**Welcome to Rockford Riptide USA Level 1!**

My name is Coach Hannah. I work with our Junior Riptide swim program and coach our age group swimmers at the USA levels. I am reaching out to offer a welcome to your family and your swimmer to USA Level 1! After the conclusion of the latest session of Junior Riptide, your swimmer was approved for advancement to our USA Swimming program and our USA Level 1 group. Joining this group is the first step in progression into the USA Swimming program. **Welcome!**

In this document, I will provide you with some information that you may have missed if you weren't able to connect with me on Friday’s meeting to discuss your swimmer’s advancement to USA Level 1. I also kindly request that you respond to this document confirming your intention to accept the invitation to USA Level 1. I have already sent out a copy of our USA Level 1 handbook. We understand advancing into this group involves a bigger commitment in time and money, so we want to provide you with some information to help you with this decision, to answer any questions you may have, and to make sure this is the right decision for you and your swimmer. ​

1. USA Level 1 swimmers practice 3-4 times week and compete in USA Swimming as well as West Michigan Swim League meets.
2. Practice times are typically M/W/F 5-6p (usually), and Sat are usually scheduled from 11a-1p – each with 30 minutes of dryland located at RHS or NRMS pools unless otherwise noted – see webpage for schedule updates [www.riptide.org](http://www.riptide.org)
3. Pending your confirmation, ***Coach Hannah and Coach Terri will work with you to register any swimmers under USA Level 1 for Spring Session.***
4. As a reminder we request a commitment by 4/5 via email to Coach Hannah or Coach Terri confirming USA Level 1 commitment. Note the difference in pricing: $160 for Junior Group 4 to $300.00 for USA Level 1.
5. A USA Swimmer Registration is required for this training group. This is the cost of an additional $78.00 to swim with USA Swimming levels will be necessary to be a part of this training group. This is an annual registration. Your commitment to coaches includes agreement for membership to compete in meets and USA practices.
6. Swimmers may start on 4/10 (Wednesday).
7. Parent Rep - check out your practice, a parent rep will be available to help with any questions 😊
8. Practice expectations: be on deck 10 mins prior to practice in suits, equipment: kickboards, pull bouys, dryland mat, snorkels, water bottle. A good goal is to attend as many practices as possible, with an average attendance of 75% of practices over the season. This recommendation is to strengthen skill retention and training safety. If you have concerns, please contact Coach Terri to discuss (see contact info below)
9. Our staff and board communicate important team and swimmer details with members via Team Unify. Roughly each week a newsletter comes out from our staff. We ask that you always read emails received from the coaching staff, board of directors, and committee members via Team Unify.
10. We will be hosting our Spring event on Saturday, May 11th. We would like to have as many of our swimmer participate as possible. When spring session begins, please go to the “Events” tab and click on “Meet Sign up” to register your swimmer to participate.
11. All families of USA swimmers are expected to volunteer at our home USA meets. A job sign up list will be included on meet info on our website. Please sign up for at least one session (in which your swimmer competes) in any of the positions that are available when the time comes. Because conducting meets helps keep our club solvent, we kindly ask for your help on the other sessions your swimmer competes if he or she competes in multiple sessions. You account will be credited for additional sessions volunteered.
12. The coaching staff is always here to help. If you have questions about meets, practices, goals etc. Please email, call or speak to your coach. If you catch a coach before practice, we may not be able to talk in detail, so it’s always best to pre-arrange a time to speak. You can find your coach information on our webpage in the Coach tab located in the top right corner of our webpage. I have also included our contact information below:

Email Coach Terri at [terri.eudy1@gmail.com](mailto:terri.eudy1@gmail.com) or phone at 248-770-3410

Email Coach Hannah at [deakh@mail.gvsu.edu](mailto:deakh@mail.gvsu.edu)

Email Coach Mette at [waterpoloboy08@yahoo.com](mailto:waterpoloboy08@yahoo.com)

Email Coach Dakota at dakotamnoble@yahoo.com

Again, welcome to our USA Swimming family! We can't wait to see where your swimmer will go!

Respectfully,

Coach Terri, Coach Hannah, Coach Mette & Coach Dakota