



VELOCITY
Aquatics

Kickoff and Orientation Meeting

Thank you for coming this evening.

Thank you for providing this opportunity for your son or daughter

We are excited to have you as a part of VELOCITY AQUATICS!!



What is Velocity Aquatics?

- Velocity Aquatics is a Non-Profit organization with a volunteer Parent Board of Directors.
- Velocity Aquatics is a member of USA Swimming and MN Swimming
- Velocity Aquatics is a competitive swim club



MISSION STATEMENT:

Building humble excellence in our youth, team and community through competitive swimming.

CORE VALUES:

1. Dedication
2. Perseverance
3. Respect
4. Integrity
5. Teamwork
6. FUN!

TEAM PLEDGE:

I'm an important part of my team
I am responsible for myself
I will swim my best today



Coaches

Carl Schulze

He first started coaching swimming in 1979 with the Northwest YMCA in Shoreview. During his time there the team won its first three YMCA state championships. Since then Carl has coached several teams in Minnesota and Wisconsin associated with USA swimming. During that time two swimmers he coached have gone on to set National age group records, and he has coached several individuals and relays to Age Group State Championships, and top 8 finishes. Most recently he was the age group coach at The Great Wolf Swim Club. In addition to his coaching expertise, Carl also has a background in education as a former 8th grade science teacher, and is still an active substitute teacher. Carl has an incredible ability to find fun ways to help swimmers at each level develop great technique, and learn to believe in themselves.

Matt Strobl

Matt started competitive swimming at the age of 8, and competed in the USA Swimming South Dakota Summer League for 10 years. During his competitive years Matt was a 6x Age Group Highpoint Swimmer, and 2x Male Swimmer of the year at the SD Summer Team State Championships. Matt, was also an assistant and co-head coach of his hometown swim team (Milbank Area Lions Swim Team) for 3 years, and helped lead them to their first ever Summer League Team State Championship. Matt previously coached for 6 years as an assistant with the Great Wolf Swim Team. During his time coaching with Great Wolf Matt had several swimmers achieve both State Championship and Zone qualifying times. Matt is a very active and motivating coach, and enjoys watching the growth and improvement of his swimmer's both in and out of the pool.

Swimming Groups

VELOCITY Aquatics offers training and practice groups for swimmers of all ages and ability levels. It is the goal of VELOCITY Aquatics to offer age specific training for all of our athletes geared towards challenging each individual and developing each individual to the best of THEIR abilities.

Bronze Group

Entry level group. This level is designed to introduce young swimmers to the sport of swimming while allowing maximum opportunity to participate in other activities. Emphasis is placed on teaching the fundamentals of the four competitive strokes through the use of drills and games that make swimming fun. Swimmer must be able to swim length of pool prior to registering. Meet attendance is also recommended.

Workout Days – 2-3 days/week

Times: 1 hour practice

Silver Group

At this level, proper stroke technique is still the emphasis. However, athletes at this level will be introduced to the basics of training technique. Swimmers will be taught pace clock management and how to understand and execute swimming sets. Participation in all meet types is encouraged, as well as participation in other non-swimming activities.

Workout Days – 3-4 days per week

Times: 1.5 hour practice

Gold Group

This group offers more advanced young swimmers an opportunity to improve stroke and turn techniques with an equal emphasis placed on competitive training. Athletes will begin to develop the endurance needed to become an accomplished swimmer. These swimmers are expected to be mature, dedicated, responsible, and dependable. As our advanced swimmers increase their commitment to swimming, we insist that they maintain good academic standing.

Workout Days – 3-5 days per week

Times: 2 hour practice

Swim Dues and FAQ's

Bronze \$80 per month

Silver \$ 110 per month

Gold \$ 125 per month

*Swim dues are subject to change.

Swim Dues FAQs

VELOCITY Aquatics offers new swimmers the first week free trial to confirm that our swim club is a good fit for your family and swimmer.

Besides session dues, what other expenses are involved with being an MNVA swimmer?

- Each calendar year, each swimmer must register with MSI and USA Swimming.
- For each meet that a swimmer chooses to attend, there are meet fees (paid to the host team).
- Depending on your practice group, you may need to purchase some equipment such as paddles, fins, etc.
- You will have the option to purchase team apparel, and possibly at other times throughout the year, such as a team swim suit for meets, team swim caps, team warm-ups, end of season t-shirts, etc.

When are swim meet fees collected?

Meet fees are collected at the time of registration for the meet. If swimmer signs up for swim meet and is unable to attend, meet fees will still be charged.

If my swimmer starts a session late, can I pay a prorated amount?

If a swimmer starts a session two weeks late or more, the dues may be prorated based on the number of remaining weeks in the current session. Contact the Treasurer for the prorated dues owed.

If my swimmer can't attend every practice, can I pay a reduced amount, or be issued a credit?

Refunds and discounts will NOT be given for practices missed due to vacations, other sports, brief illness, etc. Session fees must be paid in full, even if know your swimmer will not be able to attend all offered practices. Contact the Treasurer if you have an extenuating circumstance.

If I'm signed up for ACH (auto-pay), when are funds transferred from my account for each new session?

An invoice will be generated on the 21st of the month preceding the start of the next session, and your account will be charged on the 1st of the month of the new session.

If I'm paying session dues by check, when are they due?

We strongly recommend for families to utilize the online payment program. Payments are due on the FIRST day of the new session.

On my invoice, what does the "1st" or "2nd" or "3rd" after my swimmers' names mean?

1st, 2nd, 3rd do not indicate the swim session, but rather the number of a child in a family. For example, a family with 3 swimmers would see 1st by one swimmer's name, 2nd by another swimmer's name, and 3rd by another swimmer's name.



Discount for additional children?

VELOCITY Aquatics believes that swimming is an excellent sport. For families with 3 or more registered swimmers, we offer a ½ price for the 3rd child and each additional child after.

Swimmer cancellation policy?

A 15 day cancellation notice is required. Please send email to VELOCITYAquatics@gmail.com with the following information:

Swimmer's Name

Swimmers Group (i.e. Bronze, Silver, Gold)

Reason for cancellation.

Is the swimmer expected to return to VELOCITY Aquatics at future date?

Any other feedback we should know? Your comments and suggestions are helpful in improving our team.

The account owner remains responsible for any fees incurred by swimmer (i.e. meet fees, purchases, USA Registration fees).



Equipment:

Bronze:

Swimsuit – 1 piece for Girls, competitive tight suit for boys.

Goggles – Highly recommend Speedo Vanquisher

Swim Caps – Latex or Silicone

**Likely will add Flippers later in the season

Silver:

Swimsuit – 1 piece for Girls, competitive tight suit for boys.

Goggles – Highly recommend Speedo Vanquisher

Swim Caps – Latex or Silicone

Pull Buoy

Flippers – TYR Crossblade Training Fin; Speedo Short Blade Training Fin

Gold:

Swimsuit – 1 piece for Girls, competitive tight suit for boys.

Goggles – Highly recommend Speedo Vanquisher

Swim Caps – Latex or Silicone

Pull Buoy

Flippers – TYR Crossblade Training Fin; Speedo Short Blade Training Fin

**Coach may require additional equipment for specialized training for individual swimmers



Discipline Policy:

FOUR STEP DISCIPLINE POLICY

STEP ONE: After a swimmer has been warned twice, that swimmer is removed from practice to have a discussion with the coach. After the discussion, the swimmer is allowed to return to the water.

STEP TWO: If the undesirable behavior persists, or occurs again at a subsequent practice, the swimmer will be removed for the remainder of the practice. That swimmer may not return to practice until a meeting is held with the coach(es), swimmer, that swimmer's parent(s) and a possible mediator from that practice session.

STEP THREE: If a swimmer must be removed from practice a second time, that swimmer will be suspended from all practice activity for one practice week (5 days). If there is a meet during this suspension, the swimmer's family will still be required to fulfill their work requirement. After the week is up, the coach(es), swimmer, parent(s) of the swimmer and a designated mediator will meet to discuss the discipline problems and how to curb this behavior. The swimmer will be put on probation for the current and subsequent swim sessions.

STEP FOUR: This is the final and most drastic step. If a swimmer is removed for a third time, it will be that swimmer's final time. That swimmer will be asked to leave the team and not allowed back. There will be no monetary refund.

If a situation occurs where a swimmer is endangering themselves or other swimmers, swimmers may be escalated up to and including Step 4, with the agreement of the Coaching Staff and Board of Directors. USSC is committed to providing a safe environment for all of their members.



Swim Meets

As a competitive swim team Velocity Aquatics will be participating in swim meets on a regular basis. Swimmers are not required to attend all swim meets, but they will be asked to compete in a minimum of 3 events per season.

When are Swim Meets?

Most meets are held on the weekends, and swimmers will be able to compete on Saturdays and/or Sundays.

Are they all day?

No - Meets are divided into sessions with younger swimmers participating in the morning session, and older swimmers participating in the afternoon session. Morning sessions are usually completed by 11:30 – 12pm, and afternoon sessions usually run from around 1pm – 5pm.

Where are the meets held?

We will be participating in meets hosted by teams throughout Minnesota. Many of our Meets will be held within the Twin Cities Metro area, but we will also likely be attending Meets in towns such as Hutchinson, St. Cloud, Duluth, and Rochester.

What do swim meets cost?

Meet costs vary based on the number of days your child is participating, number of events they are swimming, and the number of relays they swim. On average meet fees will likely range from \$15 - \$40 per meet.



Velocity Aquatics Tentative Meet Schedule

These are the meets for the silver and gold groups. You should attend as many as you can. Bronze swimmers will be invited to swim in these meets by the coaches as they become ready. However, we will be scheduling novice or mini meets where all of those swimmers will compete. The schedule is tentative because there is no guarantee we can get into all of these meets. Entries are accepted by the host team in the order in which they are received. Some high demand meets will fill in less than a minute after entries are open. If needed we might need to change to a different meet on the same weekend. There may be a weekend in which all meets fill and we cannot swim that weekend. In such a situation we may try to enter a meet the following weekend where no meet is on this schedule.

For us to get into these meets we will have a hard deadline for meet entries. Sign up even if you are not sure you can make it. We can withdraw swimmers from a meet without entry fees or change events to within two weeks of a meet. After the withdrawal deadline you may not withdraw and your meet fee cannot be refunded.

Meet information and communication

We will e-mail meet information well before the meet (often more than a month before). There will be both an entry deadline and a withdrawal deadline. Entries or withdrawals will not be accepted past these deadlines. A few days before the meet we will e-mail a timeline and final entries including tentative relays.

Meet fees

All meets have fees to pay the costs of hosting the meet and support the host team. Meet fees will be charged in advance of the meet at the time of registration.

Signing up for meets

Signing up for meets will be done on line on our website. Log on to the site. Find the meet after clicking the "meets and events" bar near the top of the website. Click the "edit commitment" bar and follow the directions and make choices from there.

Choosing events

We believe that young individuals need to learn to make decisions to mature. The swimmers know what they can do.

We would like swimmers to try at least one new event each meet until they have tried every event.

You should sign up for events in your age group. Some meets have minimum or maximum times.

Then you may only enter events that you qualify for. Those events will be in black. Events in red you do not qualify for.

Coaches will review selected races and may make changes to swimmers selected events. Coaches will select races for Bronze level swimmers.

Tentative Meet Calendar - Meet Schedule (Fall and Winter 2014-2015)

<u>Date</u>	<u>Place</u>	<u>Level</u>	<u>Special Info</u>
11/15-16	Minnetonka	all	
11/22-23	NHCP (Maple Grove)	A/B	
12/6-7	BAC (Bloomington)	A	
12/13-14	RIPT (Apple Valley)	all	
1/3-4	St. Cloud	all	
1/9-11	Foxjet (U of M)	A/?	
1/24-25	Duluth	A/B	Stay in hotel and eat some meals as a team.
2/7-8	NSAC (St. Kates)	all	
2/13-15	RIPT (Apple Valley)	all	
2/28-3/1	"C" Finals Championship	C	
3/6-8	Regional Championship	A/B	
3/13-15	State Champ - U of M	Ch	Senior championship
3/19-22	State Champ - Rochester	Ch	14 and under championships

Team Information:

Website:

WWW.VELOCITYAQUATICS.ORG



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