

THE JETS FACT SHEET



The LIVERPOOL JETS SWIM CLUB is a non-profit organization that promotes all aspects of successful competition in competitive swimming. Our members range from seven to twenty years of age, and compete on the local, regional, and national level. Part of our primary focus is to prepare our swimmers for successful swimming careers on the scholastic program as well.

FREQUENTLY ASKED QUESTIONS ABOUT THE JETS

Who are the coaches?

The Jets are staffed by a highly competent and dedicated coaching staff. A full biography of our coaching staff can be found on our website. As you read through our staff biographies, you will begin to notice a common theme...Liverpool Jets Alumni and/or Liverpool High School Alumni. All of our coaches have returned to this program because of the positive effect it has had on their own personal lives. Because of this common connection, the strong traditions of the past continue to flow through our current athletes today. All of our coaches are certified by USA Swimming. To complete this rigorous certification, they must hold current certifications in CPR, First Aid, Lifeguarding in addition to tri-annual background checks and the completion of an extensive coaching course. Our staff brings a wealth of experience and passion to the pool.

Zac Mekker (Head Coach) ~ Primarily works with the Age Group program and heads the summer learn to swim program and the August Pre-Competitive Swim Camp.

Senior/Junior Assistants: Mike Ferrell, Carly Jones, Matt Petit

Age Group Coaches: James Walker and Maddie Sestak

Developmental Coaches: Maddie Hall and Maddie Murphy

How often do the Jets practice?

The club is organized into four practice groups to meet the needs of swimmers with various abilities and goals. We DO NOT operate with a mandatory attendance policy. Close to 90% of our athletes train and compete in other sports or activities. This is important for their personal and athletic development. As the athlete progresses on to more advanced training groups, it will require an increasing time and effort commitment on the part of the swimmer and parent. Swimmers begin at the Developmental Level, where swimmers are encouraged to practice two-to-three times per week for one hour. When a swimmer progresses to the Age Group Level, swimmers are encouraged to attend three-to-four 90-minute practices per week. As swimmers progress to the Junior and Senior Levels, practice times increase to two hours per meeting, five-to-six times per week.

When do the JETS operate?

The Liverpool Jets Swim Club operates year round. Our season begins with our Registration Orientation in mid-September and finishes in the middle of August. Our entry group (DEVELOPMENTAL) has the year broken in to three 8 to 12-week sessions starting in September, January and May.

Visit us at www.liverpooljets.org!

Where and when do the Jets practice?

Typically, the Jets use the facilities at the Liverpool High School for practice. However, while the LHS pool is down for renovations during the 2019-2020 school year, the Jets will be operating out of Huntington Elementary School at 400 Sunnycrest Road, Syracuse, NY. Practices are usually held in the evenings between 5:30 and 8pm Monday through Friday during the school year. During the summer, the Senior and Junior groups swim in the morning 7-9am and the younger swimmers are at night from 7-8:30pm. Monthly schedules are distributed to all members before the month begins.

Where do the Jets Compete?

The Liverpool Jets Swim Club is a member of the Niagara District of United States Swimming. This district stretches down to Binghamton, up to Oswego and over to and including the Buffalo area. The majority of our swim meets will be in this district. We will be attending meets in the Syracuse, Binghamton, Buffalo, and Cortland areas. Most meets are weekend invitationals that involve over a dozen teams and typically last about 4 hours. We attend meets on the average of about once a month. Swim meets provide the information our coaching staff needs to chart progress and measure improvement.

How much does the program cost?

Pricing is according to an athlete's training group level. A specific price list can be found on our webpage under the "Team Guidelines" drop down menu. The Developmental Level is broken into three 10-week sessions that are between \$190-\$225. Annual club dues for all other levels range from \$915 up to \$1100 for our most elite swimmers. All-in-all, the costs of the program break down to an average of \$2-\$4 per hour of training for our group members. Well below the costs of any other sport or dance program. We do extend a reduced rate to all swimmers who swim on scholastic teams. In addition to club dues, all athletes must register annually with USA Swimming (\$82). The USA Swimming registration provides full-liability insurance and membership in one of the most highly organized and successful amateur athletics organizations in the country. We also have a pro-rated schedule for athletes who do not begin at the start of our season in the fall. Finally, there are OUTREACH programs to assist families that qualify.

What if I compete on a scholastic team?

One of the reasons our scholastic teams have been so successful is due to the close relationship of the scholastic programs and the Liverpool Jets. In fact, part of the Liverpool Jets Swim Club's training philosophy is to prepare our swimmers for successful participation on a scholastic team. We feel scholastic sports can be a very positive experience for an athlete. All Jets members are strongly encouraged to participate on their scholastic teams. The Jets do offer a fee reduction for scholastic swimmers.

The Jets offer a lot of practices throughout the year – do I have to go to them all?

We DO NOT have a mandatory attendance policy. We also encourage our younger athletes to participate in other sports to build their athleticism and train muscle groups in different ways. In our younger groups, we may schedule 3 practices per week to give families more options to schedule around. The commitment level of the athlete should increase over time with age and maturity as goals are achieved. Obviously, the more practices an athlete attends, the better their own progression will be.

How do I join?

The Liverpool Jets Swim Club's Annual Registration is held the 2nd Monday after Labor Day in September at 7pm in the LHX Cafeteria. However, we do consider athletes for membership during the year. Also athletes looking to begin with our Developmental program should send in an application – waiting lists are built upon receipt of the application.

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