

KINGSPORT PIRANHAS

2021/22 TEAM BROCHURE

(Effective 8/1/2021)

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KINGSPORT PIRANHAS

WHY JOIN THE KINGSPORT PIRANHAS?

The *Kingsport Piranhas* is a comprehensive swimming program offering year-round instruction, training, and competition for individuals of all ages and abilities (pre-school to adult). Our quality program attracts individuals from all areas of the Tri-Cities. Anyone from beginner swimmer to potential national champion can join our program.

The *Kingsport Piranhas* welcome athletes who play multiple sports or participate in several extra-curricular activities throughout the year. We understand that swimming is an extended commitment that can begin very early in life and extend through young adulthood. We do not expect an athlete to commit only to the sport of swimming to be a part of our team. Many athletes want to experience a variety of sports and activities and we try our best to accommodate.

For those who aspire to join competitive swimming at the elite levels, the *Kingsport Piranhas* provide committed and motivated young swimmers the opportunity to train seriously in preparation for those higher levels of competition. *Piranha* swimmers who strive to rank among the top swimmers in their age categories are provided a specialized training program designed to push the swimmers to their peak performance potential every week. The goal of the *Piranha* Coaches is to provide the tools necessary for success in state, regional, and national competition. It is up to the swimmers to grab a hold of the opportunity and give it their best shot!

INSTRUCTIONAL CLINIC & TEAM TRYOUT

The coaching staff would like to invite all swimmers interested in joining the Kingsport Piranhas to our beginner [Instructional Clinic & Team Tryout](#) at the Dobyns-Bennett Pool. In the clinic, we evaluate the swimmer's skill levels and provide instructional insight into potential improvement. We provide a quick detailed run through of all the strokes and offer a few key advanced tips. At the end of the clinic, the swimmers will be tested and evaluated in all aspects of competition swimming. If interested, we can place the swimmer into our program according to their age and skill level. We recommend signing up for our [SwimAmerica](#) Developmental Stroke School prior to trying out for the team if the swimmer has never had prior swim lessons. Check our website for future clinic dates. Register now to dive ahead of the competition!

www.KingsportPiranhas.com

Jorge Blasini – (423) 967-4264

KINGSPORT PIRANHAS

THE COACHING STAFF

The *Kingsport Piranhas*' coaching staff is one of the most experienced in the Tri-Cities. Head Coach & Director, **Jorge Blasini**, has over 40 years of experience coaching age group swimmers. Prior to relocating to Kingsport in 2006, Coach Jorge was the Head Coach and Aquatic Director for 23 years at Isidore Newman School in New Orleans, Louisiana where he founded the NU Wave Swim Club and coached Newman High-School to 13 state championships. He and his wife, Cheryl, have 2 daughters, 1 son, and 4 grandchildren.

Assistant Coach, **Marcel Jorge Blasini**, joined the coaching staff in August of 2016. As Coach Jorge's son, Marcel was born into swimming and grew up competing in Louisiana with the NU Wave Swim Club. He is a graduate of Isidore Newman High-School and a veteran of the United States Navy. Marcel graduated Summa Cum Laude from ETSU with a Bachelor of Science in Sports and Recreation Management with a minor in Coaching. He has one son, Anthony.

Also assisting with the swim team is **Nathan Love** who is a Teacher at Dobyys-Bennett High School and the Head Coach of the Dobyys-Bennett Varsity Swim & Dive Team. Coach Love swam for both Indian River Community College in Florida and the University of Tennessee in Knoxville.

THE TRAINING FACILITIES

The *Kingsport Piranhas* conduct all training at two locations: Dobyys-Bennett High School located at #1 Tribe Way & the Kingsport Aquatic Center located at 1820 Meadowview Parkway. The Dobyys-Bennett facility is a 25-meter indoor L-shaped six lane pool. The Kingsport Aquatic Center is a 3-pool complex with an outdoor waterpark, an indoor slide & recreation pool, diving boards, rock walls, and an indoor inflatable commando dual aqua run. The KAC features an 8 lane 50-meter air-conditioned indoor competition pool with bleacher seating and a warm water 4 lane teaching / lap pool. The training and competition schedule is posted on the website and distributed by e-mail. It is important that you have your correct e-mail up to date in your account information on the team website to receive notices, invoices, and practice time or location changes.

- Dobyys-Bennett High School located at #1 Tribe Way, Kingsport, Tn 37664
- Kingsport Aquatic Center located at 1820 Meadowview Parkway, Kingsport, TN 37660-7480

KINGSPORT PIRANHAS

WHICH TEAM LEVEL IS BEST?

The Kingsport Piranhas have 7 team levels. Each level is designed to provide the swimmers an opportunity to train with other swimmers of the same school age level and experience. The *SwimAmerica* Developmental Stroke School is designed for swimmers who are new to swimming and want to learn how to swim safely. As the swimmers advance in the school, they begin to learn the basics of swimming competitively so they can pursue joining the swim team. The *Beginner Piranhas* are for the swimmers who graduated from the swim school or for novice swimmers who have taken a similar safety training school. The *Elementary Piranhas* are for swimmers who are 11 or younger in lower school. The *Junior Piranhas* are for swimmers who are in middle school, 11-14. The *Senior Piranhas* are for swimmers who are in high-school or beyond, ages 14 & up. Elementary, Junior, and Senior swimmers have the option to compete in all aspects of competitive swimming. *Pre-National Piranhas* are for advanced level swimmers starting at middle school age group and extend through college age-group or beyond. These swimmers are striving to qualify for the National Piranhas each season. The *National Piranhas* have shown the ability to commit to swimming in order to compete at an elite level in the sport. Competing at this level requires focus and a strict regimented schedule. Swimmers generally will be expected to qualify for this group at the IMX Challenge Tryouts which will be held several times throughout the year.

While success in competition is ultimate goal of our program, we want the experience along the way to be as enjoyable an experience as possible for the swimmers and their families. Coaches see firsthand the progress made in the pool by the swimmers and the groups. We believe that this sport is a long-term process and success starts with consistency in training. It is important that the final decision concerning the swimmer's group placement is made by the coaching staff. Several factors go into group placement. Factors like training with friends in their relative age groups play an important part of long-term success in the sport of swimming. Friends who train well together will progress together and have fun in the process. Having fun at practice while working hard is a crucial aspect of USA Swimming and the Piranhas. Team camaraderie is built by the spirit of friendship and community. This essential concept easily gets pushed aside or ignored in the pursuit of best times or for winning races. The Kingsport Piranhas emphasize the importance of good sportsmanship and friendly competition in the pool. We like to combine performance training with fun activities. This is the best way to keep the swimmers in the pool without experiencing the dreaded burnout that haunts even the best swimmers. We will factor in all aspects when making the final decisions for each member's group placement. We do our best to give our swimmers the necessary tools to succeed so they can achieve realistic S.M.A.R.T. goals in the sport.

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SWIM AMERICA

- [SwimAmerica](http://SwimAmerica.org) is our developmental stroke school curriculum for all ages 4 and up. This program is goal-oriented, technique driven, and strives to prepare swimmers for our year-round competitive swim program. Classes are 30 minutes for the Learn 2 Swim, 45 minutes for the Mini-Piranhas. Classes are available on Tuesday and Thursday evenings with several sessions available throughout the year. Registration information is available on the team website. Go to SwimAmerica.org for more information regarding the school curriculum.

BEGINNER PIRANHAS

- The Beginner Piranhas are new swim team members of all ages 6 and up transitioning from swim school after completing at least level 6 of a SwimAmerica equivalent program. The focus of this group is to learn the necessary skills to become “legal” USA swimmers. In other words, these swimmers are learning how to not get disqualified at swimming competitions. The majority of time at practice is spent working on refining stroke mechanics. These swimmers have started to exhibit positive swim team skills and have shown the ability to understand & follow directions from the coaches. Beginners Piranhas will be introduced to basic team training skills and processes including the development of an endurance capacity and sprint work for team training and competition.
- The Beginner Piranhas swim Monday, Tuesday, Wednesday, and Thursday. Practices range from 45 minutes to 1-1/2 hours each day. They are encouraged to attend at least 3 of the 4 practices and participate in all of the local swim meets on the published team meet schedule.

ELEMENTARY PIRANHAS

- The Elementary Piranhas consist of swimmers who are in elementary school. These swimmers can dive, turn, and swim all strokes legally without disqualification. Many in this group are advanced swimmers for their age group well-versed in technique and competition. This is considered a full-fledged training group. Generally, many of these swimmers have a skill level commensurate with National “B and A” times standards. Swimmers in this age group who have a great attitude towards swimming and show excellent work habits at practice but have not met the “B” times standards are still encouraged to practice with this group.
- The swimmers in this age group should be capable of completing a full practice. This consists of keeping up with the group without getting out of the pool due to poor focus, bad attitude, or lack of motivation. Coaches will make several attempts to encourage the swimmers to continue with their training, but if the misbehavior continues the swimmer will be moved back to the Beginner Piranhas. Parents will be notified of their behavior before it gets to that point. Short restroom visits are allowed during rest intervals if necessary. Elementary swimmers are expected to arrive ready to go with goggles and equipment bag full of listed training equipment.
- Workouts for the Elementary Piranhas are offered 4-5 times a week depending on facility availability and usually last one and a half hours (1 ½) each day. They are encouraged to attend a minimum of 3 practices per week and participate in the published team meet schedule. USA Swimming travel meets are highly encouraged as well.

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JUNIOR PIRANHAS

- The Junior Piranhas consist of swimmers who are in the middle school age ranges. The main goal of the Junior Piranhas is to work toward qualifying for the Pre-National Group. This group also is designed for middle school swimmers who are looking to have fun swimming on a team while maintaining essential healthy fitness or for preparing for the upcoming middle school swim season.
- The swimmers in this age group should be capable of swimming a daily practice schedule. Practices are available all year long even through middle-school season. This is the group to swim in if the member has several after school schedule conflicts throughout the season. Workouts for the Junior Piranhas are offered 4-5 times a week and usually last one and a half hours (1 ½) each day.
- Junior Piranhas are encouraged to attend majority of practices and local published team swim meets; however, attendance is not mandatory. USA Swimming travel meets are available for these members to attend as well. Travel meets are the great way to experience true swimming competition while bonding with the Piranha team members. The experience gained in competition is a best way to work toward qualifying for our Pre-National Group.

SENIOR PIRANHAS

- The Senior Piranhas consist of swimmers who are in the High school, College, or Masters age ranges. The main goal of the Senior Piranhas is to work toward qualifying for the Pre-National Group. This group is designed for high school swimmers and above looking to have fun swimming on a team while maintaining essential healthy fitness or for preparing for the upcoming high school swim season.
- The swimmers in this age group should be capable of swimming a daily practice schedule. Practices are available all year long even through high-school season. This is the group to swim in if the member has several after school schedule conflicts throughout the season. Workouts for the Senior Piranhas are offered 4-5 times a week and usually last one and a half hours (1 ½) each day.
- Senior Piranhas are encouraged to attend majority of practices and local published team swim meets; however, attendance is not mandatory. USA Swimming travel meets are available for these members to attend as well. Travel meets are the great way to experience true swimming competition while bonding with the Piranha team members. The experience gained in competition is a best way to work toward qualifying for our Pre-National Group.

PRE-NATIONAL GROUP

- Pre-National Group starts at middle school age group and extends through Senior Age Group. At the start of every season, members who are of age requirements will be given a chance to tryout and commit to the Pre-National Group. To qualify for the Pre-National Group, members' will be expected to have a skill level commensurate with National "BB" time standards. These swimmers should have achieved at least three National "B" times in different strokes. High School State Qualifiers will qualify for this group after completing the IMR Challenge.
- Pre-National Tryouts consist of completing an entire [IM Ready \(IMR\) Challenge](#) as per the member's specific age group event list on the day of the tryouts. Tryouts will be available throughout the season at designated times on the calendar. Members who do not yet meet the team standards but show promising work habits and team commitment may be selected into the group by the coaches. Qualifying members who do not show the necessary level of commitment, focus, and positive attitude will be moved out of this group and placed with the Junior or Senior Piranhas. This group remains fluid and is entirely up to the coach's discretion.
- Pre-National Group's commitment involves attending a minimum of 5 practices per week, all published local USA sanctioned team meets, and making an honest effort to attend travel meets including any qualifying championship meets. This group consists of swimmers that exhibit a high level of swimming and workout ability. These swimmers are expected to be mature, dedicated, responsible, and dependable. Swimmers in this group are striving to qualify for the National Group.
- Pre-National Group workouts are offered 6 – 8 practices a week for one and a half hours (1 ½) each day depending on facility availability. A dry land / wetland training program and additional swim sessions are available 2-3 times a week in the morning before school and in the evenings. These motivated swimmers are expected to attend 80% of all scheduled practices. **All Pre-National Group swimmers & parents must sign the Team Pledge and Code of Conduct in order to be considered for this group.**

NATIONAL GROUP

- This group starts at middle school age group and extends through Senior Age Group. At the start of every season, members who are of age requirements will be given a chance to tryout and commit to the National Group. To qualify for the National Group, members' will be expected to have a skill level commensurate with National "AA" time standards. These swimmers should have achieved at least three National "A" times in different strokes.
- National Tryouts consist of completing an entire IM Extreme (IMX) Challenge as per the member's specific age group event list on the day of the tryouts. Tryouts will be available throughout the season at designated times on the calendar. At the beginning of each season, all National Group members will be placed back in the Pre-National Group. It is up to the swimmers to tryout and re-qualify for the National Group each season. Qualifying members who do not show the necessary level of commitment, focus, and positive attitude will be moved out of this performance focused group and placed with the Junior or Senior Piranhas. This group remains fluid and is entirely up to the coach's discretion.
- The National Group is our elite group consisting of those competitors who have demonstrated a skill level commensurate with that needed to compete at the LSC Championships, Age Group Sectionals, United States Senior National, and Sectional Championships. Swimmers in this group are selected based on their attitude, skill, dedication, and commitment to the sport of swimming. These swimmers are seeking to achieve their peak performance potential by giving 100 % effort at practice every day.
- Workouts are typically offered 8-9 practices a week for (1 ½) hours plus dryland / wetland training 2-3 times a week depending on facility availability. These motivated swimmers are expected to attend 80% of all scheduled practices. National Group members must attend all the local USA sanctioned published team meets on the schedule and make an honest effort to attend travel meets including any qualifying championship meets. *All National Group swimmers & parents must sign the Team Pledge and Code of Conduct in order to be considered for this group.*

KINGSPORT PIRANHAS

2021/22 GROUP FEE BREAKDOWNS

Group Designations	Minimum School Age Requirement	11 Monthly Fee	11 Month Total Cost	Annual Fee Option	Reg. Fee Due Aug 15th
National	Middle School	\$125.00	\$1,375.00	\$1,250.00	\$150.00
Pre-National	Middle School	\$125.00	\$1,375.00	\$1,250.00	\$150.00
Senior	High School	\$100.00	\$1,100.00	\$1,000.00	\$150.00
Junior	Middle School	\$100.00	\$1,100.00	\$1,000.00	\$150.00
Elementary	Elementary School	\$100.00	\$1,100.00	\$1,000.00	\$150.00
Beginner	Any Ages	\$85.00	\$935.00	\$850.00	\$150.00
<u>SwimAmerica</u>	Any Ages	\$105.00			\$25.00

- ❖ Please see Roster Group Designation Descriptions Page for specific criteria per roster groups.
- ❖ The new “Annual Fee Option” provides an additional opportunity for even more savings amounting to a savings of roughly 10% off the 11 Monthly Payment Plan Option. Due by September 1st, 2021. Annual Fee Option does not include the Annual Registration Fee.
- ❖ 11 Monthly Fees are deducted on the 1st of each month, September – July, except August.
- ❖ Those selecting 11-month payment plan for payment of their annual membership will have their payments debited automatically on the first of the month on the credit card or checking account that you designate.
- ❖ The \$150.00 Annual Registration Fee is non-refundable for all team members. This fee includes USA Swimming registration, 1 swim cap, and 1 team-shirt. All registration fees must be paid by Aug. 15th, 2021, in order to ensure your swimmer's place on the team.
- ❖ Annual Registration Fee for new members will be due at initial signing of team contract.
- ❖ For your convenience and for more accurate processing, we have an online registration, payment, and billing system. The preferred method of payment will be MasterCard, Visa, Discover, or electronic debit for all payments. There will be an additional \$10.00 processing fee for all transactions paid by paper check.
- ❖ **Families with multiple family members on the team will receive a club discount of 10% off their annual or 11-month membership fees for the 2nd member and 5% off each additional family member. This percentage will be deducted from the total fee schedule.**
- ❖ **Team Fundraising is no longer a requirement with membership; however, annual participation is strongly encouraged for the overall success of our program.**

KINGSPORT PIRANHAS

FAMILY FUNDRAISING

Family Fundraising is a program primarily setup for families to raise money for our Swim Team; however, participation in the Family Fundraising can potentially save money for members as well. Participation in this fundraising program is completely optional. [SwimAmerica](#) Stroke School & Piranha members will **NOT** be obligated to pay annual fundraising dues in addition to the team membership fees. **Any money raised through fundraising will be split with the team 50/50 allowing 50% to go towards the remainder of the member's total annual balance.**

Supporting team fundraisers such as **Script Purchases, Program Ads, Splash for Cash,** and finding **Corporate Sponsorships** are all recognized methods of fundraising. We are officially recognized by the IRS as a **501c3 not for profit** which should make it easier for businesses to participate.

The “[ShopWithScript](#)” program is one of the fundraising programs that provides an opportunity for families to earn money while they shop. Shopping for everyday essential items like groceries and gas with over 700 brands participating makes achieving fundraising goals a real possibility. More information is available on the “[ShopWithScript](#)” website.

Finding local or corporate business sponsorships, donations, heat sheet ads, or website ads are all great methods for fundraising as well. Successful member referrals will count \$50 per referral towards remaining membership fees. It is important to remember that recruiting from other USA Swimming Teams is a violation of [USA Swimming Policy](#).

We are planning on putting together team shirts, banners, and possibly other promotional items with corporate sponsorship opportunities as potential items for sponsors to utilize for their company logos or names. More information and a team sponsorship flyer will be available soon. Any suggestions for additional team fundraising opportunities are always welcome.

The cost of running a 12-month swimming program is supplemented by parent's fundraising and volunteer commitments. Our Piranha families are encouraged to volunteer, promote, & fundraise for the team each year. Families can contact Coach Jorge or Coach Marcel for more information on how to participate in these programs. All contributions go toward funding the 501c3 and a portion can be applied toward the membership's balance.

KINGSPORT PIRANHAS

WAYS TO ACHIEVE FUNDRAISING GOALS:

- **Shop with Scrip Gift Cards:**
 - Easiest way to fundraise! Earn cash & rewards while you do your daily shopping for food, household items, hotels, cruises, airfare, and many more.
 - Kingsport Piranha's Website Advertisement Submission
 - Meet Program (heat sheets) Advertisement Submission
 - Team Donation (direct)
 - Team Donation (on behalf of a business, or third party)
 - Establishing Partner Sponsorships with Team
 - Meet Raffle Donation
 - Splash-for-Cash support
 - Potential Charity Account Set-up at Local or Online Retail Stores
- **Successful Member Referrals:**
 - Credit \$50 towards member's total annual balance per referral.
 - ("Recruiting" other *USA Swimming* members may violate our code of ethics policy)

VOLUNTEERING COMMITMENTS:

The Kingsport Piranhas strives to host a minimum of 4 sanctioned meets per year. The success of these swim meets come from the enthusiastic participation of our family members. Our team's goal is to continually be able to provide our own meet officials to successfully host our swim meets. We try to train new members as often as possible to adequately staff our meets. **Administrative volunteer meet positions** include the following: starter, meet referee, 3 stroke & turn judges, and two computer operators. **General volunteer meet positions** may include the following: 8-16 timers, 1 head timer, 2 runners, 2 awards, 2 hospitality, 1-2 check-in attendants, and various other jobs depending on potential future covid status. Being able to provide our own meet officials will allow our team the best opportunity for hosting local competition at the KAC. All meet volunteer information for each home meet will be made available on our website through the Job-Signup section on the event registration. *Administrative positions will require certified training and experience* which can be obtained fairly easily. **Starting August 1st, 2021, we will be crediting volunteer work at our home swim meets directly toward membership fee balances.** The current rate is **\$10 per session for general positions** and **\$20 per session for administrative positions.** Also, the cost for obtaining officiating certifications can be credited towards your annual team membership cost.

The Kingsport Piranhas strive to make swim meet volunteering and team fundraising as easy, flexible, and fun for everyone as possible. We could not exist as an affordable family swim club without these essential two components of our program. We Thank You for Your Support and look forward to another successful year in Kingsport, Tennessee!

KINGSPORT PIRANHAS

THE FAMILY SUPPORT POLICY

The success for both your child and the *Kingsport Piranhas* is only possible with the dedicated efforts of all *Piranha* families. Parental support and involvement are considered a vital element to the success of our team. The success of these swim meets come from the enthusiastic participation of our families. The best views in the Aquatic Center for swimming competitions are on the deck so volunteering is the way to go!

Kingsport Piranhas plan to host a minimum of 4 sanctioned meets per year. In addition, as part of our agreement for the use of the pool at Dobyns-Bennett High School, we need to help staff and run their high school and middle school swim meets. It is imperative that as many families as possible step up and assist when needed. Currently, we are working to increase our number of certified officials and administrative personnel. If interested in pursuing an official's position, you can get more information from Head Coach Jorge at 423-967-4264. If you are comfortable working with computers, you may be interested in information regarding training for the computer and timing system operator positions. Please let us know and we will be happy to assist you. All meet volunteer information will be made available on our website.

Please Remember that it is important that we all work together to maintain the quality program we have. The *Kingsport Piranhas* rely on families and volunteers to successfully run swim meets. Many of our families volunteer countless hours every month. It is necessary that all families contribute their fair share during our home meets. It is easy to learn how to donate your time and it is important to show our children the value of volunteerism. Please support your swimmer and our swim team!

WEBSITE & METHODS OF COMMUNICATION

All communications from the coaching staff are sent through the website, so it is important that your email information and text messaging numbers are up to date and correct. Team Unify, our website providers, also has a mobile application for IOS and Android users called "On-Deck" which is completely integrated with our website. Our coaching staff uses the On-Deck application system to communicate with team members and to send emergency notifications. It is important to sign-up and validate the service. Validation is achieved by responding to the email or text send by the app to either your cell phone, tablet, or computer's email address. Communication methods through On-Deck include Instant Notification, SMS, and Email.

Kingsport Piranha's official website	www.KingsportPiranhas.com
Head Coach Jorge Blasini's Email Address	swimKingsport@gmail.com
Head Coach Jorge Blasini's Phone #	(423) 967-4264
Coach Marcel Blasini's Email Address	kingsportpiranhas@icloud.com
Coach Marcel Blasini's Phone #	(337) 849-8703
Facebook Page	KingsportPiranhas
Twitter Page	KP_Swim_Club
Instagram Page	kingsport_piranhas
YouTube Page	Kingsport Piranhas
Team Unify's Mobile Application	On-Deck
Active Hytek's Meet Application	Meet Mobile

KINGSPORT PIRANHAS

REGISTRATION PROCESS

(If you have any questions regarding registering online, please contact Jorge Blasini.)

➤ Swim Meet Entry Fees:

- ❖ Fluctuate depending on which team is hosting the meet.
- ❖ Charge per Individual Events
- ❖ Charge per Relay Event
- ❖ Swimmer Surcharge per Swimmer
- ❖ Facility Surcharge per Swimmer

➤ Coaches' Travel Assistance:

- ❖ Swimmers participating in away meets are assessed \$10.00 per day to help cover the cost of sending a coach to the meet.

In order to facilitate our meet entry process & payment of entry fees, all meet entry fees will be billed and charged to the swimmer's account once the entry is finalized. Accounts are established for each family to handle all transactions including meet entry fees and additional charges such as swimsuits, goggles, and other miscellaneous items. Each family will have an online account and access code. This is a service to our members, and we ask your cooperation in keeping your account up to date. For your convenience, we will be accepting MasterCard, Visa, Discover, and ACH for all payments. A more detailed registration agreement will be a part of the on-line registration process. Members will be required to electronically read and sign this agreement.

PLEASE NOTE! Team entries are submitted to the host team a minimum of two weeks prior to the event date. If there is a conflict which will not allow a swimmer to participate, the swimmer(s) status must be declared for the meet on the website by the meet entry deadline in order to have your swimmer(s) excluded from a meet entry.

- ❖ SWIMMERS' MEET ENTRY STATUS SHOULD BE DECLARED WITH A (COMMITTED OR DECLINED) STATUS ON THE MEET ENTRY SIGN-UP PAGE IN ORDER TO ALERT THE COACHES WHO WILL BE ATTENDING THE MEET AND TO AVOID PAYING ENTRY FEES IF NOT ATTENDING THE MEET!
- ❖ ONCE AN ENTRY HAS BEEN SUBMITTED, FAMILIES WILL BE CHARGED ACCORDINGLY WHETHER OR NOT SWIMMERS PARTICIPATED.
- ❖ LET THE COACHES KNOW OF ANY QUESTIONS ABOUT THE MEET PRIOR TO SUBMITTING BECAUSE TYPICALLY ALL ENTRIES ARE FINAL!

KINGSPORT PIRANHAS

TEAM PLEDGE

IN PURSUIT OF OUR PEAK PERFORMANCE POTENTIAL, WE PLEDGE TO...

- ◆ Abide by the code of conduct and training requirements expected by our coaches.
- ◆ Show up to practice each and every day with a positive attitude, ready to go.
- ◆ Remember that swimming can be fun if we work together to build camaraderie as a team.
- ◆ Give 100% effort during workouts because swimming at an elite level demands sharp focus.
- ◆ Seek within ourselves the desire, determination, & discipline needed to achieve our goals.
- ◆ Understand that the pursuit of excellence requires sacrifice, commitment, & dedication.
- ◆ Remain confident in ourselves even when we fail because progress is being made.
- ◆ Accept new challenges & never fear the hardships, disappointments, and obstacles ahead.
- ◆ Realize that the greater the challenge, the greater the reward.
- ◆ Support our teammates to help build each other's confidence and team moral.
- ◆ Be willing to work harder than our competition & be willing to strengthen our weaknesses.
- ◆ Contribute building team spirit through being a positive role model in and out of the pool.
- ◆ Never give up on our individual or team goals as long as I am a Kingsport Piranha!

CODE OF CONDUCT

(required of all swimmers in National & Pre-National Groups)

IN ACCEPTING A POSITION ON THE *KINGSPORT PIRANHAS*, I AGREE TO:

1. Commit to the team pledge, team goals, program requirements, & procedures.
2. Attend & conscientiously apply myself while participating at required workouts & meets.
3. Make an honest attempt to attend all team functions including meetings, practices, and meets.
4. Alert the coaches asap for unavoidable circumstances which will require missing attendance.
5. Display proper respect, honesty, and sportsmanship toward coaches, officials, administrators, parents, & fellow competitors.
6. Maintain a lifestyle of proper Sleep, Rest, and Nutrition for Peak Performance Potential.
7. Display a positive and supportive attitude toward the program, coaches, and teammates.
8. Refrain from any immoral, inappropriate, or unacceptable behavior such as:
 - Any illegal activity, smoking, or use of any drugs unless medically prescribed.
 - Excessive drinking of alcoholic beverages at any time.
 - Drinking any alcoholic beverages during team travel or prior to competition
 - Drinking alcoholic beverages at any other time for "underage" swimmers
 - Violation of curfews established by the coach
 - Violating any Anti-Doping rules set by [WADA](#).
 - Hazing, Bullying, or Demeaning behavior toward others.
 - Any activity which would detract from a positive image of the *Kingsport Piranhas*
9. Accept the consequences if I fail to abide by this code of conduct.
10. Understand that I may be disqualified from these groups or even suspended from the team.

Signature of Swimmer

Date

Group

Signature of Parent

Date

Group

Signature of Parent

Date

Group

IMX/IMR INFORMATION

IM Xtreme is a program that allows USA Swimming members to track their times (or coaches to track their team's times) against swimmers all across the nation! Just by swimming a specific program of events, you can see where you rank against your teammates, your region and yes, even across the USA!

IM Ready is the little brother of IM Xtreme, tailored toward our younger swimmers. Does 200 yards seem a little much? Then start getting "IM Ready" by swimming shorter distances and keeping track of your improvements.

An **IMR or IMX score** is only established after a swimmer has swum all of the events required for their age group in a sanctioned meet since the start of the current season; both short and long course seasons start September 1 and end August 31 for IMR/IMX purposes. Additionally, a swimmer must complete all the events in the same course (SCY or LCM) to have a score in that particular course.

IM READY (IMR)

To get "IM Ready," swimmers compete in a series of five events at shorter distances. Once you have swum each event at least once at an official meet, you can log-in to your Deck Pass Account and find out where you rank against all the other swimmers on your club team. You do not need to complete the IM Ready program to participate in the IM Xtreme. It is simply a steppingstone.

9 & Under, 10-year old's:

- 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SCY) or 200 IM (LCM)

11-year old's, 12-year old's:

- 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SCY) or 200 IM (LCM)

13, 14, 15, 16, 17, & 18-year old's:

- 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

IM XTREME (IMX)

Ready to move forward? The next step is IM Xtreme (IMX). The IMX ranking includes a series of five or six events at longer distances. Once you have completed the IMX program, you can find out where your IMX score ranks nationally, within your zone, within your LSC and on your club.

9 & Under, 10-year old's:

- 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11-year old's, 12-year old's:

- 400 Free (LCM) or 500 Free (SCY), 100 Back, 100 Breast, 100 Fly, 200 IM

13, 14, 15, 16, 17, 18-year old's:

- 400 Free (LCM) or 500 Free (SCY), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

<https://www.usaswimming.org/times/imx-imr>