



Swim Team Handbook

Helpful hints on understanding swimming



*Changing the Definition of
Swimming in the Triad!*



Dear STAR Families,

One of our goals as a USA Swim Team is to make your swimming experience as enjoyable and beneficial as possible, not only for your swimmer but for your entire family. It is my hope that this handbook helps in reaching that goal.

We have tried to provide information about swim meets, meet entries, time standards, contact information, ways to improve your child's swim experience, our expectations from parents and swimmers, policies and more. There is also a glossary of frequently used terms with definitions, as well as web addresses of helpful sites such as USA Swimming and North Carolina Swimming.

I recognize that the success of the STAR program depends largely on the growth of our swimmers and the experience that they and their parents have while with STAR. That is why this handbook has been created. Swimming can be overwhelming if you are new to the sport and can still be overwhelming when you are joining a new team. This handbook is a tool to help ease that transition and make the experience more enjoyable for everyone involved. If you have been with STAR then this will hopefully help you when you have new questions or decide to get more involved in the sport.

Take the time to read through it. It should help to provide you with some instant knowledge of the world of swimming. Please let us know if you have any questions.

Thank you for giving us the opportunity to work with your swimmers and for being a part of the STAR Family.

I look forward to seeing you at the pool!

Jay Dodson
Head Coach
STAR Aquatics



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STAR'S Goals for Parents

- We realize that swimming takes commitment not only from the swimmer but from the parents as well. In order to run a successful program, every parent needs to pitch in. Some may be able to help more than others and all help is appreciated and needed. Please take the time to get involved as there will be numerous opportunities to participate. If you have some ideas on how you can help that we might not have thought of, please bring this to our attention. We can all contribute to make each child's swimming experience a positive one.
- We encourage all swimmers to go to as many meets as possible. The meets are for ALL skill levels and nobody should be discouraged from going. The heats are set up so that swimmers compete against other swimmers with similar times. Neither you nor your child should ever consider not going to a meet because you are concerned about times. Winning means improving the swimmer's time!
- Remember that your role as parents is to support the kids and the coaches. Regardless of your experience as swimmers or athletes, you should allow the coaches to coach during practice and at the meets.
- Always be positive and patient. Swimmers may drop loads of time and then taper off. This can be particularly true of kids going through puberty. They will drop more time with hard work and persistence, HARD work ALWAYS pays off. Don't lose faith. Patience is a key word in swimming.
- **Always promote good sportsmanship, remember to have your swimmer shake hands with their competitors and congratulate them on their swim, thank their timers and the volunteer officials.**
- Allow your child to proceed at his or her own pace. If you bug them to practice they will resent it and get frustrated. Help them to understand the benefits of practice, but remember that it is about them not you.
- Communication is key. If you have any questions, please discuss them directly with the coaches, but make sure that you do this before or after, but NEVER during practice.
- Always be a positive role model. Positive attitude breeds positive attitude!

Only a very small percentage of children will ever swim in college and even fewer in the Olympics. Remember that your kids swim to have fun and to learn life lessons.



General Practice Guidelines

- Equipment that you need:
 - practice suit (wearing your team suit to practice will wear it out)
 - STAR cap, either latex or silicone (silicone is easier to put on)
 - goggles
 - Water Bottle
 - fins, kick boards, paddles and pull buoys are recommended to enhance your swimmers training and development.

 - sneakers, shorts and a tee shirt for dryland training
- It is important that swimmers are on their best behavior at all STAR practice facilities. Inappropriate behavior cannot be tolerated as it will have negative ramifications on all swimmers.
- Please notify coaches of any special needs that your child may have.
- Believe it or not, parents can be discouraging and distracting to kids during practice. If you choose to exercise your “parents day option”, please observe from a distance and do not provide instruction to your child.
- It is important that kids arrive on time for practice. With school and car-pooling, this is not always achievable, but try your best.
- Children of all ages should be on their best behavior at practice. Profanity and rudeness are not tolerated. All members of STAR, parents and children alike, should be made to feel welcome.
- If you are unsure about how much your child should be swimming, ask the coach and talk to your child. Age Group kids need to spend an amount of time in the water that both swimmer and coach are comfortable with.

“Do right. Do your best. Treat others as you want to be treated.” - Lou Holtz



General Meet Guidelines

- If you have registered for a meet and you cannot compete, please notify a coach as soon as possible. You can call and leave a message on a cell phone or call another STAR parent that is at the meet. Emergencies happen, so please notify us if they do.
- Meets may still run even under poor weather conditions, so check the STAR website, the host team's website or call a coach.
- Meet information can be found on the STAR website at www.staraquatics.net.
- Families are encouraged to stay for the entire session and cheer on other swimmers.
- Meet results are published on the ncswim.org website. Individual swimmer's results can be found by going to USAswimming.org and clicking on times/time standards tab, then #2 (individual times tab) and then entering the swimmers information and the events you are interested in.
- **Swimmers are required to wear STAR caps and encouraged to wear the STAR team shirts to the meets.**
- Parents attitudes positively and negatively reflect on STAR Aquatics and the swimmer's at the meets. We ask that you please remember this.
- Participants typically swim either 3 or 4 events per day, depending on the meet.
- Swimmers must be at the meet when warm ups begin. If you are late to warm-ups you may miss your first event due to safety reasons and sportsmanship. Please communicate with coach on deck if there are events beyond your control.

We recognize that parents will want to discuss the meet, results, etc. with their children, but we ask that you please do so after the meet. The coaches will talk to the kids before and after they swim. We ask you to limit your discussions during the meet to a few words of parental encouragement.

Web Addresses:

STAR - staraquatics.com

North Carolina Swimming- <http://www.ncswim.org>

USA-Swimming—<http://www.usaswimming.org>



The Meet

Swimmers

Team Suit	
Spare Suit (in case one rips)	
Goggles TWO PAIR (in case one breaks)	
TWO Swim Caps (in case one rips)	
Minimum 3 Towels	
Flip Flops (floors are slick)	
Change of Clothes	
Warm up Suit or Sweats (need to be warm)	
Toiletries Optional	

Parents

Foldout Chairs	
Healthy Snacks (if allowed in facilities)	
Sharpie	
Highlighter	
Ball Point Pen	

NOTE TO PARENTS

- Don't forget chairs, as bleacher space, if existent is very limited.
- The team will always try to sit together, so as you arrive at the meet, looks for other STAR families.
- Always try to make room for other STAR families.
- DON'T BE LATE.



When You Arrive

1. Purchase a Heat Sheet. This will show you the order of events, entry times, heats and lanes of all of the swimmers. Costs vary between \$7 and \$15 dollars. Find your child's events and use a highlighter to highlight them.
2. With either the Sharpie or the pen, indicate your child's individual heat information somewhere on your swimmer, usually the arm or leg. Example: Joe Smith is swimming in Event 19—Breaststroke, Heat 2, Lane 1. On the preferred location write the events for that day.

	E (event)	H (heat)	L (lane)
50 Back	5	7	5
50 Breast	19	2	1
100 IM	26	6	7

This will help you, your swimmer, the coaches and the meet officials know exactly where your child is supposed to be and when. Most meets DO NOT HAVE CLERK OF COURSES, so it is imperative that you know when your child is going to swim and that they are ready at least 2 events before.

3. In addition to the individual events, a swimmers may be chosen to swim in a relay. Coaches will announce these after warm-ups and swimmers are expected to participate. If you are unable to swim in a relay, notify the coaches by the Wednesday before the meet. Do not leave the meet without checking to be sure you are not on a relay!
4. When you arrive, remember to try and sit with the rest of the team. Please be unbiased when making room for other STAR families as they arrive.
5. Get ready for warm-ups. The coaches will tell you what lanes you are to warm up in. The team will stretch and warm up together.
6. After warm-ups, get your swimmer to sit with friends and relax. Make sure they know the first event that they will be swimming.
7. Before and after he / she swims, the swimmer should warm up and then go directly to the coaches first for immediate insight on the race.
8. Swimmers should warm down after they swim, but not play in the warm down pool.



What you need to know at the meet!

- Most meets are broken up into two or more sessions. Depending on the meet, your child will swim in either the morning session or the afternoon session. You will need to know this information so you will know when to be at the pool. This should be posted in the meet information, which is located on the Short/Long Course Meets page of the www.staraquatics.net website.
- Make sure that you have good directions to the pool. Many facilities are not clearly marked, so you need to know where you are going. Car-pooling with parents who have attended a meet at a particular location is recommended. Directions to commonly used facilities are available on the www.staraquatics.net website.
- It can be chaotic when you arrive, so be patient. If you are swimming in the afternoon session, the morning session will most likely still be there when you arrive. Find where the STAR families are sitting. GO to the STAR section and wait for the morning STAR families to finish.
- The team will not have an assigned area, so it is possible that you may not be able to sit with other team members. Word of advice...GET THERE EARLY!
- Some Pools can be extremely hot or cold...be prepared for both. Some parents wear sweats with shorts and a T-shirt underneath. SWIMMERS also need to also be prepared for these temperature differences.
- The pool deck gets soaked with all of the swimmers passing back and forth so be careful when walking around. The tile around the pool deck can be VERY SLIPPERY.
- Most sessions (morning / afternoon) last about four hours. Many times the sessions will fall right in the middle of traditional meal time. The coaches recommend that you have a full meal 1.5 hours prior to the meet and a healthy snack at the meet..
Suggestions: Cheerios, fruit, crackers, honey, trail mix, power bars, and lots of water
- Depending on how many heats in each event, there can be some lag time in between events. Books, crossword puzzles, cards, music can all help pass the time. Make certain that if your child brings an electronic game that they put it away when they aren't using it. Other peoples stuff tends to blend in.



What you need to know at the meet (continued)

- As your swimmer's event draws near, they should warm-up and then report to a coach approximately 10 minutes before they swim and be behind the blocks no less than 5 heats before they are to swim. Some heats may take additional time if for example, the event is a 200 IM as opposed to 50 back.
- PAY ATTENTION!**
- It is the parents and the swimmer's responsibility to be at the block ready to swim.
 - The results of the events will be posted at a central location shortly after the events are finished. They are usually posted with girls in one section and boys in another.
 - The results are printed from fastest time to slowest time and the disqualified swimmers are listed at the bottom.
 - If your swimmer gets DQ'ed, don't be upset, it happens to everyone. The coaches will review with them why they were DQ'd, but they may not know right away. Encourage your swimmer to use this as a learning experience.
 - Dinner and other events may be planned for the team when they are out of town and not swimming. Parents and swimmers are encouraged to attend these events if possible.
 - Your swimmer does not have to sign-up to swim both days, although it is encouraged.

Coaches information

(all coaches' emails are coaches first names@staraquatics.net and are located on the STAR Webpage)

Jay Dodson, jay@staraquatics.net / 336-337-0169

Nathan Durrell, nathan@staraquatics.net / 336-926-6903

Chris Bowker, chris@staraquatics.net / 336-406-7174

Scot Budde, scot@staraquatics.net / 443-416-8710

John Bruening, john@staraquatics.net/ 941-735-5616

Josh Cooper, josh@staraquatics.net/ 757-320-3268



Code of Ethics...for swimmers

- I will encourage good sportsmanship from fellow swimmers, coaches, officials and parents at all times.
- I will remember that swimming is an opportunity to learn and have fun.
- I will remember that practices and meets are equally important.
- I deserve to swim in an environment that is free of drugs, tobacco, and alcohol; and expect everyone to refrain from their use at all swimming practices and meets.
- I will do the best I can at each and every practice, remembering that all swimmers have talents and weaknesses the same as I do.
- I will treat my coaches, other swimmers and coaches, meet officials, other officials, volunteers, and fans with respect at all times; regardless of race, sex, creed, or abilities, and I will expect to be treated accordingly.
- I will concentrate on swimming; always giving my best effort.
- I will at all times control my temper.
- I will always exercise self-control.
- Conduct during swim meets towards the sport of swimming and all meet officials shall be in accordance with appropriate behavior and in adherence to US Swimming Rules.
- While traveling, I will conduct myself so as to be a credit to myself and to my swim team.
- I will be a team player
- I will respect the facilities that we use and leave them cleaner than I found them.
- I will have a positive attitude and thus a positive influence on my teammates, coaches and the STAR program.



Code of Ethics...for parents

- I will encourage good sportsmanship by demonstrating positive support for all swimmers, coaches, meet officials, other parents and volunteers at all times.
- I will place the emotional and physical well being of all swimmers ahead of any personal desire for my child or our team to win.
- I will support the coaches, meet officials, and volunteers working with my child in order to encourage a positive and enjoyable experience for all.
- I will remember that my child swims for her/his benefit, not mine.
- I will make sure that my child arrives on time for meets, practices and other team activities.
- I will remember that my child will learn based on the example that I set for them.
- I will ask my child to treat other swimmers, coaches, meet officials, other parents and volunteers with respect.
- I will always be positive and support the decisions of the coaches, and in doing so support the team.
- I will not coach my child in or out of the pool; that is the coach's role.
- I will not get into arguments with parents, swimmers, volunteers or coaches from my swim team or from any other swim team.
- I will not use abusive or insulting language. I will treat everyone with dignity.
- I will not criticize meet officials and volunteers, understanding that mistakes will be made.
- I will praise my child for their effort rather than the result of a race or meet.
- Alcohol, illegal drugs and unauthorized prescription drugs shall not be possessed, consumed or distributed before, during or after any practice or meet or at any other time at any STAR Aquatics' swimming facility or at any other swimming complex.



10 Commandments ...for Swim Parents

1. Thou shalt not impose your ambitions on thy child

Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing. The nice thing about swimming is that every person can strive to do their personal best and benefit from the process of competitive swimming.

2. Thou shalt be supportive no matter what.

There is only one question to ask your child after practice or competition—"Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

3. Thou shalt not coach thy child

You are involved in one of the few youth sports programs that offer professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support and a safe place to return to at the end of the day. Love and hug your child no matter what. The coach is responsible for the technical part of the job.

You should not offer advice on technique or race strategy or any other area that is not yours. And above all, never pay your child for performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

4. Thou shalt only have positive things to say at a swimming meet.

If you are going to show up at a swimming meet, you should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Please remember that "yelling at" is not the same as cheering for.

5. Thou shalt acknowledge thy child's fear.

Your child's first swimming meet, 500 free or 200 IM can be a stressful situation. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event if your child was not ready to compete in it. Remember your job is to love and support your child through their entire swimming experience.



6. Thou shalt not criticize the officials

If you do not care to devote the time or don't have the desire to volunteer as an official, please don't criticize those who are doing the best they can.

7. Honor thy child's coach

The bond between coach and swimmer is a special one, and one that contributes to your child's success as well as fun. Don't criticize the coach in the presence of your child, as it will only serve to hurt your child's swimming.

8. Thou shalt be loyal and supportive of thy team.

It is not wise for parents to take their swimmer and jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems-even teams that build champions. Children who switch from team to team are often ostracized for a long time by the teammates they leave behind and are slowly received by new teammates. Often swimmers find that switching teams does not improve their performance.

9. The child shall have goals besides winning.

Most successful swimmers are those who have learned to focus on the process and not the outcome. Giving an honest effort regardless of the outcome is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does that make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life!

10. Thou shalt not expect thy child to become an Olympian.

There are 250,000 athletes in USA Swimming and we keep a record of the top 100 all time swimming performances by age group. Only 2 of the swimmers listed in the 10 & under age group will make it to the top 100 of the 17-18 group. There are 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%.

Swimming is much more than just the Olympics. Ask your coaches why they coach. Chances are, they were not Olympians, but still got so much out of swimming that they wanted to pass the love for the sport on to others. Swimming teaches self-discipline and sportsmanship; it builds self-esteem and fitness; it provides lifelong friendships and much more. Most Olympians will tell you that these intangibles far out-weigh any medal they may have won. Swimming builds good people, like you want your child to be, and you should be happy your child wants to participate.



Terms and Definitions

Age Group Swimming (AG)- USA-Swimming designation for the younger swimmer program. (12 and Under)

Blocks— the starting platforms.

Bulkhead— a movable platform that is inserted in the pool to change the length.

Circle Swimming—swimmers staying to the right of the black line so that multiple swimmers can swim in a lane.

Clerk of Course— a holding pin sometimes used to organize younger swimmers and get them in position for their race.

Cut—slang for qualifying time.

Deck-Seeding— assignment of heat and lane done on deck during the meet. Usually for 400 or greater distance events. Will be listed in the meet information.

Distance events— events over 400 meters.

DQ—Disqualification.

Dryland Training—exercises out of the water to build endurance.

False Start—swimmer is disqualified for leaving the block before the official has started the event. Swimmers must immediately assume the starting position and remain motionless on the “take your mark” command.

Finish— the last part of the race inside the flags.

Freestyle Relay— relay consisting of four swimmers, each swimming freestyle.

Gutter— the area that catches water around the pool.

Individual Medley (IM) - Individual event where one swimmer swims all strokes in following order: Fly, Back, Breast, Free.

Long Course—Events swum in a 50 Meter pool . Long Course competition takes place in the summer for year round swimming.

Middle Distance—term used to describe events 200-400 meters.



Terms and Definitions

Medley Relay— relay that consists of four swimmers and all strokes swum in the order of Back, Breast, Fly and Free. Each swimmer will be designated to swim a particular stroke by the coach.

National Reportable Times– Short and long course standards to give recognition to the nation’s top 10 swimmers in each stroke, gender, distance and age.

Negative Split—Swimming the second half of the race faster than the first.

Open Water Swims—long events happening in open bodies of water.

On Deck—When the announcer calls “on deck” that means the next event to swim needs to start getting ready.

Short Course– Events swum in a 25 Yard pool. This is the fall and winter season for year round swimming.

Split– the time of a swimmer for a lap or a section of a race.

Streamline—the position that swimmers use when starting or pushing off the wall to reduce resistance

Taper—The final preparation phase as a swimmer prepares for a meet. Swimmer reduces workload.

Time-trial—taking a time in a non meet environment.

Touch Pad—an electronic pad on the finish wall of a meet that registers the time when a swimmer touches it..

USA Swimming—National Governing body for competitive swimming in the United States.

Warm Down—non- rigorous swimming after an event to get rid of excess lactic acid build up. This is important to help a swimmer’s body to recover and prepare to swim well the next day so please allow them to do it properly even at the end of a session or meet.



Star Online Meet Entry

Go to www.staraquatics.com

Log in to your account. Each Meet will be listed on the home screen under the "Meets" tab in the middle of the page.

Click on the meet name. This will take you to the the event information page. . Complete Meet Information is located at the bottom of this page. Click on the name and read through the document. The order of events will be toward the end. Make note of what events are on which days and sessions.

Determine the appropriate sessions/events for your swimmer (B/C, BB+, A, etc). Note the Entry Limit section for the maximum number of individual events that are allowed per session/meet

Print out the Order of Events circle the events you wish to enter (Women's events are odd numbers, Men's are even numbers), or simply make note of them on a separate sheet of paper and take them to your coach if you would like to swim specific events so that you can discuss that with your coach.

You will select to "Attend This Event" from the home screen. Your coach will enter you in the events that you have discussed or that he/she thinks you should swim. You will have the option of choosing one day or another day that you can attend if necessary. Please put in any comments in the "Notes" box for the coach to read.. Then click "SAVE Changes" at the bottom right corner.

The meet fee will be equal to the fees charged by the host club for the whole session or meet as well as STAR's \$5 Travel Fee. Meet fees will be charged on the first of the month with your regular billing.) STAR covers the cost of all relays.

You will receive an email to review events when they are complete so that you can check your entries.

Changes, Late Entries, Questions about entries.....

Any changes or questions regarding your entry should be addressed to your site coach. Your coach can discuss any changes your entries with you and make any changes necessary. After the initial entry deadline there will be a late entry period, during which time you may enter with a \$5 late fee applied. All late entries will then be sorted and collectively sent in at a later date. If, at that date, the hosting team does not accept the entries, your swimmer will not be able to participate in that meet.

Please do all you can to complete your entries as soon as possible and pay attention to email updates and entry deadlines.



STAR Athlete Progression

Dolphins: This is an entry-level group for ages 5-9. Swimmers in this group must be able to swim a 25 of freestyle and backstroke. Focus is on developing and maintaining fundamentally sound strokes for a distance of 25 yards/meters. Attends 1-2 practices per week and competition is optional.

Piranhas: This group of swimmers is for ages 7-10 who can swim 25 yards legally in three of the 4 strokes. Focus is on developing and maintaining fundamentally sound strokes throughout practice. Attends 1-3 practices per week and competition is optional.

Sharks: For competitive swimmers ages 8-10 who can legally swim a distance of 50 meters in all four strokes. Focus will be on developing and maintaining fundamentally sound strokes during practices and races. Sharks will be introduced to conditioning as the goals of increased competitiveness and performance in the end of season championships are pursued. Attends practice 2-4 times per week and participates in scheduled team meets.

Senior Developmental 1 : This group is comprised of swimmers ages 11-14 who can legally swim a 200 IM. Practice commitment is 3-5 sessions per week with focus on maintaining proper technique during increased workout intensity. Swimmers participate in scheduled team meets and appropriate championship meets.

Senior Developmental 2 : This group is comprised of swimmers ages 13-18 who can legally swim a 200 IM. Practice commitment is 3-5 sessions per week with focus on maintaining proper technique during increased workout intensity. Swimmers participate in scheduled team meets and appropriate championship meets.

Senior 1: This group is for swimmers ages 13-14 who have three 14 & U State Championship cuts in two different strokes,. Must be able to complete a legal 400 IM. Practice commitment for this level is 4-7 times per week. Must obtain coach approval.

Sectional Team: This group is for swimmers 13 and up who have at least one Senior Sectional cut and can swim a legal 200 of each stroke as well as a 400 IM. These athletes practice a minimum of 7 times per week (including strength training) and focus on identifying and correcting inefficiencies within their strokes while challenging themselves daily.

National Team: This group is for swimmers ages 14 and up who have at least one Junior National cut and can repeat 400 IM's and 200's of each stroke. These athletes practice a minimum of 9 times per week (including strength training) to increase their competitiveness at the national level while striving to reach their full potential as a swimmer.



STAR Aquatics Family Financial Outline

I. Registration Fee

The Registration Fee of \$115 for competitive swimmers is non-refundable. Included with the Registration Fee are the USS Registration, half month August dues and other team give-aways such as a latex STAR cap, t-shirt, and a STAR car magnet. The Registration Fee of \$32 for Seasonal, Masters, Home School and Swim School Swimmers is also non-refundable and includes a latex STAR cap, t-shirt and STAR car magnet. Registration Fees will be collected on the first billing date of September 1st or the first of the month following sign-up. Any potential STAR swimmer is welcome to try the STAR program for no more than one week before the online registration form must be completed and the fees paid.

II. Dues

Dues will be collected through Credit Card or ACH Draft according to the payment plan option that you choose on your Online Registration Form. Competitive Swimmers may sign-up for a commitment of 3 -12 consecutive months. **If a swimmer has to break the contract for any reason, there is a penalty of one month's payment.** The only exception to this rule is if a swimmer has to drop out due to documented illness or injury. **Dues already paid are not refundable.** Regardless of the months that you swim, your dues must be paid according to the payment option that you choose on the online registration form. The Seasonal Program is a month-to-month program where if the swimmer decides to stop swimming, the correct online form must be submitted to STAR by the 15th of the month before you plan to stop. **Any dues not paid by the 21st of the month billed will be charged a late fee of \$15. If your account becomes 30 days overdue, your swimmer's status with STAR will become "inactive", and he or she will not be able to participate with STAR until the account is brought up-to-date. Any account 60 days overdue will be referred for collection.**

If you choose the monthly payment option for your dues, your payment will be charged or drafted on the 1st of every month beginning September 1st or the month your swimmer begins his or her participation with STAR. **Checks will not be accepted for payment except for 9-12 month payments in full. If your debit or credit card expires during the season, or if you have to cancel your card for any reason, it is your responsibility to update your account through the STAR webpage with new card information before the next scheduled payment.** Regardless of the payment plan that you choose, STAR Aquatics requires dues payments to be made in advance of the receipt of services.



Financial Outline Continued.....

III. Change in Location, Change in the Number of Days You Swim each Week & Cancellation

If a swimmer wants to change the number of days he or she swims each week, the "Commitment Change Form" must be completed online. The change in the fees charged for the practice time will not go into effect until the first billing period after STAR receives the Change Form assuming it is received a minimum of 10 days prior to the next charge date.

If a swimmer elects to change locations, there is a \$35 charge and the move must be approved by both site coaches as well as the teams Head Coach.

Regardless of the number of months you sign up for during your registration, it is your responsibility to notify STAR of your stop date or cancellation by completing the "Commitment Change Form" online. All Seasonal Swimmers will be charged through May and all Competitive Swimmers will be charged through August unless this form is completed to stop payment. This form must be completed and submitted 15 days prior to your scheduled payment date to go into effect prior to the next charge.

IV. Volunteerism and Fundraising

A parent or guardian of Swimmer will work during swim meets in which Swimmer participates if requested by STAR or its swim meet coordinator. Every time parent or guardian volunteers, one chance is earned for the end-of-year drawing for free dues for one swimmer for the next season. Fundraisers will be offered to raise money for the team so additional equipment can be purchased for each and every location, coaches can attend advanced training, additional incentives can be given to the swimmers, and STAR can offer the most successful experience for each and every swimmer involved with the team. Every fundraiser will have a specific purpose, and you will be informed of "why" the fundraiser is being offered and "what" will be purchased with the funds

STAR Financial Questions

Contact Lori Dodson, with any financial questions or concerns.

Billing@staraquatics.net ~ or ~ 336-337-0182

Mail Payments to PO Box 16311 High Point, NC 27261



Star Online Store

STAR LOGO MERCHANDISE AND EQUIP-
MENT AVAILABLE AT

WWW.STARAQUATICS.COM UNDER THE
STORE TAB

- Equipment needed at practice ranging from fins, kickboards, pull buoys, paddles, mesh bags, water bottles, silicone caps and more are all available through the store.
- Your swimmers level will dictate which items will be most frequently used to enhance their swimming experience. Please consult with your site coach to determine what will be needed in practice.
- Additional items available from the STAR Store include but are not limited to: T-shirts, pj bottoms, sweatpants, sweatshirts (hooded and non), parkas, towels and warm-ups.
- There will be site visits set up every other month to sell merchandise on site and avoid shipping charges
- There is also the option of having items embroidered when applicable.
- Orders will typically be sent to our suppliers on the 15th and 30th of each month.
- If you have questions or need more information, please contact Starstore@staraquatics.net.



STAR Aquatics Swim School

This lesson program is for children ages 3-12. The Little STARs (ages 3-6 and potty trained) and Big STARs (ages 7-12) will have similar practice goals but will be taught differently based on their age and level of understanding. Each age group is divided into six levels as outlined below.

Level 1: This student is a beginner, probably a little nervous in the water. This student has no swimming experience. The goal of this class is to help the swimmer become more confident and relaxed in the water.
(Class goals: pool safety, confidence in the water, total body submersion, blowing bubbles (All of this is done via assistance from the instructor))

Level 2: This class is for the beginner swimmers who are comfortable in the water. These swimmers are often fearless and need to learn to safely play at the pool. This class will focus on the following skills: floating, kicking, breathing and big arms. Students will also learn to get themselves to the side of the pool. (Class goals: pool safety, confidence, front and back float, kicking, big arm scoops, and swim independently to the side)

Level 3: This student is comfortable in the water. They can swim with ease on their stomach 15 feet. This class will focus on combining kicking, arm pulls and body position to create a proper foundation for freestyle and back stroke.
(Class goals: pool safety confidence, endurance, breathing, proper technique for free and back stroke)

Level 4: This student is able to swim freestyle and back stroke at least 40 feet. This class will focus on building endurance and stroke technique. This class will also introduce students to diving and flip turns.
(Class goals: build endurance, develop good technique and body position, rotary breathing, introduction to diving and flip turns)

Level 5: This student is able to swim freestyle and back stroke for 25 yards. This class will focus in proper body position in order to develop a full competitive freestyle and back stroke. This class will also introduce swimmers to flip turns, diving, and advanced stroke techniques for competitive swimming.
(Class goals: Body position, breathing, turns diving, blocks, time clock)

Level 6: This class will introduce swimmers to the breast stroke and butterfly strokes. It will also introduce them to competitive swimming. Swimmers will become familiar with diving from the starting blocks and using the time clock. This class helps to build swimmers endurance in all four of the competitive strokes.
(Class goals: technique, breathing, blocks, turns, diving, butterfly, breast, time clock, starts, and typical meet information)

Email Tracey Ring, at swimschool@staraquatics.net for more information.

