

# WELCOME TO PORTAGE AQUATIC CLUB!

[portageaquaticclub.com](http://portageaquaticclub.com)

**Coaches:** Ty Parker, Agata Zalewska, Dawid Tatarczyk, Lexi Ambs, Will Givans, and Beth Mitchell.

**Mission:** To foster a culture of hard workers and high achievers both in the pool and in our community. Teaching Autonomy and seeing kids take care of themselves, including communication.

**Philosophy:** Long Term Athletic Development. This includes age appropriate, skill level appropriate athletic development that is gradual in implementation.

**Practices:** Pool time is limited and Pool rental is costly. For every \$100 spent, \$35 goes to pool rental. We want kids to be at practice, on time ready to swim at the beginning of practice. We also aspire to have fully committed athletes. We spiral the learning. Teach, learn, re-teach, Learn. If you miss a practice, we will re-go over the material at a later time. Technique first, train later philosophy. We train hard. However, we need to instill in our swimmers the ability to listen and execute first (be coachable). Parents are NOT allowed on the pool deck and should not seek the attention of their child at practice. We recommend that parents with siblings remain in the hallway and not in the pool area. Please be at the pool BEFORE PRACTICE ENDS.

***Missed practices:*** (Illness, injury, any missed practice), Please email your appropriate coach so we can keep track. We feel responsible for the kids at practice. Email the lead coach for the group. Coaches emails are available on the website.

## **Groups and objectives:**

**Gear:** TEAM CAPS at all practices. Swimmers are also required to wear PAC team caps **only** at practices as we strive to do all of our work as a team!

**Jr. CROC Team** has no training gear requirement. However, we expect a team suit for meets and team cap for practice and for meets. Focus is on Freestyle and Backstroke with rudimentary introduction to flipturns, Starts, backstroke turns and finishes, and also the beginning portions of breaststroke and butterfly.

**CROC Orange Team** although not required, it is suggested that Orange team swimmers purchase their own Kickboard and fins. Team cap for practices and meets and team Cap and suit at meets. Croc Orange will begin to swim much more, but the emphasis is still on teaching the breaststroke, and butterfly. Perfection of Free and back, and Starts and turns. Learning to do a legal 100 IM is the focus.

**Croc Green Team**, Swimmers in this group should have their own Kick board, pull buoy and fins. Team cap and team suit at meets. Focus is on perfecting the Butterfly and Breaststroke. Additionally the focus is on training for the 200 IM.

**Croc Black Team**, Kick board, fins, pull buoy, paddles, team cap. Swimmers will be working toward swimming the 400 IM.

**Senior team**, all gear and team caps.

Buckets/Belts: any 5 gallon bucket that can be purchased at Lowes, Home Depot, Menards and a belt (usually a mesh type utility belt).

Gear link: <https://www.swimoutlet.com/portage/>

**Meets:** The Portage Aquatic Club is a **competitive swimming team**. Joining a competitive team means that you compete. The PPS has demanded that we not require our athletes to

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compete. WE ENCOURAGE ALL MEMBERS TO COMPETE!! This is how we know what we have improved on. In order to swim at meets, swimmers must [register](#) with USA SWIMMING via our website, this year **USA Registration is \$78** for the year or, if you qualify for free or reduced lunch, you can pay **\$7 for an outreach** membership. **Competition fees:** Each meet will require that an athlete pay to swim. SWMSL meets do NOT have an entry fee, but will cost \$10/athlete for coaches to attend. USA swimming meets will be charged \$15 per swimmer per meet unless it is a Prelim/final meet and that charge will be \$20.

**MEET DAYS:** On days that we have swimming meets, practices will be affected. SWMSL meet days there will be no Jr., Orange, Green, or Black practices. On USA swimming meet days there will be not Orange, Green, Black, or Senior practices.

**Two types:USA** and **SWMSL**. Both offer developmental competition. SWMSL meets are league meets and USA meets are travel meets. The schedule on our website will provide you all of the information about each type of competition.. All patrons under the age of 15 and over the age of 8 are encouraged to swim at all SWMSL MEETS as our team will be competing to win meets. 8 and under swimmers are encouraged to swim at SWMSL meets only. 9-19 year old swimmers are encouraged to swim at USA meets.

**Meets:** Once entries are in, I cannot give refunds and all swimmers will be billed. So if your child is sick or you decide not to attend at the last minute, I cannot refund your money. The money is owed to the host team and to Michigan swimming and also for the coaches time to set up entries and attend the meets.

**Website** information and registration

Everyone should register for the Website. If your child intends to go to meets, you must register immediately. Our first USA meet will be the MMA Pentathlon and you will need to immediately register for the Pentathlon so we can get the meet entries entered.

**Admin fee:** Each year we need to use our TeamUnify website to do meet entries, communicate to patrons and for general advertisement of our program. The admin fee this year is \$45.00 and pays for the website and accounting fees for the season. The website is where patrons sign up to compete (all explained in the [handbook](#)).

**Volunteering:** We need your help at meets! All groups require volunteer hours. To volunteer, you must be a member of the competitive team. We are looking for all family's to volunteer. We will host 2 USA and 2 SWMSL meets. Two this season and Two next season.

## Competition Schedule

Oct 13 MMA Pentathlon USA  
Oct 27 Harper Creek SWMSL  
Nov. 3 NASA USA (Middlebury)  
Nov. 10 Lakeview Quad SWMSL  
Nov. 30 EGRA Winter Washout USA  
Dec. 1st Bridgeman Tri SWMSL  
Dec. 15th Zeeland All Swimmers  
Jan 5 All Star USA Indianapolis  
Jan 12 Plainwell SWMSL  
Jan 19 Croc Rock USA HOME MEET  
Jan 26 St. Joe SWMSL  
Feb 2 Swimathon (Fundraiser all members)

Feb 8 Michigan OPEN USA  
Feb 9 10 and under SWMSL Championship meet  
Feb 16 11 and over SWMSL Championship meet  
Mar 1-3 Junior Olympics  
Mar 10 12 and under State Meet USA  
Mar 21 13 and over State Meet USA  
Mar 28-31 Spring Sectionals Indianapolis