



ARLINGTON ISD
AQUATICS CLUB
Team Manual

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Welcome to the Arlington ISD Aquatic Club

We welcome you to the Arlington Aquatic Club and look forward to working with you and your family. Our aquatic club is a year-round competitive team and we offer competitive age-group swimming through providing high quality instruction, training, and competition to youth of all abilities. In addition to learning aquatic skills, athletes will learn the values of sportsmanship and teamwork.

Each new member will be placed in a practice group best suited for his/her ability so the child experiences some degree of success in a relatively short time period. Membership never closes because we are continually developing and training your child as they grow and mature and support a well-rounded team.

The purpose of this handbook is to familiarize with our tuition information, practice schedules, and associated membership opportunities. Corresponding information with more details can be found on our website. I hope this packet provides answers to some common questions and I am excited to welcome you and your family to the Arlington Aquatic Club and the wonderful world of swimming.

Should you have any further questions about your child's membership with the Arlington Aquatic Club, please do not hesitate to contact us.

Sincerely,
Suzanne Dangelmaier
Head Coach/Aquatic Coordinator

Club Registration, Fees, and Discounts

All membership registrations are completed online, and no child will be allowed to begin practicing with the club until all paperwork is completed and submitted. Please do not register your swimmer until they have attended a try-out and approved for a practice group. Once approved, parents of the swimmers should register through our website: teamunify.com/ntaac.

Swimmers:

- AAC Annual Membership Fee is \$70/athlete, with a \$140/family maximum for all competition groups.
- 2021 USA Swimming Fee (expires December 31, 2021) - \$84.00 annually and paid online during the registration process.
- All registration must be renewed annually in September.
- Free and Reduced Lunch Families please see discounted registration rates under Discounts.

The club registration fee offsets the cost of annual team t-shirts and swim caps provided throughout the year. We must have a copy of the swimmer's birth certificate/passport to complete the USAS registration and must be received **BEFORE** the first practice attended. **Failure to provide swimmer's birth certificate will result in immediate removal from the swim team and forfeiture of fees less transaction fee.** USA Swimming fees are non-refundable and generally take 30-45 days for processing with USA Swimming prior to swimmers enrolling in swim meets.

Tuition and Fees

- Monthly tuition fees are automatically drafted from the account online on the 1st day of each month.
- A \$10 late fee will incur on an account if tuition is not paid by the 10th of each month and swimmer(s) may be removed from practice.
- Declined payments will incur a \$25.00 service charge
- Arlington ISD Aquatic Club Members who withdraw and request reinstatement within a **12 month period** will incur a \$100.00 reinstatement fee per child.

Discounts

- *AISD full-time employees* receive a 15% discount off the total cost of tuition
- *Families with 3 children* in AAC will receive a 20% discount off the cost of tuition
- *Families with 4 children* in AAC will receive 25% discount off the cost of tuition
- *Families with 5 or more children* in AAC will receive 30% discount off the cost of tuition
- *Free and Reduced Lunch Families* – families with child(ren) enrolled in a free and reduced lunch program will receive a reduced rate of \$5/athlete for the USA Swimming registration. Families will receive a 15% discount off the total cost of tuition. Documentation of each child's eligibility for free and reduced lunch program must be submitted prior to the registration process
- *Prorated tuition* – Swimmers who register after the 1st week of the month will receive a prorated tuition on their account based on the week that they register

AAC Swim Team Tuition

Practice Group	Monthly
Stroke School - Sharks (ratio 6:1)	\$105
Stroke School - Little Racers (ratio 6:1)	\$105
Pre-Competitive (ratio 8:1)	\$150
Bronze	\$100
Silver	\$110
Gold	\$120
Age Group Team	\$130
Senior 2	\$100
Senior 1	\$145
National Team	\$175

AAC Swim Team Practice Schedule

Sharks Little Racers	5:00 - 5:30 PM 5:30 - 6:00 PM	Monday/Wednesday Monday/Wednesday
Pre-Competitive 1 Pre-Competitive 2	4:40 – 5:20 PM 5:20 – 6:00 PM	Monday/Wednesday/Friday Monday/Wednesday/Friday
Bronze	6:00 – 6:40 PM 6:40 – 7:20 PM	Monday/Wed/Thursday/Friday
Silver	5:30 – 6:30 PM	Monday/Tuesday/Thursday/Friday
Gold	6:30 – 7:45 PM 9 – 10:30 AM	Monday/Tuesday/Thursday/Friday Saturday (All Gold)
Age Group Team	5:00 – 6:30 PM 9 – 10:30 AM	Monday/Tuesday/Thursday/Friday Saturday
Senior 2	4 – 5:30 PM	Monday - Thursday
Senior 1 Team	3:45 – 5:45 PM 7 – 9 AM	Monday – Friday Saturday
National Team	3:45 – 5:45 PM 3:45 – 6:15 PM 6:30 – 9:00 AM	Tuesday/Wednesday/Friday Monday/Thursday Saturday

*****During the months of October, November, December, and January the High School swim/dive teams will have dual meets on either Tuesdays or Thursdays. Therefore, Silver, Gold, and Age Group 2 will practice on Wednesdays and Senior 2 will swim on Fridays to make-up for the day missed. *****

AAC Policy and Procedures

Attendance

Each training group has specific attendance requirements appropriate for the objectives of that group (page 10). Failure to maintain participation criteria will result in ineligibility of competitions and/or removal from a group or the club.

Audio/Visual Recording

Use of audio or visual recording devices, including cell phones, of swimmers is not permitted during practices. Parents may take pictures of their own swimmer(s) only. Photos of any other swimmer(s) other than their own may result in removal from team.

Medical Inactive Status

AAC members will only qualify for an inactive status in the event that a club member cannot participate due to medical reasons. Documentation is required within **7 days** of the occurrence. Swimmer may not return until they have been provided the appropriate medical documentation with indicates that they are cleared to swim.

Outstanding Balances

Accounts with an outstanding balance will not be allowed to register for swim meets and could result in being removed from practice and/or dropped from the team.

Swim Meet Participation Representation

Swimmers may only represent the club in meets scheduled by the Arlington ISD Aquatic Club and those meets in which there is a registered AAC coach present.

Swim Meet Entry Fees

Arlington ISD Aquatic Club parents pay all event fees and surcharges for swimmers who register for swim meets. All fees associated with swim meets will be automatically deducted from the credit card account online. Authorization for collection of these fees is done at the time that the family commits their swimmer(s). Payment must be received prior to AAC submitting entries to host team. Accounts with unpaid balances will not be committed to attend meets until all unpaid fees associated with their online account have been paid.

Withdrawal

If a swimmer needs to withdraw for any reason, the parent or guardian must provide written notification **30 days** prior to the next billing cycle (1st of the month). If written notification of intent to withdraw is not provided, the family remains responsible for tuition and fees. *As stated under Tuition and Fees (page 3) Arlington Aquatic Club members who withdraw and request reinstatement within a **12-month period** will incur a \$100.00 reinstatement fee per child.

Rejoining

14 & under AAC swimmers who wish to transfer back to AAC from another USA Swimming sanctioned swim team must schedule to meet with the Aquatic Coordinator and head coach, Suzanne Dangelmaier, prior to rejoining AAC. AAC does not accept 15 & older prior AAC swimmers who wish to transfer back to AAC from other USA Swimming sanctioned swim teams within the North Texas LSC.

Annual Breaks

The Natatorium will close during the school district's week of Spring Break, again in August for pool maintenance, and during the Holiday break. The scheduling of these breaks is very important for our swimmers. Swimmers need the opportunity to unwind after competition season and spend time away from the pool.

Our swimmers will take a one-week break in March, a two-week break in August, and one-week during the December Holiday break. Since tuition is based on annual membership, rather than number of weekly practices, tuition will not pro-rated during these breaks.

Volunteer Opportunities

Volunteers can be a great asset to any organization and can help enrich all aspects of our program.

Family participation is necessary to ensure the continued success of the team. Throughout a family's association with AAC, we would appreciate your support of the team through volunteer activities. The majority of volunteerism is focused on swim meets and according to USA swimming, successful swim meets require approximately 60 volunteers.

AAC Hosted Swim Meets at AISD Natatorium:

Parent Volunteering Responsibility - We make every effort to ensure that all meets are well-staffed, run on schedule, and that our visitors enjoy themselves. The Aquatic Coordinator delegates responsibility to a Meet Director for each meet, which in turn depends on the help of many volunteers. The system is designed to ensure that every member of the team contributes. This assures that AAC can continue to host meets at our facility. Swimmers who compete at an AAC meet hosted at the AISD Natatorium are required to have someone volunteer in some capacity for at least one session during the meet. Swimmers who commit to attend meets hosted by AAC but do not have a family volunteer to assist at the meet will be removed from AAC hosted swim meets.

Officiating:

Arlington Aquatic Club and North Texas Swimming sponsor periodic clinics to certify officials in the USAS program, and we encourage our parents to attend these clinics. Levels of certification include stroke and turn judge, starter, and referee. With the number of meets each year and the quality of competition at these meets, it is essential to have a large contingent of qualified officials. Officiating at an AAC swim meet fulfills the Volunteering Responsibility.

Arlington Aquatics Club

Swim Team Group Descriptions

An important factor in determining what practice group a swimmer is placed in, is the “coach’s discretion.” Our coaching staff determines the most appropriate group for each swimmer and his/her long-term success. Training sets and progressions are designed with the needs and abilities of the swimmers in mind.

A well-defined, long-term approach of gradually increasing degrees of commitment is essential to reach peak performance levels. The emphasis in the early stages of participation must be placed on developing technical skills and a love for the sport. In the later years, more emphasis is put on training the athlete for the rigors of competitive swimming.

Stroke School: Student/Teacher Ratio 6:1 (minimum 4 yrs old)

- Sharks - comfortable in water to swim 5 yards unassisted; goal to swim freestyle and backstroke unassisted 15 yds
- Little Racers - comfortable in water to swim 15 yards unassisted; goal to swim freestyle and backstroke unassisted 25 yds

Pre-Competitive: Student/Teacher Ratio 8:1

- Introduction to competitive swimming group
- Swimmers are taught the fundamentals of all 4 strokes, racing starts and turns, and how to read a pace clocks.
- Swimmers should attend intra-squad meets to practice racing skills.
- Swimmers who can legally swim 25 yards of each racing stroke will be promoted to Bronze group

Bronze:

- First competitive group in which swimmers work on endurance in all four competitive strokes.
- Commit to competing in a minimum of three (3) meets each season
- Commit to maintaining a minimum practice attendance record of 75% each month
- Goal of achieving “B” time standards

Silver:

- Commit to competing in a minimum of three (3) meets each season
- Commit to maintaining a minimum practice attendance record of 75% each month
- Goal of achieving “BB” time standards

Gold:

- Commit to competing in a minimum of four (4) meets each season
- Commit to maintaining a minimum practice attendance record of 80% each month
- Goal of achieving “A” time standards

Age Group Team:

- Coach’s selection
- Commit to competing in meets schedule by the coach
- Commit to maintaining a minimum practice attendance record of 85% each month
- Goal of achieving “AA” time standards

Senior 2 (high school age):

- High School swimmers who have not achieved 3 or more “A” times
- Commit to maintaining a minimum practice attendance record of 75% each month
- Commit to competing in three (3) meets each season

Senior I Team (ages 11 to High School age):

- Coach's selection
- Commit to maintaining a minimum practice attendance record of 90% each month
- Commit to competing in meets schedule by the coach
- No physical limitations

National Team (High School age):

- Coach's selection
- Commit to maintaining a minimum practice attendance record of 95% each month
- Commit to competing in meets schedule by the coach
- No physical limitations

Parent's Code of Conduct

I can only be one person at a time. I will maintain self-control and know my role.

Swimmers → Swim
 Coaches → Coach
 Officials → Officiate
 Parents → Parent

Arlington Aquatic Club (AAC) is fortunate to have highly experienced and professional coaches working to develop our children into better competitive swimmers. These skills include time management, self-discipline, and sportsmanship. Your child will reap the benefits of swimming long after his/her participation with AAC. As parents, it is absolutely critical that we give our coaching staff the respect and authority they deserve to run our swim team.

Conduct Expected of All Parents

- Set the right example for our children by showing respect and common courtesies at all times to the team members, coaches, competitors, officials, parents, and for all facilities and other property used during practice or competition.
- Demonstrate good sportsmanship during all practices, competitions and team activities.
- Be an active participant in team activities and encourage and support your child by permitting them to be timely for practices and competitions.
- Recognize that AAC coaches are professionals and allow them to coach your child without interference during workouts and meets, including not being present on the pool deck during practice or competitions unless you are working at the meet.
- If you have concerns, they are to be addressed with the appropriate staff member/coach in private.

Basic Responsibilities

- Practice teamwork with all parents, swimmers, and coaches by supporting the values of Discipline, Loyalty, Commitment, and Perseverance.
- Gossiping or spreading any kind of negative information about the program, coaches, athletes, etc. is unacceptable behavior. Through experience we have discovered that the vast majority of rumors are either distorted or simply untrue. If you come to find information that you feel needs to be addressed, bring it directly to the front office or coaching staff who can assist you.
- Only address your concerns to the correct person who is able to assist you. Administrative, meet related, financial, policy (dry) concerns should be directed to the office. Practice, performance, practice/meet concerns (wet) should be directed to the coach.
- Assist the coaches in conducting effective practices by ensuring swimmers arrive and leave on time for practices and meets and brings the proper equipment.
- Do not coach, instruct or video tape your child or any other team member at practice (from the stands or any other area) or interfere with the coaches on the pool deck. This is the coach's job. Your unconditional love and support will help them best.
- Do not interrupt or confront the coaching staff on the pool deck during practice or meets. Call, email or meet with your swimmer's coach before or after practice/meets to discuss issues.
- Trust and support your swimmer's and coach's decisions around goal setting, training commitments, swim event entries, and meet schedules. Do not impose your ambitions on your child.
- Get involved and share the burden among parents by helping out. Be an official, volunteer at meets and other special events, etc.

Not adhering to the rules in the Parent Code of Conduct may result in your child being removed from our swim program.