



Jersey Storm Swimming

P.O. Box 369
Joint Base MDL, NJ 08640
www.jerseystormswimming.org



WELCOME

Welcome to Jersey Storm Swimming! We are a competitive age-group swim team and a proud member of USA Swimming. We have been swimming at the Fort Dix Indoor Pool on Joint Base McGuire Dix Lakehurst (JBMDL) for over thirty years, and yes, we are open to both civilian and military members. Our team is dedicated to providing opportunities for swimmers to learn and grow through the sport of competitive swimming. We have swimmers ages 6 – 18yrs old and we offer swim programs to fit all skill levels, commitments and goals. Each program provides a balance of instructional and physical training to help swimmers reach their full potential. In addition to practice and training, all team members are encouraged to participate in swim meets and other team activities.

Some important benefits and reasons to consider Jersey Storm Swimming:

- QUALITY training programs
- Experienced, knowledgeable, dedicated and enthusiastic coaching staff
- Excellent Coach to Swimmer ratio
- "Open door" communication policy between coaches, swimmers & parents
- Family (>1 swimmer) & Military (10%) Training Fee discounts

Our team philosophy and goals reflect our commitment towards swimming & character development. JERSEY STORM SWIMMING strives to:

- Provide quality coaching, training and competition for all team members;
- Motivate all members to realize their full potential in the sport of swimming;
- Develop life skills such as self-discipline, self-confidence, good sportsmanship, setting and working to achieve goals;
- Provide opportunities to grow emotionally, socially and educationally through consistent training, competition, and team activities

Jersey Storm Swimming is committed to providing all swimmers with quality coaching. Each program will have dedicated, experienced, and enthusiastic coaches to provide each swimmer the individual attention and instruction that they deserve. Our coaches are constantly working to encourage, motivate and challenge swimmers to reach their full potential

The JB MDL Aquatic facilities include two indoor pools and a 10 lane outdoor pool. The indoor pools include a 6-lane, 25-yard pool with a full Colorado Timing System and Paragon starting blocks, and a 4-lane, 20-yard training pool. The team uses all the pools throughout the year for training and we host two USA swim meets at the indoor facility each year. The street address of the indoor pool is 6000 Doughboy Loop, JB MDL, 08640.

We look forward to working with you and you swimmer(s) this season and hopefully many more to come. More info on our team and online registration can be found on our website at www.jerseystormswimming.org.

If you have additional questions, please contact us via e-mail at admin@jerseystormswimming.org

TRAINING GROUP DESCRIPTIONS

BRONZE TRAINING GROUP

A developmental group with an emphasis on the teaching of basic techniques of the four competitive strokes as well as starts, turns, finishes, streamlines and underwater kick. The goal of this group is for swimmers to learn the joy of racing the four competitive strokes with proper technique.

SILVER TRAINING GROUP

- **Silver 1:** Primary emphasis is on the continued development of the four competitive strokes, the individual medley, starts, turns, finishes, streamlines and underwaters. Swimmers begin to learn the science of training competitive swimming through the introduction of aerobic conditioning and learning to use the pace clock. The goal of this group is for swimmers to train 50's of the four competitive strokes and 100 Individual Medley.
- **Silver 2:** A continuation from Silver 1 with a focus on the development of the four competitive strokes, the individual medley, starts, turns, finishes, streamlines and underwaters. Swimmers expand on the science of training competitive swimming through aerobic conditioning and gradually more complex sets with the pace clock. The goal of this group is for swimmers to train 50's of the four competitive strokes and 100 Individual Medley.

GOLD TRAINING PROGRAM

- **Gold 1:** Practice emphasis is placed on continuing stroke development as well as building an aerobic conditioning base needed for a wider variety of competition. Swimmers are introduced to more complex and detail oriented training sets. Race training and strategy become a more important part of daily practices with an emphasis on improvement in the areas of technique, fundamentals, race IQ and a passion for competition. The goal of this group is for swimmers to train 100's of strokes and 200 IM to introduce swimmers to a wider variety of events and encourage the growth mindset. Coaches will begin to introduce goal setting and seasonal planning to swimmers as well.
- **Gold 2:** A continuation from Gold 1 where practice emphasis is placed on continuing stroke development as well as building an aerobic conditioning base needed for a wider variety of competition. Swimmers expand on more complex and detail oriented training sets. Race pace training, strategy and mental toughness become a more important part of daily practices with an emphasis on improvement in the areas of technique, fundamentals, race IQ and a passion for competition. The goal of this group is for swimmers to train 100's of strokes and 200 IM to introduce swimmers to a wider variety of events and encourage the growth mindset. Coaches will begin to introduce goal setting and seasonal planning to swimmers as well.

JUNIOR TRAINING PROGRAM

The top group of Storm's age group program and designed to prepare swimmers for Senior level swimming. Emphasis is to continue to improve stroke mechanics and endurance of all four competitive strokes and the individual medleys. Swimmers are training and preparing for the 200s of each stroke, the 200 and 400IM, as well as the distances of 500/1000/1650 Freestyle. Swimmers will go through goal setting and seasonal planning with their coach to support swimmers in balancing daily obligations. Swimmers are encouraged to try all competitive events to gain experience work towards determining the swimmers strongest events.

SENIOR TRAINING PROGRAM

Emphasis of this group is to build and add upon the fundamentals and stroke techniques learned from the age group program. Swimmers will gain extensive knowledge in the science of training at daily practices and race strategy. Swimmers will begin to demonstrate strengths in certain events by being challenged to try all the events offered for their age group. Swimmers will go through goal setting, seasonal planning, nutritional analysis and a strength training program geared towards the swimmers' specific needs. At this point, swimmers will be encouraged to commit fully to the training program in order to see the full benefits.

SENIOR ELITE TRAINING PROGRAM

The top training program designed for swimmers who are fully committed to an elite program that is focused on swimming at the regional & national level. Swimmers will 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 100% practice and meet attendance. Annual commitment is required.

'20 - '21 JERSEY STORM SWIMMING PRACTICE SCHEDULE

TRAINING GROUP	Monthly Training Fee ^{1,2}	2020 – 2021 PRACTICE SCHEDULES & TIMES					
		winter & spring practice schedule only, schedule subject to change					
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BRONZE	\$ 85	5:15 – 6:30 PM DL: 5:15 - 5:30 PM		5:15 – 6:30 PM DL: 5:15 - 5:30 PM			9:45 - 11:00 AM DL: 9:45-10:00 AM
SILVER 1	\$ 105	5:15 – 6:45 PM DL: 5:15 - 5:30 PM		5:15 – 6:45 PM DL: 5:15 - 5:30 PM			10:15 - 11:30 AM DL: 10:15 – 10:30 AM
SILVER 2	\$ 105	6:30 – 8:00 PM DL: 6:15 - 6:30 PM		6:30 – 8:00 PM DL: 6:15 - 6:30 PM			10:15 - 11:30 AM DL: 10:15 – 10:30 AM
GOLD 1	\$ 115		5:15 – 6:45 PM DL: 5:15 - 5:30 PM		5:15 – 6:45 PM DL: 5:15 - 5:30 PM		8:45 – 10:30 AM DL: 8:45 – 9:00 AM
GOLD 2	\$ 115		6:30 – 8:00 PM DL: 6:15 - 6:30 PM		6:30 – 8:00 PM DL: 6:15 - 6:30 PM		8:45 – 10:30 AM DL: 8:45 – 9:00 AM
JUNIOR	\$ 150	5:15 – 7:00 PM DL: 5:15 - 5:30 PM		5:15 – 7:15 PM DL: 5:15 - 5:30 PM		5:15 – 7:00 PM DL: 5:15 - 5:30 PM	7:00 – 8:45 AM DL: 8:55 - 9:25 AM
SENIOR	\$ 170	6:45 - 8:30 PM DL: 6:45 – 7:00 PM	4:50 – 7:30 PM DL: 4:50 - 5:20 PM		4:50 - 7:30 PM DL: 4:50 - 5:20 PM	4:50 - 7:30 PM DL: 4:50 - 5:20 PM	7:00 – 9:40 AM DL: 9:10 - 9:40 AM
SENIOR ELITE	\$ 190	5:50 - 8:30 PM DL: 5:50 – 6:20 PM	4:50 – 7:45 PM DL: 4:50 - 5:20 PM	5:50 - 8:30 PM DL: 5:50 – 6:20 PM	4:50 - 7:45 PM DL: 4:50 - 5:20 PM	4:50 - 7:30 PM DL: 4:50 - 5:20 PM	7:00 – 9:40 AM DL: 9:10 - 9:40 AM

(1) Yearly Team (\$120) & USA Swimming (\$80) reg fees in addition to monthly training fees

(2) Multi-Swimmer Family & Military Training Fee discounts provided

SEASON OPTIONS

- ANNUAL season: October 5, 2020 – July 31, 2021.
- WINTER season: October 5, 2020 – March 28, 2021.
- WINTER/SPRING season: October 5, 2020 – June 13, 2021.
- SPRING season: April 5, 2021 – June 13, 2021.
- SPRING/SUMMER season: April 5, 2021 – July 26, 2021.
- SUMMER season: June 14, 2021 – July 31, 2021.

SWIM TEAM SEASONS & PRICING

When you register for the team, you will select a season. 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. Your choices include:

- Bronze through Junior training groups can choose any season or seasons to participate in.
- Senior swimmers can choose Annual or Winter/Spring seasons.
- Senior Elite swimmers must select the Annual season.

Swimmers are obligated to complete and pay for the season they sign up for. Spots on the team are limited and the team is counting on the swimmer completing the season(s) they signed up for. Financial penalties in accordance with the team's Exit Policy will be assessed if a swimmer leaves before their registered commitment ends.

PRICING (REGISTRATION & TRAINING FEES)

- Team registration fee of \$120 due upon registration (same fee regardless of training group or season)
- USA Swimming registration fee of \$80 due upon registration (non-refundable after 2-wk trial period)
- 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)

SWIMMER 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. Electronic Communications, Bullying, Locker Room and Photo/Social Media Policies
3. Required Family Fundraising Commitment (Swim Meets & Swim-a-thon) Policy
 - The Required Family Fundraising Commitment requires your attention and full understanding (see next page of info packet). The team runs swim meets throughout the winter season and every family's assistance is required to run a successful event. Swim meets are a competitive opportunity for every swimmer as well as a team building event for swimmer and parents alike. There is a financial penalty if you do not participate in assisting with running the swim meets we host.
4. Medical Concerns Form
 - Please print and return this form to the team administrator if needed
5. STRM COVID Policy

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. You can access your account from a computer or your mobile devices. Your account allows you to:

- Access all of your swimmer's meet results, best times, and time histories
- Maintain/update your contact information
- Sign up your swimmers to attend swim meets
- Sign up to volunteer to work Jersey Storm hosted swim meets
- Access to your current bill, payments made, and a financial account summary

QUESTIONS

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

JERSEY STORM SWIMMING BILLING POLICY

1. THE COMPLETED ONLINE REGISTRATION AND INITIAL PAYMENT FOR EACH SWIMMER IS REQUIRED BEFORE THE SWIMMER MAY PARTICIPATE. THIS INCLUDES:
 - a. FULLY COMPLETED AND SIGNED REGISTRATION (ONLINE @ www.jerseystormswimming.org);
 - b. \$120 TEAM REGISTRATION FEE
 - i. *Note: Registration fee is the same amount regardless of training group or season, not subject to any applicable discount*
 - c. \$80 USA SWIMMING REGISTRATION FEE
 - i. *Note: The \$80 USA Swimming registration fee is non-refundable after 2-wk initial trial period and is not subject to any applicable discount.*
 - d. FIRST MONTHLY PAYMENT FOR THE SWIMMER'S TRAINING GROUP;

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 ACCOUNT. NO CHECKS OR CASH ACCEPTED FOR TEAM INVOICED FEES. IF USING CREDIT CARD YOU ARE RESPONSIBLE FOR (AND WILL BE INVOICED) 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 SWIMMING 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.

JERSEY STORM SWIMMING REQUIRED FAMILY FUNDRAISING & TEAM ASSISTANCE CONTRACT

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

1. The Jersey Storm Swimming funds its budget and activities from two main sources. The first source is the 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 Swimming 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.
 - a) Due to COVID, a meet schedule has not been determined for the 2020-2021 Winter Season. Once we are approved to run swim meets at JBMDL, a meet schedule will be established. During the 2020-2021 season, for meets that Jersey Storm runs, the family requirement is as follows:

For each meet that STRM runs, each family must provide a worker for one meet work session per day of the meet.
 - b) 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. Work sessions and work session arrival/completion times will be established based upon the type of swim meet being run.
 - c) Each family shall provide an adult worker (no children) to satisfy their work session requirements as indicated above.
 - d) *If your family cannot help at a scheduled STRM-run meet, 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.*
 - e) **You are still responsible to work even if your child is not swimming in the meet.**
 - f) **Failure to satisfy these meet work session requirements will result in a one-hundred dollar (\$100.00) charge PER WORK 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 HEREIN. 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 MEET WORK SESSIONS NOT WORKED AT SWIM MEETS AND DONATE THE MINIMUM SWIM-A-THON CONTRIBUTION FOR EACH SWIMMER.

You will agree to fulfil these requirements as part of registering for team