

2019-2020 JERSEY STORM SWIMMING TEAM INFORMATION PACKET

TRAINING GROUP DESCRIPTIONS

DEVELOPMENTAL TRAINING PROGRAMS

BRONZE TRAINING PROGRAM

Beginning developmental group for swimmers ages 5 and older. Emphasis is on the teaching of the basic techniques of the four competitive strokes as well as starts, turns, and finishes. The goal of this group is for swimmers to swim each stroke correctly. Practices include a stretching routine. Swimmers will compete in local swim meets as assigned by the coach. Swimmers must be able to swim 25yds unassisted (freestyle or backstroke) to participate.

SILVER TRAINING PROGRAM

Developmental group for swimmers ages 7 and older. Primary emphasis is on the continued development of the four competitive strokes, the individual medley, starts, turns, and finishes. Practices include a stretching and dryland routine. Aerobic conditioning is introduced. The goal of this group is for swimmers to train 50's of strokes and 100IM. Swimmers will compete in local swim meets as assigned by the coaching staff.

COMPETITIVE TRAINING PROGRAMS

GOLD TRAINING PROGRAM

The mid-level age group for swimmers ages 10 and older. Practice emphasis is placed on continuing stroke development as well as building an aerobic conditioning base needed for competition. Speed/race training is introduced. The goal of this group is for swimmers to train 100's of strokes and 200IM. Practices include a stretching and dryland routine. Swimmers will compete in local swim meets as assigned by the coaching staff.

JUNIOR TRAINING PROGRAM

The top-level age-group program for ages 12 and older. Emphasis is on stroke technique, aerobic conditioning, and development of speed/race training. The goal of this group is for swimmers to train 200's of strokes and 400IM and to compete in all events. Practices include a stretching and dryland routine

High School Warm-Up Program

Offered from September through mid-November for HS age swimmers looking to get a jump-start on the High School swim season. Swimmers are not eligible to compete in USA swim meets.

SENIOR 1 TRAINING PROGRAM

Designed for swimmers who are committed to a year-round program that is focused on swimming at the age-group or regional level. Workouts will be held 6 days per week and will include in water training as well as a 5x per week dryland program designed to introduce the athlete to muscular flexibility, muscle building, and core strength. Swimmers will also benefit from advanced training routines, an in depth nutritional analysis, and an extensive goal plan each season. The goal of this group is for swimmers to train for JO's and Senior Champs meets. An annual commitment is strongly encouraged.

SENIOR 2 TRAINING PROGRAM

The top training program designed for swimmers who are committed to a year-round program that is focused on swimming at the regional & national level. **Full commitment to the sport is required.** Workouts will be held 6 days per week and will include in-water training as well as a 5x per week dryland program designed to introduce the athlete to muscular flexibility, muscle building, and core strength. Swimmers will also benefit from advanced training routines, an in depth nutritional analysis, and an extensive goal plan each season. The goal of this group is for swimmers to train for Sectional and National meets. **Swimmers in this group are required to maintain 80% practice attendance, and 100% meet attendance.** Annual commitment is required. Swimmers must meet with head coach prior to joining.

JERSEY STORM SWIMMING 2019-2020 TRAINING GROUP PRACTICE SCHEDULE (Winter/Spring)

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY <i>(morning practice)</i>
BRONZE	6:00-6:15 PM (drylands) 6:15-7:00 PM (swim)		6:00-6:15 PM (drylands) 6:15-7:00 PM (swim)			9:15 - 9:30 AM (drylands) 9:30 -10:15 AM (swim)
SILVER		6:00-7:00 PM (swim) 7:00-7:15 PM (drylands)		6:00-7:00 PM (swim) 7:00-7:15 PM (drylands)		8:15 - 8:30 AM (drylands) 8:30 AM – 9:30 AM (swim)
GOLD		6:25-6:45 PM (drylands) 6:45-8:00 PM (swim)		6:25-6:45 PM (drylands) 6:45-8:00 PM (swim)		8:40 – 9:00 AM (drylands) 9:00 - 10:15 AM (swim)
JUNIOR	5:30-6:00 PM (drylands) 6:00-7:30 PM (swim)		5:30-6:00 PM (drylands) 6:00-7:30 PM (swim)		5:30-6:00 PM (drylands) 6:00-7:30 PM (swim)	7:00 - 8:30 AM (swim) 8:30 - 9:00 AM (drylands)
SENIOR 1	5:20-6:00 PM (drylands) 6:00-8:00 PM (swim)	5:20-6:00 PM (drylands) 6:00-8:00 PM (swim)	5:20-6:00 PM (drylands) 6:00-8:00 PM (swim)	5:20-6:00 PM (drylands) 6:00-8:00 PM (swim)	6:00-8:00 PM (swim only)	7:00 - 9:00 AM (swim) 9:00 - 9:30 AM (drylands)
SENIOR 2	5:00-6:00 PM (drylands) 6:00-8:00 PM (swim)	5:00-6:00 PM (drylands) 6:00-8:00 PM (swim)	5:00-6:00 PM (drylands) 6:00-8:00 PM (swim)	5:00-6:00 PM (drylands) 6:00-8:00 PM (swim)	6:00-8:00 PM (swim only)	7:00 - 9:30 AM (swim) 9:30 - 10:30 AM (dryland)
HIGH SCHOOL WARM UPS	5:30-6:00 PM (drylands) 6:00-7:30 PM	5:30-6:00 PM (drylands) 6:00-7:30 PM	5:30-6:00 PM (drylands) 6:00-7:30 PM	5:30-6:00 PM (drylands) 6:00-7:30 PM		

While we do our best to maintain the times noted above for the Winter/Spring seasons, times are subject to change during the course of a season. Practice days/hours change for Summer season and will be posted prior to season start.

2019-2020 JERSEY STORM SWIMMING TEAM INFORMATION PACKET

SWIM TEAM SEASONS & PRICING

While an annual commitment is offered and generally encouraged for the continued development of all swimmers, we offer flexibility to create the season schedule that suits your swimmer's goals. Swimmers in the Bronze through Junior training groups can choose any season or seasons to participate in. Senior 1 swimmers can choose Annual or Winter/Spring. Senior 2 swimmers must select the Annual season.

SEASON OPTIONS:

- ANNUAL season: September 3, 2019 – July 26, 2020.
- WINTER season: September 3, 2019 – March 29, 2020.
- WINTER/SPRING season: September 3, 2019 – June 14, 2020.
- SPRING season: April 6, 2020 – June 14, 2020.
- SPRING/SUMMER season: April 6, 2020 – July 26, 2020.
- SUMMER season: June 15, 2020 – July 26, 2020.

Note: Senior1 & Senior2 groups start the season on 8/26 (one week earlier than other groups)

PRICING (REGISTRATION & TRAINING FEES)

- USA Swimming registration fee of \$75 due upon registration (non-refundable after 2-wk trial period)
- Team registration fee of \$110 due upon registration (same fee regardless of training group or season)
- Group training fees are billed monthly throughout the season you sign up for (invoiced on the 1st of the month and are due on the 10th of the month)
 - Note: Entire Training Fee for High School Warm Up is due at sign up.

2019-2020 JERSEY STORM SWIMMING TRAINING FEES

TRAINING GROUP	MONTHLY TRAINING FEE	ANNUAL (9/03 - 7/26)	WINTER & SPRING (9/03 - 6/14)	WINTER ONLY (9/03 - 3/29)	SPRING & SUMMER (4/06 - 7/26)	SPRING ONLY (4/06 - 6/14)	SUMMER ONLY (6/15 - 7/26)
		11 monthly payments ¹	10 monthly payments ¹	7 monthly payments ¹	4 monthly payments ¹	2.5 monthly payments ¹	1 monthly payments ¹
BRONZE	CIV (\$75)	\$935.00	\$860.00	\$635.00	\$410.00	\$297.50	\$185.00
	MIL (\$67.50)	\$852.50	\$785.00	\$582.50	\$380.00	\$278.75	\$177.50
SILVER	CIV (\$95)	\$1,155.00	\$1,060.00	\$775.00	\$490.00	\$347.50	\$205.00
	MIL (\$85.50)	\$1,050.50	\$965.00	\$708.50	\$452.00	\$323.75	\$195.50
GOLD	CIV (\$115)	\$1,375.00	\$1,260.00	\$915.00	\$570.00	\$397.50	\$225.00
	MIL (\$103.50)	\$1,248.50	\$1,145.00	\$834.50	\$524.00	\$368.75	\$213.50
JUNIOR	CIV (\$150)	\$1,760.00	\$1,610.00	\$1,160.00	\$710.00	\$485.00	\$260.00
	MIL (\$135)	\$1,595.00	\$1,460.00	\$1,055.00	\$650.00	\$447.50	\$245.00
HIGH SCHOOL ²	CIV (N/A)	/	/	\$490.00	/	/	/
	MIL (N/A)	/	/	\$451.00	/	/	/
SENIOR 1 ³	CIV (\$170)	\$1,980.00	\$1,810.00	/	\$790.00	/	/
	MIL (\$153)	\$1,793.00	\$1,640.00	/	\$722.00	/	/
SENIOR 2 ³	CIV (\$190)	\$2,200.00	/	/	/	/	/
	MIL (\$171)	\$1,991.00	/	/	/	/	/

¹ The Training Fees for each season option reflect the total monthly training fees invoiced plus the \$110 registration fee.

² High School program 'season' runs from 9/3 - 11/8

³ Senior1 & Senior2 groups start the season on 8/26 (one week earlier than other groups)

SWIM TEAM BILLING POLICY

1. THE COMPLETED ONLINE REGISTRATION AND INITIAL PAYMENT FOR EACH SWIMMER IS REQUIRED BEFORE THE SWIMMER MAY PARTICIPATE. THIS INCLUDES:
 - FULLY COMPLETED AND SIGNED REGISTRATION (ONLINE @ www.jerseystormswimming.org);
 - \$110 TEAM REGISTRATION FEE
 - *Note: Registration fee is the same amount regardless of training group or season, not subject to any applicable discount;*
 - FIRST MONTHLY PAYMENT FOR THE SWIMMER'S TRAINING GROUP;
 - \$75 FOR REQUIRED USA SWIMMING REGISTRATION FEE
 - *Note: The \$75 USA Swimming registration fee is non-refundable after 2-wk initial trial period and is not subject to any applicable discount.*

SWIMMERS WILL NOT BE PERMITTED TO ATTEND PRACTICE UNLESS 1a-d ARE SATISFIED.

2. We offer a (10%) Military Discount and a multi-swimmer discount (\$5 off monthly training fees for 2nd swimmer, \$10 off for 3rd swimmer, \$15 off for 4th and \$20 off for 5th and additional children) on the training fees. The invoiced training fees will reflect the applicable discounts.
3. BILLING STATEMENTS ARE SENT TO EACH FAMILY PRIOR TO THE 1ST OF THE MONTH (INDICATES WHAT YOU WILL OWE ON THE 1ST OF THE MONTH) REGARDLESS OF THE BALANCE ON YOUR ACCOUNT. ADDITIONAL EXPENSES THAT MAY BE INVOICED MAY INCLUDE TEAM EQUIPMENT, MEET ENTRY FEES, FUNDRAISING, TRAVEL EXPENSES, ETC.
4. ALL FEES INVOICED ON THE 1ST OF THE MONTH ARE DUE BY THE **10TH OF EACH MONTH**. PAYMENTS RECEIVED AFTER THE **10TH OF THE MONTH** WILL BE ASSESSED A **\$10 LATE FEE**. WE ARE A PARENT-RUN NON-PROFIT ENTITY – THE TEAM CANNOT OPERATE EFFECTIVELY WITHOUT YOUR PROMPT PAYMENT.
 - ALL FEES INVOICED BY THE TEAM ARE PAYABLE BY EITHER CREDIT CARD OR AUTO-DEBIT FROM BANK ACCCOUNT. NO CHECKS OR CASH ACCEPTED FOR TEAM INVOICED FEES. IF USING CREDIT CARD YOU ARE RESPONSIBLE (AND WILL BE INVOICED) FOR THE ~3% CREDIT CARD FEE PER TRANSACTION.
5. SWIMMERS WILL NOT BE ALLOWED TO PARTICIPATE IN ANY SWIM MEETS IF YOUR **ACCOUNT IS PAST DUE**. SWIMMERS WILL NOT BE ALLOWED TO ATTEND ANY PRACTICES OR JERSEY STORM FUNCTIONS IF YOUR **ACCOUNT IS ≥ 1 MONTH PAST DUE**.
6. If your swimmer becomes ill or injured during the swim season and is unable to participate for an extended time, a “medical hold” may be put on your account (training fees reimbursed for time out of water). In such instance a doctor’s note will be required to show the start and end time of the hold. Please notify your coach and the Board of Directors as soon as possible if this should occur.

SWIM TEAM REGISTRATION

Registration is completed online at www.jerseystormswimming.org. Click on the link on the right hand side of the home page and follow the directions.

When you register, there are several agreements that you are required to acknowledge/accept as part of the registration process. They are:

1. Medical Release Waiver
2. Liability Waiver
3. Required Family Fundraising Commitment (Swim Meets & Swim-a-thon)
 - The Required Family Fundraising Commitment requires your attention and full understanding (see next page of info packet). The team runs three swim meets throughout the winter season and every family's assistance is required to run a successful event. These swim meets raise approximately 20% of our annual budget. There is a financial penalty if you do not participate in assisting with the swim meets we host.
4. Internet Consent Form
5. Medical concerns
 - Please print and return this form to the team administrator if needed

YOUR TEAM ACCOUNT

Once you complete the registration process and payment is received, you (and your swimmer(s)) will have an account on the Jersey Storm Swimming website. You will create a password that allows only you to access your account.

- All team invoicing and payments you make are recorded on your account
- Access to your current bill and a financial account summary is available through your account.
- All of your swimmers times are accessible through your account
- You will sign up to attend swim meets through your account
- You will sign up to volunteer to work the three Jersey Storm hosted swim meets through your account

QUESTIONS

Please direct all questions to the team administrator at admin@jerseystormswimming.org

2019-2020 JERSEY STORM SWIMMING TEAM INFORMATION PACKET

REQUIRED SWIM TEAM FAMILY FUNDRAISING & TEAM ASSISTANCE CONTRACT

As one of the families that will enjoy the benefits of belonging to the Jersey Storm Swim Team, please carefully read the following information and acknowledge your agreement to the terms in the space provided below.

1. The Jersey Storm Swim Team funds its budget and activities from two main sources. The first source is the yearly dues and training fees that you have agreed to pay. The second source is through fundraising.
2. The fundraising commitment undertaken by the Team's families generates a significant portion of the team's yearly budget. It is important for each family to understand how their help and participation helps the team meet its goals and budget. Jersey Storm fundraisers include the USA Swimming Sponsored Swim-A-Thon as well as hosting USA Swimming Sanctioned Swim Meets during the winter season.

EACH FAMILY'S FUNDRAISING REQUIREMENT IS AS FOLLOWS:

1. **SWIM-A-THON:** Each family & swimmer is required to support the Swim-A-Thon. The Swim-A-Thon is held each year and swimmer/family participation is mandatory. You agree to participate in this year's Swim-A-Thon with a minimum contribution of \$50 per swimmer.
2. **SWIM MEETS:** Hosting swim meets is a huge financial boost for the swim team. Because of family participation, Jersey Storm Swimming has the reputation of hosting well-run swim meets in the Middle Atlantic LSC. The scheduled swim meets we host are listed in the table below. Please understand that it takes 50-75 people to run each session of a swim meet (4 to 6 sessions per meet), the support and participation of each one of the family members is critical to a successful meet for our team and swimmers.
3. **HOSPITALITY SUITE:** Whenever Jersey Storm hosts a meet, we are responsible for hosting a "Hospitality Suite." That suite is run by our parents using mandatory food and drink contributions. An online sign-up sheet will be distributed before each meet. If you are required to volunteer, or if you have a swimmer participating, it is expected that you sign up to make a contribution.
 - To create a restful zone for the volunteers who are assisting to run the meet, and to ensure that we have enough food for the volunteers, only volunteers will be permitted in the suite. Volunteers are asked make sure that any food from hospitality is eaten only in the "Hospitality Suite." Food may not be taken out of Hospitality to feed children or guests who are not assisting with the meet.
4. **THE FOLLOWING ARE THE 2019-2020 SCHEDULED JERSEY STORM SWIMMING HOSTED MEETS:**

MEET NAME	LOCATION	MEET DATE(S)	# OF REQUIRED WORK SESSIONS PER FAMILY	
			<u>1 Parent/Guardian</u>	<u>2 Parents/Guardians</u>
All ages A/BB/C Age-Group & Developmental Meet	Ft. Dix Indoor Pool	Oct. 19-20, 2019	1 Meet Session	2 Meet Sessions
All ages A/BB/C & Mini Winter Storm Age Group Meet **	GCIT (Sewell, NJ)	Dec. 7-8, 2019	2 Meet Sessions	4 Meet Sessions
All ages A/BB/C Age-Group & Developmental Meet	Ft. Dix Indoor Pool	Feb. 8-9, 2020	1 Meet Session	2 Meet Sessions

- a) You must sign-up to work a position at each meet listed above. Sign-up sheets are posted on the team website prior to the meet
- b) Each family shall provide an adult worker (no children) to satisfy the meet session requirements as indicated above.
- c) *If your family cannot help at any of the above meets, it is your responsibility to find a replacement to cover your required support at the swim meet. You cannot make up sessions at another meet.*
- d) **You are still responsible to work even if your child is not swimming in the meet.**
- e) ****The A/BB/C & Mini Winter Storm Age Group Meet is the team's biggest fundraising opportunity of the year. Team profits from this one meet can range from \$15,000 to \$30,000. That amount goes a long way to helping pay for our yearly pool rental on Ft. Dix. It is imperative that each parent/family set aside this weekend particularly to help us run the meet. Since we are a small team, we need everyone's participation each day at all sessions.**
- f) **Failure to satisfy these meet session work requirements will result in a one-hundred dollar (\$100.00) charge PER SESSION not worked for that family for each required meet.**

At each meet session, there will be a registration table for you to "sign in" when you arrive at the pool. It is your responsibility to make sure that you have signed in properly (or that you have arranged for a replacement to sign in for you). This is how you will be credited for your assistance.

I recognize the need for fundraising and my responsibility to help the team and our swimmers by participating in the events described in the registration packet. I will comply with the fundraising/volunteer requirements established by Jersey Storm Swimming as part of my family obligation to the team and will participate fully in all fundraising activities. I agree to pay the fundraising penalty fee for required sessions not worked at swim meets.

2019-2020 JERSEY STORM SWIMMING TEAM INFORMATION PACKET

PRE-SWIM TEAM (SWIM LESSON) PROGRAM

Jersey Storm Swimming offers swim lessons to teach swimmers the basics of swimming and to prepare them for joining the swim team. Beginner swim instruction for ages 5 - 12 yrs is offered year-round. Instructors work with swimmers in the water in small groups. Minimum age is 5 years old. Swimmers can begin with any session and will progress through the program learning the basic skills of swimming. Each session consists of six :25 minute lessons.

Cost: \$100/Session (6 lessons; 1 lesson per week for six weeks)

Capacity: Maximum of 6 students per group

Session Schedule (subject to change):

- Session 1: September 6th - October 11th
- Session 2: November 1st - December 13th (No class November 22nd)
- Session 3: January 10th - February 14th
- Session 4: March 7th - April 18th (No class April 4th)
- Session 5: May 2nd - June 6th
- Session 6: June 13th - July 25th (No class July 4th)

Make-up dates will be the date immediately following the end dates, the same weekday as the lesson

Class Levels, Days & Times:

- **Level 1:** This is the first step in learning to swim. The main focus is on independent water entry and exit, buoyancy, proper arm and leg movement, and increasing overall comfort in the water. **Thursdays 6:00-6:25PM**
- **Level 2:** The focus is on proper breathing, moving through the water independently, flotation, streamline, and mechanics for freestyle and backstroke. **Thursdays 6:30-6:55PM**
- **Level 3:** This class focuses on expanding freestyle and backstroke stroke knowledge and skill, treading water, diving, and streamlining under water. Breaststroke and butterfly mechanics are introduced. **Thursdays 7-7:25PM**
- **Level 4:** This course continues the skills learned in level 3. The focus is on stroke enhancement and swimming endurance, treading water, starts and turns. **Thursdays 7:30-7:55PM**