

2022
2023

AGUA

AGUA Team Handbook

A GUIDE TO AGUA SWIMMING

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VALUE BEYOND THE WATER

Asphalt Green Unified Aquatics believes in using world-class coaching to create a culture of respect, accountability, and discipline to produce athletes who are not only successful on the highest level, but are inspired individuals who strive to become leaders in their community.

ASPHALT GREEN

Asphalt Green is a nonprofit organization dedicated to assisting individuals of all ages and backgrounds achieve health through a lifetime of sports and fitness. Community service is at the core of our origin and at the heart of our mission.

Asphalt Green Competitive Teams

Competitive youth sports programs at Asphalt Green provide the support, resources, and encouragement to young athletes who wish to maximize their potential. Coaches challenge athletes in practice and competition to aspire, develop their skills, and improve self-confidence and to adapt the attitudes and philosophies which characterize elite performers. Their lives will be enriched and our teams will compete at the highest level.

AGUA

AGUA is Asphalt Green's competitive youth swim program. AGUA is a USA Swimming registered team, and is a member of the Local Swimming Committee, Metropolitan Swimming.

USA Swimming is the national governing body for competitive swimming in the United States. USA swimming oversees the overall organization and operation of the sport within the country. To learn more about USA swimming, visit www.usaswimming.org.

The Local Swimming Committee (LSC) is the local level of USA Swimming. Each LSC is a separate entity that acts on behalf of USA swimming on the local level. To learn more about our LSC, Metro Swimming, visit www.metroswimming.org.

AGUA TEAM VALUES

Respect:

Respect will create a positive atmosphere for everyone that is conducive to great results. We don't need to be best friends with everyone on the team, but we must respect everyone for their commitment and dedication to making our club great. Coaches, competitors, officials, and volunteers all play an integral role in our success, and we will continually show our gratitude toward them.

Accountability:

Having accountability for our actions will create a community built on honesty and trust. The best athletes do not place blame on others, but instead look within themselves to solve problems. By taking responsibility for our actions, AGUA athletes, coaches, and families will all grow into better swimmers and people.

Discipline:

Through discipline in sport, athletes will learn how to efficiently execute tasks in and out of the pool. Self-discipline within our community promotes AGUA athletes and coaches to be their best at all times, even when it is challenging. Discipline of attitude and work ethic is a life skill transferred far beyond the pool.

RESPONSIBILITIES AND EXPECTATIONS

Enjoying the benefits of an elite USA Swimming program can only be obtained through a high level of commitment and dedication. Swimmers are expected to attend (and be punctual to) all practices, competitions, and meetings. After academics, it is expected that AGUA is your top priority.

If a swimmer is going to be absent from any team activity, the coach must be notified in advance. This is essential for coaches to plan appropriately.

In line with our value of developing responsibility and accountability, this communication should come directly from the swimmers in AG3 Groups and above. Any email communication from an athlete must have a parent CC'd to protect the athlete and coach. Religious observances or important family occasions sometimes conflict with training or competition. Asphalt Green fully supports missing practices for these situations. Please communicate these to the coach as far in advance as possible. We appreciate you scheduling family vacations when there are no AGUA practices or competitions.

AGUA Athletes

AGUA athletes are held to a high standard of integrity: Treat officials, opponents, administrators, coaches, and parents with respect and honesty. Treat all teammates with acceptance, respect, and friendship. Take an active interest in your development; talk with your coach to learn and problem solve. Bring forth your best effort at all times. Lead by example for younger athletes. Be an engaged bystander—act to ensure that everyone abides by the values of the team.

AGUA Parents

AGUA Parents are expected to act in a similar fashion: Treat all players, coaches, opponents and officials with respect. All comments to your swimmers must be positive, encouraging, or complimentary. At no point should a parent be coaching, criticizing, or otherwise analyzing their swimmer's performance. Coaching is solely the responsibility of our professional staff, not for parents. Refrain from making derogatory comments to officials. Any parent who does so (with or without a referee's warning) could be suspended by the club. Support your swimmer, making sure they arrive to every competition and practice in a timely manner. Contact the coach to set up a meeting for any questions or issues. Do not approach a coach during practices or meets. Communication should always be respectful. Videotaping and taking pictures is prohibited at and during training at both facilities.

TEAM BREAKDOWN

10 & Under Division – UES & BPC

- ✓ AG1
- ✓ AG2 Green & Gold

Purpose: “FUN”damentals – To teach AGUA athletes entering the sport of competitive swimming a great foundation of skill development & technique in a style that can be FUN & FRUITFUL for long term growth in the sport of swimming. AGUA athletes & parents are introduced to competitive meets with the thought in mind of “family” friendly atmosphere & grow to championship meets.

Focus: Foundational skills & technique. Athletic development/character. Education/intro to competition.

11 & 12 Division – UES

- ✓ AG3 Green
- ✓ AG3 Gold

Purpose: “Learn to Practice” – AGUA athletes will progress from the fundamental skills & technique taught in the 10 & under divisions and continue to build towards an advanced level of learning. They will also start understanding how to implement learned skills & technique into “practice sets”. This will be useful to increase their skill level at meets as well as for long-term development in the sport of swimming. AGUA athletes will compete at local, state, and regional levels

Focus: Foundational skills & technique. Character development. Kinesthetic awareness. Exposure to camps & championship format (team & LSC/regional level).

Senior Division – UES

- ✓ Senior Prep Green
- ✓ Senior Prep Gold
- ✓ Senior I
- ✓ Senior II
- ✓ National

Purpose: “Compete to Excel” – AGUA athletes continue to learn and be taught progressively as well as take ownership to put it all together for the purpose of “excelling” towards their career goals.

Focus: Mastery of racing skills & strategy. Character ownership, strength development. Exposure to variety of camp & champ experiences (team to national level). Performance prep (nutrition-rest-recovery-psychology)

Requirements: Swimmers in the senior program must maintain an attendance rate of 75% or higher to be offered a spot on the team each September.

TUITION COSTS

GROUP	PRICE
AG1	\$3,225.00
AG2 Green	\$3,850.00
AG2 Gold	\$4,150.00
AG3 Green	\$4,400.00
AG3 Gold	\$4,750.00
Senior Prep Green	\$5,100.00
Senior Prep Gold	\$5,400.00
Senior I	\$5,200.00
Senior II	\$5,700.00
National	\$6,200.00

Please note, when registering for the team you are responsible for one full year's tuition. We do not offer partial tuition plans.

Scholarships

The Swim for the Future endowment was established to ensure that athletes from all financial circumstances have the opportunity to enjoy the benefits of competitive swimming. Scholarships are awarded on the basis of need, without regard to athletic ability.

Anyone who would like to apply for the Swim for the Future Scholarship should do so through the TADS (Tuition Aid and Data Services) system. If you do not already have an account, click [here](#) and create a login under the purple box labeled "Financial Aid Assessment".

Once you have created a login make the following selections:

- ✓ **State:** New York
- ✓ **City:** New York
- ✓ **School:** Asphalt Green Swim for the Future
- ✓ **School Year:** *Fall 2022 – Spring 2023*

For further questions on registration and/or Swim for the Future applications, please reach out to agua@asphaltgreen.org.

SEASON OUTLINE

Part 1-- September-December (short course)

- Building successful practice habits
- Technique/ Skills development
- Race experience

Part 2—January-March (short course)

- Building successful racing habits
- Technique/Skill progression
- Championship race experience

Part 3—April- August (long course)

- Building endurance
- Technique/Skill progression
- Long Course race experience

Fall Training

- September – November

Winter Training

- November – February

Spring Training

- February – June

Summer Training

- June – August

Short Course vs. Long Course:

USA Swimming divides the competition year into two seasons - a “short course” season and a “long course” season. The short course season runs from September to April, and all competitions are done in a 25-yard pool.

Example: a 50 yard freestyle is 2 lengths of the pool

The long course season runs from April to August, and all competitions are done in a 50-meter pool.

Example: a 50 meter freestyle is 1 length of the pool

Race times in the long course season will be slower than race times in the short course season, as meters are longer than yards.

Example: 50 yard freestyle at 35.90 is approximately 40.74 in 50 meters
<https://www.swimmingworldmagazine.com/time-conversion>

PRACTICE

Practice is the most important aspect to a successful swimming season! Regular, consistent attendance is the best way to get the full training experience. Each group has a training plan for the season, and each practice is purposeful, planned and important. Our coaches take attendance at each practice. Please email your group coach if you will be absent from practice.

Athlete Expectations:

- Arrive 10 minutes prior to the start of practice. *Please do not arrive more than 15 minutes before the start of practice.*
- Come prepared; bring all equipment to every session including gear and a water bottle.
- Cell phones, iPad or other electronic devices should not be brought on the pool deck or used in the locker rooms. **Taking/recording photos or videos in the locker rooms is strictly prohibited.**
- Swimmers must respect their teammates and their belongings, and always keep their hands to themselves.
- Proper attire: traditional training suit (polyester or lycra, one piece for girls, jammer or briefs for boys) Black AGUA cap worn at all practices (can be bought at the desk at each facility), appropriate goggles.
- Follow **all** facility rules: no running on deck, no glass on the pool deck, no hanging on the lane lines, bring AG ID and appropriate locker room behavior.
- When on deck before or after practice swimmers should keep their voices low and remain in the area designated by the coach, etc.
- When a Coach is speaking, the athlete is not speaking. The athlete should listen with their eyes and ears and face the coach when speaking.
- Swimmers should NOT use the restroom during practice unless it is an emergency. Swimmers must ask permission to go to the bathroom.
- Swimmers may NOT exit the pool during practice, unless instructed by the coach, or with permission from the coach.
- Swimmers are responsible for cleaning up everything brought to training or left on deck during a session.

Parent Expectations:

- **Videotaping and taking pictures are strictly prohibited during training at both facilities.**
- Families are responsible for all information provided in the team handbook and weekly newsletter.
- Parents/guardians are NOT allowed on the pool deck during training.
- Parents should not distract their children during training.
- Parents are not required to observe practice, but are welcome to.
- Parents should always be supportive and interested in their athletes' training, but should not criticize a child for their swimming performance at practice.
- Parents should not approach a coach during practice. Please email your group coach to discuss any issues, or set a time to meet.
- Allow coaches to critique, correct and coach.

PRIVATE LESSONS

AGUA offers private instruction to its members by our coaching staff, both full-time and part-time. Private lessons can be an excellent way to help your child improve their technique in a focused, one-on-one setting and are recommended for athletes looking to fix one area of their technique.

Although lessons can be beneficial for many swimmers, private instruction does NOT replace training and should not be used as such. Private lessons can be helpful when taken *in addition* to regular training. Please note however, that too many private lessons in addition to training, is against AGUA policy and can be detrimental to a young swimmer's mental and physical training in the pool.

You can sign up for lessons through the AGUA website under the ["Private Lessons" tab](#). Here, you will be redirected to a booking page where you can see the availability of each of our AGUA coaches. *Due to many aquatic programs and a high demand for lap swimming, coaches are limited in the days and times they can teach lessons.* Please do not ask a coach to teach a lesson at a time, date or location that is not listed under their availability.

Pricing:

- AGUA Private Lesson: 30 Minute Lesson \$82.50
- AGUA Private Lesson: 60 Minute Lesson \$165

Booking Policy:

Swimmers are permitted to take 1 lesson every 2 weeks, or 2 lessons every month.

This policy ensures that no swimmer can monopolize a specific date or time for lessons, and allows for more swimmers to have the opportunity to take lessons.

Swimmers are recommended to take lessons with their coach, or with another coach on a consistent basis. If a swimmer is to take a lesson with another coach, we ask that you notify their group coach.

MEETS

Beginning in October, Swim meets are held 1-2x per month. Meets are very important in tracking progress, building a team environment, and giving athletes an opportunity to show-off all their hard work! We encourage all swimmers to attend as many AGUA-scheduled meets as possible. Ten and under swimmers are expected to attend a minimum of four swim meets between October and July. Eleven and over swimmers are expected to attend all scheduled meets.

Swimmers are NOT permitted to attend meets outside of our selected meet schedule.

What to bring:

- ✓ Healthy Snacks
- ✓ Dry clothes
- ✓ AGUA caps
- ✓ Towels (1 or 2)
- ✓ Goggles
- ✓ AGUA team suit
- ✓ AGUA t-shirts/apparel
- ✓ Water bottle

What to wear:

I. Suit

- All 14 and under swimmers are *required* to wear the AGUA team suits at in-season meets. Swimmers that are 15 and older will have an additional meet suit option of any TYR Suit.
- If a swimmer is wearing a tech suit at a non-championship meet, they will be asked to change, or they will not be allowed to compete. Information about whether or not a tech suit is permitted at an upcoming meet will be posted in the team newsletter prior to the meet.
- For championship meets, TYR tech suits are permitted for swimmers 11 & over. Senior swimmers are permitted to wear non-TYR tech suits. 10 & under swimmers are not permitted to wear tech suits. For more information regarding the Suit policy please see page 17 or [click here](#).

II. Cap

- All AGUA swimmers are required to compete in an AGUA team cap. These can be purchased at the front desk at both facilities.

III. Apparel

- All AGUA swimmers are expected to wear AGUA apparel on deck. Information about which color shirt to wear for specific swim meets will be posted in the team newsletter prior to the meets.

Call Times/Check-In:

- Swimmers should arrive to the meet at their call time, posted in the weekly newsletters.
- When swimmers arrive to the pool, they should immediately check-in with an AGUA coach.
- If swimmers arrive late, or do not check in with an AGUA coach, the host team will **remove them from the swim meet**. If you are running late and will miss your meet call time, please email an AGUA coach to avoid getting scratched from the swim meet.

During the Meet:

A. Swimmer Expectations:

- Swimmers are expected to take part in the team dynamic warm up and team cheer.
 - Swimmers are expected to be engaged in the meet and limit cell phone usage.
 - Swimmers should **not** leave the pool deck or specified team areas during competition without informing the coach; swimmers and parents should not be meeting during the session.
 - Swimmers should treat all coaches, officials and meet staff with respect and gratitude.
- **Home meet specifics:**
- AGUA swimmers will sit on the balcony outside the AGUA offices, or on the pool deck.
 - Please keep the balcony and all spaces clean! If you see trash, please throw it away.
 - No chairs in the balcony or on pool deck.

Parent Expectations:

- Parents should ensure their swimmer arrives on time and prepared for all meets.
- Parents should support their swimmers in a positive manner.
- Parents are **not** allowed on the pool deck or the designated team area during swim meets.
- Parents should not call/text or distract swimmers during swim meets. Parent should never contact the meet host team or personnel.
- Parents may be asked to work as a timer, official, or in other aspects of swim meets, particularly during home meets.

First Meet-What to expect:

- *The meet will be busy!* There will be many swimmers and staff on deck, so it is crucial that swimmers are on-time and focused on what they are doing.
- Heats and lanes:
 - For each race, your swimmer will have an event number and an assigned heat and lane--this tells them what, when and where to swim.

- You can find your swimmer’s event numbers on the meet entries posted online; Heats and lanes are given out on deck after warm-up.
 - At the first meet, the coaches will help the swimmers make it to their races on time.
 - By the end of the season, swimmers are expected to read the heat sheet and make it to their events on their own.
- After each race:
 - Swimmers should check in with their coach for a brief, but beneficial recap of their race.
- After your events are done:
 - Once your swimmer has completed all of their races and checked with their Coach, they are free to leave the meet!

Specific Meet Information:

- To view information about specific swim meets such as location and meet format, please visit the team website and click on the “Schedules” then “Meet Schedule” tab.
 - Here, you will see a list of all upcoming meets including location and a link to the meet information packet.
 - If you click on the underlined meet name, you will be directed to the host team’s meet information packet.
- Specific meet information can also be found through the Metro Swimming website, under the season calendar: <http://www.metroswimming.org/index.html>

Meet Entries

- Parents and swimmers need to register for all meets on the team website by the assigned deadline in order to ensure entry into the meet. Information about these deadlines can be found in the weekly newsletter.
- To register, sign-in to your account through aguaswim.com.
 - Click the “Events” then “Events Sign-up” tab
 - Under each specific meet click “Edit Commitment”
 - Choose “Attend” or “Decline”
- Coaches are responsible for choosing and entering all athletes into the swim meets once they are registered. Swimmers may suggest event preferences, but all final event schedules are at the discretion of the coaching staff.
- Once coaches have completed meet entries, they will be posted on the team website under the “Events” and “Meet Entries” tab.

- After entries are posted on the team website, swimmers and parents will have **48 hours** to review entries for error or request changes. Once the 48-hour window has closed, changes can no longer be made.
- If you spot an error in the meet entries, please email your group coach for assistance.

SERVICE

Our team is able to run due to the hard work and involvement of our parents and families. Over the course of a year, AGUA families will be required to complete 10 service hours of their time to help meets and events run smoothly. Failure to meet the 10-hour requirement will result in a **fee of \$35 per hour** collected at the end of the summer season. There are many different ways to fulfill this requirement:

- **Timers-** at swim meets, timers are assigned to specific lanes and help accurately record the swimmer's times.
 - **Hospitality-** at each home meet, AGUA will be required to provide and distribute food for all volunteers and coaches. You can work with hospitality by providing requested food items, or working the hospitality room.
 - **Officiate-** [become a certified USA Swimming official](#).
- **Home meet needs:**
- Service coordinator
 - Awards table
 - Computer system assistance
 - Runner
 - Safety marshal

Please note: Adults fulfilling service roles should not interfere with meet operations, the coaching staff, or AGUA athletes at any time.

TEAM COMMUNICATIONS:

Direct, accurate and [USA Swimming MAAP compliant](#) communication between the athletes, coaches, and parents is critical to everyone's success and enjoyment. We use many methods of communication to keep all swimmers and families up to date.

1. **Team Newsletter-** the team newsletter is sent out weekly on Tuesday mornings. This is where you can find information about upcoming events, schedule changes and important news. Please read the newsletter each week! ***All swimmers and families are responsible for the information provided each week in the newsletter.*** This will be your best guide to all things AGUA.

2. **Team Website-** aguaswim.com has information on swim meets, schedules, and many other important topics.
3. **Group Coach-** If you have a question that cannot be answered through the newsletter or team website, please contact your group coach via email.
4. **Group Parent-** Each season a parent will be appointed “Group Parent” for each training group. This person is a veteran of the team and will be willing and able to answer questions about AGUA.
5. **Social Media** – For meet recaps and season highlights, be sure to follow our Instagram account (@aguaswim).
 - Everyone in the Asphalt Green community must exhibit ethical, responsible, and inclusive conduct in all online communications and activities, and respect the rights and privacy of all other athletes.
 - Asphalt Green expressly prohibits cyberbullying or cyberstalking of any Asphalt Green athlete by any means or method, including but not limited to the use of Facebook, Instagram, text messaging, instant messaging, Twitter, email, and Snapchat.
 - Cyberbullying and cyberstalking are unacceptable and will not be tolerated. Coaches reserve the right to implement particular usage restrictions depending on the nature of the activity/event.

In line with our value of developing responsibility and accountability, we ask that communication to coaches regarding schedule, missed practices, meet entries etc. should come directly from swimmers placed in the AG3 groups and above. Any email communication from an athlete must have a parent CC'd to protect the athlete and coach.

SWIMMING IN COLLEGE

Asphalt Green is very aware that many of our athletes will want to continue swimming in college. As such, we provide guidelines and assistance in navigating the athletic recruiting process.

An overview of athletic recruiting will be presented each fall. High school athletes and their parents are strongly encouraged to attend.

[Click here](#) for more information on NCAA recruiting guidelines.

COMPETITION SUIT POLICY



Competition Suit Policy

(REVISED SEPTEMBER 2022)

In developing the AGUA swimwear policy, the coaching staff aims to accomplish three objectives:

1. Maintain our philosophy of preparing athletes to compete at the next level of competition.
2. Protect our AGUA families from unnecessary costs when purchasing competition swimwear.
3. Arrive at meets looking like a team.

There are several factors that determine which suits AGUA swimmers will wear during competition. These factors include the swimmer's age, physical development, swimming efficiency, level of competition, fit and cost.

Any change from these requirements will be communicated by the coaching staff.

In-Season Competition

All 14 and younger swimmers are required to wear the AGUA team suits and correct team caps (black with green AGUA logo) at in-season meets. All 15 and older swimmers will have an additional meet suit option of any solid-color TYR suit.

Championship Meets

Coaches shall determine which events are considered championship meets for each swimmer. Team caps (black with green AGUA) should be worn at all meets during warm-up and competition.

Approved Championship Swimwear

10 & under The AGUA coaching staff believes swimmers at this level do not significantly benefit enough from advanced swimwear technology to justify the additional cost. **All 10 & under swimmers are required to wear their AGUA team suits at championship level meets.**

11-12 years In addition to the AGUA team suit, 11-12-year-old swimmers may also wear:

Category	Eligible Levels	Suit Name and Description
Female Suit	All 11-12-year-olds	TYR Women's Thresher Open Back U12 Compliant Colors: Grey, Black
Male Suit	All 11-12-year-olds	TYR Men's Thresher Jammer U12 Compliant Colors: Grey, Black

13-14 years In addition to the AGUA team suit, 13-14-year-old swimmers may also wear technical suits offered by TYR at their eligible level. 13-14s may not wear any other brand of competition swimwear. Eligible tech suits are:

Category	Eligible Levels	Suit Name and Description
Female Suits	All 13-14-year-olds	TYR Women's Invictus Solid Open Back
	All JO Qualifiers	TYR Women's Avictor Open and Closed Back
	All Sectional Qualifiers	TYR Women's <u>Venzo</u> Open and Closed Back
Male Suits	All 13-14-year-olds	TYR Men's Invictus Jammer
	All JO Qualifiers	TYR Men's Avictor Jammer and High Waist Jammer
	All Sectional Qualifiers	TYR Men's <u>Venzo</u> Jammer and High Waist Jammer

15 & older Senior Division swimmers may wear any of the options listed above but need to discuss alternate options with their lead coach if they are considering purchasing any technical suit.

FAQs

Can I make up practices if my child's practice is inconvenient for my schedule?

Practice schedules are not negotiable. No exceptions/modifications or substitutions of group schedules will be permitted.

My kid loves swimming why can't they swim more? More hours? More practices?

The AGUA program is designed to meet the age-appropriate needs for each swimmer. Each group's schedule allows for progression across all strokes and skills. Extra or additional swimming may lead to confusion, early injuries and burnout.

Can we go away all summer?

The AGUA season goes from September through mid-August. By leaving for the summer, valuable training and long course meet experience are missed. Equally, swimmers that do stay and train throughout the summer months are best prepared for the fall season. Any swimmer who does not plan to swim through the summer season should communicate this option with their lead group coach as soon as possible.

Why don't we do meets every weekend?

Meets are selected to help evaluate swimmers at different points of the season. Competing every weekend would not provide accurate feedback for swimmers or coaches. Additionally, we compete in a specific number of meets to balance out our training to racing ratio.

What do I do if I missed the meet registration deadline?

Once the registration deadline has passed, we cannot guarantee that swimmers will be allowed entry into swim meets. Contact your group coach to see if they are able to enter you into the meet.

I registered my child for a meet, but just learned we can no longer attend. What do I do?

Please contact your group coach if you need to scratch a team event unexpectedly. Late scratch fees may apply.

Why do coaches confirm events?

Events are chosen for each meet by the coaching staff to ensure that swimmers are progressing into well-rounded athletes. While it is likely that swimmers may have favorite events, all events must be raced to allow progress and evaluation at meets.

My child has never swum a meet before, yet they are entered with seed times- why is this?

Most meets require all swimmers to be entered with a time. This is so that host teams can get a sense of meet timeline and are able to make a prediction as to meet schedule. Coaches will generate times for new swimmers who have not previously competed in swim meets.

What is a DQ?

DQ stands for disqualification- If a swimmer breaks one of the rules set forth by USA swimming, such as a 1 hand touch on breaststroke, or false start, an official will disqualify the swimmer and the time achieved in that race will not count.

What is a tech suit?

A "tech suit" is defined as a competition suit that has a Fina approved sticker on the suit, or a suit designed for competition only. This is located on the back of the suit toward the top.

Technical racing suits are made of water repellent material and are designed to compress the muscles. In short, any suit other than an AGUA team suit, or a polyester/Lycra suit is considered a tech suit.

How does my child get to swim on a relay?

Relays are done at championship meets and members are chosen by the AGUA coaches. In general, the swimmers with the fastest times will be chosen for each relay, however it is ultimately up to the coach's discretion.

Are finals mandatory?

At meets that include both preliminaries and finals, any swimmer who makes it back for the evening session is expected to compete in that event.