



Joining the Redding Swim Team - FAQ's

Thank you for your interest in our team and welcome to your free tryout period. During this period, the staff will be evaluating your child for placement. Placement is based on swimming skills and age. Within this period, you will be notified which group and time your child will be placed.

Our year-round program offers swimming all year for all groups. Swimmers may join at any time during the year - simply show up to swim practice, prepared with suit, cap (if needed), and goggles, to be evaluated for placement.

How do I join?

Once you have decided that your swimmer will join RAD, please go to our website www.reddingswimteam.com and click "Start Registration" on the left-hand side of the screen. You will be guided through a few easy steps to sign up your child to swim with us. Then send your payment to the Team via mail or RAD Mail box.

Once you have completed the process and supply payment you will be granted complete access to the Team website.

How often and when will my child practice?

A. We offer practices daily for most groups, but swimmers are not required to attend every day. We offer practice daily because we know families' schedules are busy. A good rule of thumb is to set a number of days that you will participate and stick to that number. Just like any thing in life the more you apply yourself the larger the benefit.

B. The schedule is provided below for all the groups and we will maintain this schedule throughout the year.

C. Do we have to swim all year? The answer is no. If you wish to take a break, just send us an email before the first of the month.

D. Do we swim in the rain? Yes, we do, the water at Shasta College is kept at 83 or higher throughout the year.

What is the cost of swimming for RAD?

This try-out period is free for first time swimmers. Should you decide to join the team after that period, costs are as follows:

1. Monthly Dues. Your swimmer will only be charged dues for the months in which they swim. However, if they swim in any portion of the month the full month's dues will be charged. Month dues are billed at the first of each month. Dues listed below.
2. Competitive Groups: Annual USA Swimming fee of \$92 per calendar year.
3. Family Membership fee is for only specific groups. This fee helps to offset the operating costs of the Team, and minimizes the need for numerous fundraisers each year. The annual Family Membership fee due date is June 1st. Families joining before June 1st will receive a **pro-rated** Family Membership fee in the second month.
4. **Charter School families** have a one-time fee per school year of \$25 per child to cover administration and vendor expenses. In addition, we need Charter school families to fill out a vendor form to help us process to necessary paperwork. This form is located on our website: <https://www.teamunify.com/Home.jsp?team=psrad>

Aqua Ducks Monthly Dues:

Rookies 1	\$ 75
Age Group 1	\$ 92
Age Group 2	\$ 103
Junior Team	\$ 108
Senior 1	\$ 75
Senior 2	\$ 114
Senior 3	\$135
Masters (Adults)	\$ 45
Maximum Family Rate	\$ 270

Competitive Groups Yearly Fee

USA Swimming Yearly Registration	\$92
USA Swimming Seasonal Registration (May 15-Sept.15)	\$50

What are other obligations of the swimmer and parents?

A. Swim meets. Swimmers are encouraged to swim in as many meets as they feel comfortable, but meets are not required for the new swimmer. As your child progresses on the team, there may be meets (locally and away) that he or she may want to participate and the coaching staff will help you enter those meets.

B. RAD Swim Meets, we need help from our parents to help run these events. Parents will be able to select many different ways to help out during these events.

Redding Swim Team – Structure

ROOKIES – SWIM SCHOOL

Monday through Thursday 5:15-6:00pm

This group is for swimmers who are ages 5-10 and new to the sport of swimming. This swimmer must be able to swim 25 yards of freestyle/front crawl and 25 yards of backstroke/back crawl. The focus of this group is to gain confidence and enjoyment in the water by teaching basic swimming skills of body/head position, leg propulsion, arm propulsion, breathing and stroke coordination for the four competitive strokes. Other skills that will be taught are dives/starts, finishes, and turns for all strokes/races. Competition is not required but encouraged after skills are mastered.

Cost \$75.00/month; USA Swimming Registration \$92.00 optional

Coach Williams

AGE GROUP 1 – SKILLS TEAM

Monday through Thursday 5:30-7:00pm and Fridays 4:15-6:00pm

This group is for swimmers who are 8-12 years old and who can swim all four competitive strokes. Skills continue to build solid foundation of basic aquatic movements while honing techniques for more efficient swimming, turn skills, and race start techniques. Training strategies are introduced as well as interval training and reading a pace clock. Through their efforts, swimmers gain confidence and pleasure in their growing ability. Competition is not required but encouraged on a local scale. Swimmers in this group need to provide their own equipment.

Cost \$92.00/month; USA Swimming Registration \$ 92.00 is optional, but encouraged; Family Memberships \$100.00/family and is prorated.

Coach Williams, Coach Turnipseed and Coach Smith

AGE GROUP 2 - DEVELOPMENTAL COMPETITIVE TEAM

Monday through Thursdays 5:15-7:00 pm Fridays 4:15-6:00 pm

Swimmers should be proficient in all four competitive strokes, turns, and dives. The emphasis will be improving the swimmer's technical prowess and swimming fitness in order to qualify for higher level USA Swimming sanctioned age-group competitions. Introduction to swim theory and race strategy will be a cornerstone of instruction. Generally, swimmers are 8 -12 years of age. Swimmers in this group need to provide their own equipment.

Cost \$103.00/month; USA Swimming Registration \$92.00; Family Memberships \$100.00/family and is prorated.

Coach Turnipseed and Coach Smith

JUNIOR TEAM – COMPETITIVE TEAM

Monday through Thursdays 5:15-7:00 pm Fridays 4:15-6:00 pm

Morning workouts available

This group is focused on preparing swimmers to be prepared for higher level competitions and develop the fitness and technique skills necessary to advance to our Senior Level groups. Swimmers in this group are focused on self-improvement and capable of handling progressive workouts. Advanced swim theory, race strategies, stroke skills, and interval training will be stressed for these swimmers. Swimmers are generally ages 10-14. Swimmers will need to provide their own equipment.

Cost \$108.00/month; USA Swimming Registration \$92.00; Family Memberships \$100.00/family and is prorated.

Coach Turnipseed and Coach Smith

SENIOR 1 – CONDITIONING AND SKILLS

Monday through Thursday 4-5:30pm

This group is geared for High School swimmers who want to get faster for next season, swimmers who are at or near varsity level, seasonal swimmers who want to be ready for next season, swimmers who may want to prepare for a year-round commitment. There will be 1 non-sanctioned exhibition meet per month at the pool. There is no registration fee.

Cost \$75/month

Coach Wagner and Coach Williams

SENIOR 2 GROUP – COMPETITIVE TEAM

Monday – Friday 3:45-6:00 pm

Morning workouts available

This group is a stepping-stone for the Senior 3. Swimmers in this group focus on improving their competitive proficiency and performance. The emphasis is stroke skills and interval swim training. Swim meets are encouraged for these participants, but not mandatory. This group focuses primarily on proper technique of the four competitive strokes, starts and turns, and improving skills and conditioning for the sport of swimming. Swimmers are High School students and must be 13 years of age or older. Swimmers in this group need to provide their own equipment.

TEST SETS: 15x100 freestyle on 1:30 and 6x200 IM on 3:30

Cost \$ 114.00/month

USA Swimming Registration \$92.00

Family Memberships \$100.00/family and is prorated

Coach Wagner and Coach Williams

SENIOR 3 GROUP – COMPETITIVE TEAM

Monday – Friday 3:45-6:00 pm/Tuesday & Thursday weights 6:00 pm

Monday & Wednesday 5:30-6:45 am

This level requires a serious commitment to the sport of swimming. The emphasis will be on extensive training for a high level of competition. It is offered to swimmers who are willing and capable of handling progressive workouts. This group will participate in morning workouts and weekly weight room sessions. These swimmers are expected to attend all of our scheduled meets, pass Test Sets, and sign a contract. Swimmers are in High School students and must be 14 years of age or older. Swimmers need to provide own equipment.

TEST SETS: 20x100 freestyle on 1:20 and 8x200 IM on 3:15

Cost \$ 135.00/month

USA Swimming Registration \$92.00

Family Memberships \$100.00/family and is prorated

Coach Wagner and Coach Williams

MASTERS – ADULTS

Monday – Friday 5:30-7:00 am

Monday - Thursday 5:00-7:00 pm Friday 4:00-6:00 pm

This is a group of adults, 19 years and older, who are interested in swimming as part of their physical fitness program. The coach will provide workouts for swimmers, or they can lap swim on their own. This group emphasis is on meeting the needs of its participants.

Cost: \$45/month

Coach Turnipseed and Coach Wagner

Practice Schedule – School Year

Groups	Time/Days	Location	General Guideline
Rookies	5:15-6:00 pm M-Thurs	Shasta College	3 rd Grade and younger
Age Group 1	5:30-7:00 pm M-Thurs 4:15-6:00pm Friday	Shasta College	4 th Grade and older
Age Group 2	5:15-7:00 pm M-Thurs 4:15-6:00pm Friday	Shasta College	4 th Grade and older
Junior Team	5:15-7:00 pm M-Thurs 4:15-6:00pm Friday Morning workouts available	Shasta College	Generally, 5 th through 8 th grade.
Senior 1	4:00-5:30 pm M-Friday	Shasta College	High School
Senior 2	3:45-6:00 pm M-Friday 5:30-6:45 am optional	Shasta College	Generally High School 13 and up
Senior 3	3:45-6:00 pm M-Friday 5:30-6:45 am M & Thurs	Shasta College	Generally High School 14 and up
Masters	5:30-7:00 am M-Friday 5:00-7:00 pm M-Thurs 4:15-6:00 pm Friday	Shasta College	Adults

Practice Schedule – Summer

Groups	Time/Days	Location	General Guideline
Rookies	6:00-6:45 pm M-Thurs	Enterprise	3 rd Grade and younger
Age Group 1	5:30-7:00 pm M-Thurs	Shasta College	4 th Grade and older
Age Group 2	5:15-7:00 pm M-Thurs 7:15-9:00 am Tues/Thurs	Shasta College RAC	4 th Grade and older
Junior Team	5:15-7:00 pm M-Thurs 7:15-9:00 am Tues-Thurs	Shasta College Redding Aqua Center	Generally, 6 th through 8 th grade.
Senior 1- Summer Ducks	9:00-10:30 am M-Thurs	Shasta High School	High School
Senior 2	7:00-9:00 am M-Thurs 5:00-7:00 pm M-Thurs	Shasta College Redding Aqua Center	Generally High School 13 and up
Senior 3	7:00-9:00 am M-Thurs 5:00-7:00 pm M-Thurs	Shasta College Redding Aqua Center	Generally High School 14 and up
Masters	5:30-7:00 am M-Thurs 5:00-7:00 pm M-Thurs	Shasta College Shasta College	Adults