection Training Course Certification
- Swimmers are expected to attend and compete in all scheduled Championship meets for which they qualify, including USA Sectionals