

GROUP	WEEKDAY WATER WOs	DURATION
AGE GROUP 1 (14-U) \$130/month	M/W/F 6:30-7:30PM T/Th 4:45-5:45PM	1 HOUR SWIM

Annual Registration

\$130- One time membership fee

Apparel and Equipment

For all gear, team apparel and equipment needs please visit our Team Order page [here](#).

Equipment – Correct kind matters!

- Kick boards- any brand
- Fins- **ONLY ARENA POWERFIN PRO** (Tech 2 or TYR alike fin also ok) for larger sizes / Speedo or Swim Stuff for 12-U.
- Optional: Paddles- **ONLY Strokemaker or TYR – No ODD Shaped Paddles or Paddles without bands.**
- Optional: Snorkels- Any
- Optional: Buoys- Any
- Optional: Tempo Trainers
- Equipment Bag- **ONLY** red, navy, blue, black, white- *NO Green or Yellow*
- Optional: Parachutes – Like the new Speedo and FINIS – Start with Smallest size FIRST

USA Registration Fee

\$30 12U – (2 meets a year)

\$80 130 and any 12U doing more than 2 meets

Paid Directly to USA Swimming

Remaining Winter 2023 Meet Schedule

Date	Meet	Location	Standard
February 4-5	MAL Championships	Topeka, KS	All- TEAM hosted
February 10-12	MVS District Championships	Topeka, KS	MVS District Cut
February 23-26	MVS Open Championships	Topeka, KS	MVS Championship Cut
March 3-5	MVS 14-U Championships	Lenexa, KS	MVS Championship Cut

2022-2023 Holidays Scheduled OFF

Holiday	Dates OFF
Labor Day	September 4-5
Halloween	October 31
Thanksgiving	November 24-25
Christmas / New Years	December 23-26, January 1

Remaining 14-U Meet Schedule

Our goal is to race once a month in the upcoming short course season.

January

12-U will go to the True Blue Igloo to race after winter training.

February & March – Championship Season

MAL is our TEAM HOSTED meet. All swimmers are expected to attend. Finish up your IMX scores, swim events not yet performed during the season and stay sharp racing. All families are expected to help at the meet.

End of season Championship Meets will be:

- District Championships
- 14-U Championships

It is recommended to attend the highest level of meet qualified for and offered by AAAA.

Sports Development, Workouts and Competitions

It is important in the development of this sport to learn that practice consistency dictates performance at meets. As the athlete grows older, the amount of time at practice and the quality of that practice dictates improvement and performance at swim competitions. Sleep, nutrition, and mental attitude also play a significant role. Through the different developmental stages of Ad Astra, we encourage kids to participate in multiple sports/activities. As the athlete grows older, an increased focus in swim is essential for improvement and performance.

Weekly workouts are intended to be done in succession. Each workout offers a different element of training. For example, if your swimmer always misses a particular day that we work on dives, turns or sprinting – they will always be missing out on this skill or training element.

Likewise, each meet has a purpose that the entire group will be training for each month. We will attend some meets as an entire team. Other meets we will be separating by age group. This will allow coaches and families the opportunity to have portions of each weekend off. This will also allow our coaches to focus on certain age groups with breaks between sessions.