



Team Handbook

www.aquasolswimteam.com

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Team Philosophy

Our Team

AquaSol is a competitive USA Swimming Team located in El Dorado County. We offer a comprehensive program for all athletes, from the beginner swimmer to the National level. Our team utilizes the CSD Community pool for our practice sessions. This is a 10 lane, 25 yard beautiful facility.

Mission

Our mission at AquaSol Swim Team is to use competitive swimming as a tool to empower individuals to reach their full potential in a safe sport environment where athletes, coaches, and families are committed to working together to achieve this goal.

Vision

Our vision is to create:

- A dynamic teaching and training environment for elite- and novice-level swimmers.

- A safe sphere in which motivated athletes, professional coaches, and supportive families work together to help every swimmer reach their full potential.

- A positive sport experience for all athletes to instill a life-long love of swimming.

Coaching Staff

AquaSol Swim Team coaches are USA Swimming registered and certified. In addition, our coaches have cleared a background check and have current Athlete Protection, USA Swimming SafeSport, Coaches Safety Training, CPR, and First Aid Certifications.

The coaching staff at AquaSol are experienced coaches who have a passion for swimming. Every member of our coaching staff is committed to bringing this passion into each practice, sharing our love of the sport of swimming with our athletes.

Coaching Staff and Practice Group

Darin Mai – Head Coach and Senior Lead Coach

Alan Rosenfeld – Senior 2 Lead Coach

Aimee Lehr – Head Age Group Coach and Junior Lead Coach

Brian Heise – Junior 2 Lead Coach

Patty Sullivan – Orange Lead Coach

Team Structure and Group Descriptions

Orange Group (Ages 5-8)

- Swimmers must be able to complete 12 ½ yards of freestyle and 12 ½ yards of backstroke to join this group.
- Swimmers can register for a MW or TTh practice session.
- Goal is to be a positive first time team experience for these young athletes with a focus on skill development.
- Swim meet participation for this group is encouraged.

Junior 2 Group (Ages 7-11)

- Swimmers must be able to complete 25 yards of each of the four competitive strokes to join this group.
- Training sets begin at this level, with the primary focus still on skill development. Dryland exercises and basic body movement introduced.
- Swimmers can register for a MWF or TThSat practice session.
- Swimmers are encouraged to attend all meets on the team schedule recommended for the Junior 2 group.

Junior Group (Ages 10-13)

- Entrance into the Junior Group is by invitation only based on skill level assessment at a tryout to match the more advanced training.
- Practice offering of 6 days per week (M-Sat). Swimmers are encouraged to average 4/5 days of practice per week. Dryland exercises continue at this level with the goal of building strength and agility.
- Swimmers attend all meets recommended for the Junior group on the team schedule.
- Time Goals – Junior Olympic, A, and SWAGR standards.

Senior 2 Group (Ages 13-15)

- Swimmers in this group have demonstrated a desire to reach their competitive potential and train at a higher level.
- Entrance into the Senior 2 Group is by invitation only based on skill level assessment at a tryout.
- Practice offering of 6 days per week (M-Sat). Swimmers are encouraged to average 5/6 days of practice per week.
- Swimmers in this group are introduced to a more advanced dry land routine intended to build strength and endurance.
- Swimmers attend all meets recommended for the Senior 2 group on the team schedule.
- Time Goals – Junior Olympic, A, SWAGR, and Sectional standards.

Senior 1 Group (Ages 14 and older)

- Swimmers in this group have demonstrated a desire to train at the highest level to reach their full potential.
- Entrance into the Senior Group is by invitation only based on skill level assessment at a tryout.
- Practice offering of 6 days per week (M-Sat). Swimmers are required to maintain an 85% practice attendance.
- Swimmers further develop their dry land competency as a key component to building strength and endurance.
- Swimmers attend all meets recommended for the Senior group on the team schedule.
- Time Goals – Sectional, Futures, Junior National, National standards.

Group Placement and Advancement

The AquaSol coaching staff make all group placement decisions. Most of the group advancements happen in August, at the start of the new season.

Group placement involves several factors, and is always a decision that the coaching staff feels will best serve the individual swimmer. Training ability and technique, maturity, and commitment, as well as race speed are all factors considered in the decision-making process.

A cornerstone of the team philosophy at AquaSol is to consider the development of the swimmer, and how the training progression will best serve the longevity of that athlete so they stay in the sport and achieve their goals. Our group placement and advancement philosophy support our view of creating challenges, both athletically and emotionally, that are age appropriate.

Practice Information

Equipment

Cap - Upon joining the team, swimmers will receive a team cap. Swimmers that choose to wear a cap at practices need to wear a team cap. All swimmers must race in a team cap at meets. The team places a cap order annually in September. Families can purchase personalized team caps for their swimmers (first or last name only – no nicknames), or place an order for non personalized silicon or latex team caps. During the year if a swimmer needs a team cap, they can approach their team group coach. Caps are \$5 per latex cap, \$10 per silicon cap. This fee can be charged to your team account.

Suit – Swimmers must wear a suit designed for competitive swimming at practices and meets. No two-piece suits or long shorts are allowed. Swimmers are asked to compete in an AquaSol team suit at regular season meets. A TYR brand technical suit may be worn by those swimmers 13/older in Championship meets. The coaching staff will advise swimmers when a technical suit is appropriate for competition.

Goggles - Swimmers should wear competition style goggles. There are many different styles so ask your swimmer's group coach for a recommendation.

Practice Gear –Each practice group has a list of required equipment. You can find the list for your swimmer's training group, as well as a link to purchase items on our team website under Team Resources. We ask swimmers label ALL of their equipment with a black sharpie pen to avoid any gear mix-up.

Attendance

Each practice group has an attendance suggestion or requirement. Please check with the group coach regarding your swimmer's practice attendance requirements. Swimmers may only attend practices with their assigned group, on their assigned days, unless receiving approval by their group coach.

Practice Schedule

Please check the team website under Club Info for the current practice schedule.

Team Communication

Swimmer/Parent

Communication is a very important piece of our team. Direct any questions that pertain to your swimmer's training group to the lead group coach. If you wish to discuss a problem or an issue, please schedule a time to meet in person with your group coach. We ask that you do not approach the coaching staff during practice unless it is an emergency. Brief questions can be answered before or after practice. Direct any team administrative questions to Aimee Lehr, and any team policy issues to Darin Mai.

Darin Mai – (Seniors) – coachdarin@aquasolswimteam.com

Alan Rosenfeld – (Senior 2) – alanrosenfeld1234@yahoo.com

Aimee Lehr – (Junior) – coachaimee@aquasolswimteam.com

Brian Heise – (Junior 2) – brianheise11@gmail.com

Patty Sullivan – (Orange) – paul_sullivan@comcast.net

Team Website

Our team website is aquasolswimteam.com. Please explore the website as there is a lot of information we hope will be helpful to families. The team handles all communication through email via the team website. Please make sure that the email(s) listed on your team account are accurate so you can receive this information.

Parent Responsibilities

Timing

AquaSol is assigned a designated number of timing chairs at all meets the team attends. Each family with a swimmer competing in the meet must have a representative sign up for a timing shift(s). Sometimes our meets are split session meets with older swimmers (13/up) competing in the morning, and younger swimmers (12/under) competing in the afternoon. Please make sure to sign up for the timing shift during the session which your swimmer is competing. If you are a family with swimmers in both sessions, there may be a need for you to sign up to time in each session. An email will be sent to families the week leading up to the swim meet with a link to sign up for a timing shift.

Officiating

Officials are critical to our team and an area where we always need more assistance. The team is required to provide a designated number of officials at each meet. If our team is not able to meet this requirement, our swimmers must compete as exhibition and are not eligible for points, awards, or to compete in finals. We currently have a shortage of officials and this is a huge area of need for our team. No swimming background is necessary – officiating is rewarding and a wonderful way to give back to your swimmer and our team!

AquaSol Hosted Meets and Activities

Meets - AquaSol generally hosts two meets per year; one in the fall, and one in the summer. Hosting a meet is a huge responsibility and we need support of the entire team. Each family is required to have a representative sign up for a job shift. This requirement stands even if your swimmer is not competing in the meet.

Activities – At AquaSol we pride ourselves in being a community of families who support one another which is the essence of our positive team culture. We plan several team activities during the year and ask families to support these by volunteering as needed by the coaching staff. Community service projects, practice group activities, and our annual Race Night are a few of the team activities that we need parent participation to run a successful program.

Parent General Information

Team Fees

Monthly Dues - Team monthly dues are automatically charged on the 1st of the month through the member TeamUnify account. The two forms of payment accepted are credit card and ACH. If you choose to pay your dues by credit card there is a 4% charge each month to cover transaction rates.

Annual Team Fee – Families are assessed an annual \$100 team fee each fall. This fee will be charged to the member TeamUnify account.

Meet Registration Fee – Each meet a swimmer attends will have a meet registration fee which is paid when the swimmer registers for the meet. The charge is a pool fee, and a per event charge.

Fundraising Fee – We ask that all families participate in team fundraising efforts as they arise during the season. We host an annual Race Night for swimmers which is our large fundraising event. It is critical to the financial fitness of the team to have successful fundraising events. Thank you for your support!

Facility Information

Practice Arrival/Departure – Swimmers should not arrive at practice earlier than 10 minutes prior to the start of their group time. All swimmers need to be picked up no later than 10 minutes after their practice group concludes.

Pool Deck – Please consider that the pool deck is the classroom for coaches and swimmers. If you choose to observe practice, please do so quietly on the grass area against the stone wall, or at the tables directly in front of the locker room. We ask that you not communicate with your swimmer during practice, or approach the coaching staff during practice, unless there is an emergency.

Parent Education

The team will host an annual meeting in the fall with valuable information about the

team. We ask that a representative from each family attend this meeting. In addition, there is a parent education page on the team website that will be updated through the season with information from the coaching staff. We feel that parent support through education is a powerful piece of ensuring your athletes journey is a positive one.

Competition

Swim Meets

Each practice group has a recommendation for swim meet attendance. We encourage swimmers to attend all meets that are designated for their practice group. The team will post a meet calendar roughly three times per year with upcoming meets and activities. Swimmers may enter ONLY those meets on the calendar that AquaSol is attending. Meet offerings are roughly one weekend every 4/5 weeks. We encourage new families to read "Guide to a USA Swim Meet" under the Meet/Events tab on our team website prior to their first meet.

Meet Registration

It is the family or athlete responsibility to enter swim meets. Many swim meets have a maximum number of entrants allowed and it is highly suggested that families enter meets within 24 hours of the meet opening for registration. Meets generally open their registration approximately a month before the actual meet date. The team often will send an email announcing that meet registration is open, but families should also be checking the meet registration site. You can find the link to the meet registration website under the Meet/Events tab on our team website.

Swimmer Event Choice

AquaSol prides itself in being a team which encourages swimmers to become comfortable swimming all events. During regular season meets we ask swimmers to enter a variety of distances and strokes, including IM events, in their event choices. Usually we ask swimmers to enter 4 events per day of the meet. Championship meet registration is a bit different and we ask swimmers competing in these meets to communicate with their coaches prior to registration to discuss their events. Swimmers can reach out to their group coach with event choice questions for any meet on our schedule.

Uniform

We ask swimmers to wear an AquaSol team suit and cap at all swim meet competitions. Technical suits should not be worn during in-season meets. Swimmers 13/older should consult with their coaches regarding the appropriate time to compete in a technical suit. Swimmers 12/under should not be competing in technical suits.

