



# Aquastorm New Parent Information



Aquastorm is a parent-owned team with a history of excellence and creating a fun and competitive environment for our swimmers, having won an impressive 18 consecutive state titles and frequently sending swimmers off to national meets and college with swimming scholarships. We are always wanting to welcome new swimmers and families to our program.

## Season (s)

There are two USA Swimming seasons: Winter season and Summer season. Swimmers are not required to swim both sessions, but are encouraged to swim a season in its entirety, if possible.

Winter runs from October through mid-March and is swam in the short-course pool which is 25 yards.

Summer runs from May through July and is swam in the long-course pool which is 50 meters.

## Requirements

New swimmers need to come in and do a swim test where they swim 25 yards freestyle on their front and 25 yards backstroke without stopping or assistance. This can be done any evening during the first week of each season, starting at 5:30pm Monday through Thursday. Swimmers who have completed this for the swim clinics will not need to re-test.

## Groups

Advancement through the groups is based on invite only, at the coach's discretion. The swimmers and parents will be notified typically during the first few weeks of the new season which group their swimmer will be participating in. Swimmers will usually begin each season in the group they left off in, unless notified otherwise ahead of time. Advancement is not only based on stroke performance, but also on attitude, respectfulness of coaches and teammates and maturity of the swimmer both in practice and in competition.

### Developmental (Level 1)-First Year Swimmers

- This group is where the majority of our swimmers will start regardless of age.
- Runs from October or November (we offer two start times: beginning of October and again in November to accommodate fall sports) through the end of February and possibly into March.
- This group is designed to teach fundamental concepts of the four competitive strokes along with competitive starts and turns.
- Swimmers will have two 45 minute practices per week. Practices are offered either Monday/Wednesday or Tuesday/Thursday from 5:30-6:15 or 6:15-7:00.
- Participation in sanctioned meets is welcomed and encouraged. Coaches will be involved in selecting or adjusting events for new swimmers depending on their readiness for a particular race.

### Developmental Levels 2, 3 and 4

- An extension of the first year group, this is designed to add-on to the concepts of the non-competitive group to complete learning and refining the four competitive strokes along with starts and turns and to prepare swimmers for the more advanced swimming required in the Age Group levels.
- Level 2 swimmers follow the same schedule as the first year swimmers (M/W or T/R from 5:30-6:15 or 6:15-7:00).
- Level 3 and 4 swimmers will have three 45 minute practices per week. Practices are offered Monday through Thursday from 5:30-6:15 or 6:15-7:00. Swimmers are asked to practice Monday, Tuesday and either Wednesday or Thursday.
- Aquastorm realizes that many fall sports are finishing up in early October, therefore the first two weeks of practice are less "defined" and parents can choose to bring their swimmers to whichever practices work best

for their schedule during these weeks. Once the season is progressing and the swimmers have been assessed for current level, sign-up sheets will be made available and then swimmers must come during their allotted times.

**\*Remember!** The Developmental Program is designed to give your swimmer the best long-term term swimming success possible and focuses heavily on technique and the learning process. Every swimmer develops at a different pace and will be moved throughout the groups accordingly.

### Age Group 1

- This group is designed to further develop the swimmers in the concepts learned during the Developmental Group as well as add aerobic base training.
- Swimmers will swim three or four 1 hour practices per week from 5:30-6:30 Monday through Thursday.

### Age Group 2

- This group is designed to further develop the swimmers in the concepts learned during Age Group 1 as well as add more advanced swimming training.
- Swimmers will swim three or four 1.25 hour practices per week from 5:30-6:45 Monday through Thursday.

### Senior/National

- These groups are designed for the team's most advanced swimmers.

### Cost

\*All swimmers are required to pay a \$160 one time per year fee to cover USA swimming fees and Aquastorm team fees.

Developmental-\$55/month (\$5 discount for swimmers 2 and beyond in each family)

Age Group 1-\$75/month

Age Group 2-\$85/month

Senior/National- \$110/month

### Equipment/Gear

Swimmers should have a swim suit that is suitable for a swim practice, swim cap, two pairs of functioning goggles (1 pair as a back-up to be kept in their swim bag), and a towel.

### Fundraising

The team runs one large fundraiser during the winter season, the Swim-a-thon. All swimmers are asked to participate in this event. Each swimmer is asked to be sponsored by friends and family for either each lap they swim or a flat-rate. This is a very fun team event for our swimmers! Information for this fundraiser will be made available closer to the date.

### Volunteering

Aquastorm is a parent-run team, and therefore needs parents to run it! Parents will be asked to help volunteer throughout the year.

### Questions?

Contact our program director Thomas at [programdirector@aquastormswimming.com](mailto:programdirector@aquastormswimming.com)