



## Carolina Aquatics 2022-2023 Season Registration

Dear CA Swim Families,

Thank you for choosing Carolina Aquatics as your home for competitive swimming!

### What sets CA apart from the other local swimming programs?

Because CA's practice groups are organized by age, then by experience and ability within those age groups, swimmers can practice more specifically to their needs. The CA full-time coaching staff commits energy, and resources to provide the most up-to-date, professional instruction in the sport of swimming. Using a variety of coaching methods, we aim to equip athletes with the knowledge and skills to set them up for a lifetime of enjoyment in the sport.

### What has changed?

- Names for practice groups (these take effect for the 2022-2023 short course season)
- Annual registration fees and annual dues
- Fortifying Dryland program
- Local meet opportunities
- Adding group Team Parent(s)
- Introducing CA Honor Roll Swim Cap Incentive Program
- Dues assistance program

### Why make these changes?

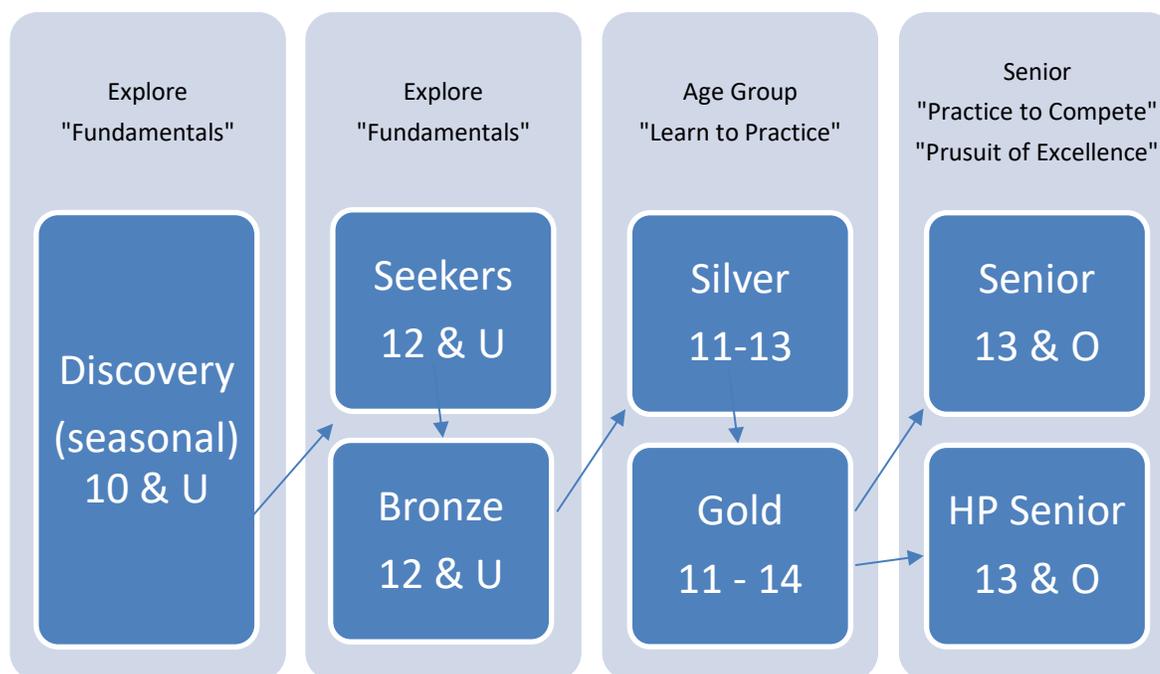
- The new group naming structure is consistent, clear, and easily communicated both internally and externally. It emphasizes the long-term development of our athletes and creates an easily identifiable path for families entering our sport.
- Annual registration fees and annual dues support the operations of the program.
- Partnering with Apex of Prisma Health for CA's dryland programming will benefit all athletes.
- CA is hosting five (4) local, one day meets, on Sundays throughout the season at Columbia College and 4 Traditional Invitationals at the Carolina Natatorium at the Blatt PE Center.
- Group Team parent volunteer is an important position that assist the lead coach of your swimmer's group with activities beyond practice. Each group will have one or two team parents that assist the coach with the group parties, and other teambuilding activities.
- Honor Roll Swim Cap Incentive Program CA is committed to our mission of *developing student-athletes to be champions in life through excellence in swimming*. Our coaches' primary focus is on developing every facet of the swimmers' lives, including their academics. What better way to encourage our student-athletes to achieve in school than by recognizing their academic achievements and commitment to learning? Therefore, beginning this 2022-23 season, we are adding an honor-roll swim cap incentive program. Here's how it works: Every CA student-athlete that achieves Honor-Roll status (all A's and/or B's, or the equivalent of A's and B's) and presents their semester grade card to their lead coach may receive one honor-roll latex cap. Or, when our honor roll student-athletes present their report card, they may opt for a silicone cap for \$15 instead. Swimmers may earn up to two free latex caps or purchase up to two silicone caps per school year (one per semester). We encourage swimmers to put their names on the inside of their caps with a permanent marker, as lost honor roll caps will not be replaced or be available for purchase after being initially awarded.
- Instead of fundraising, CA offers a dues assistance program. Here's how it works. The team will sponsor several fundraisers throughout the year. If your swimmer chooses to participate in fundraisers, 80% of the profit raised by your swimmer will be applied as a credit towards your family account. There is no limit to the amount a swimmer

can fund raise during the team sponsored events.

**Who to contact with registration questions:** [carolinaaquaticsregistrar@gmail.com](mailto:carolinaaquaticsregistrar@gmail.com)

**New Team Practice Groups for 2022-2023**

Just like a new school year, the beginning of a swimming season is a great time to review the foundation of the program so that we can set goals for the future. The information below reviews the new 2022-2023 structure of the CA competitive program, the purpose of each division, and the role of the coaches who lead those divisions. The CA competitive program has three Divisions: Explore 12 & U, Age Group 11-14 and Senior 13 & older. Each division has a specific purpose and an assigned coach as the division leader.



**Explore Division’s** theme is “Fundamentals”, and it has three groups, the Discovery, Seekers, and Bronze Groups. Lead Coach: Coach Pam. The Explore division serves our youngest team members up to 12 years old and the focus is to establish a strong foundation of skills and techniques in a fun environment that encourages continued participation in the sport. Athletes and parents are introduced to competitive meets with a family-friendly atmosphere. Explore Division athletes will be led towards IMR, IMX & IM Tough events for their age groups (the IMX program established by USA Swimming to promote and reward versatility in age group swimming) as they compete at the local, state, and possibly regional level.

**Age Group Division’s** theme is “Learn to Train” it has two groups, the Silver, and Gold Groups. Lead Coach: Coach Kelly. The Age Group Division serves our 11–14-year-old swimmers. The Age Group Division swimmers will build on the fundamental skills and techniques taught in the Explore Division. They will progress to an advanced level of learning that requires implementing specific skills in practice sets. Putting these sets together and maintaining their skills over the duration is how they learn to practice. Establishing good habits in a practice setting translates to better performances at



meets, as well as long term development in the sport of swimming. Age Group Division athletes will be led towards IMX events for their age groups (the IMX program established by USA Swimming to promote and reward versatility in age group swimming) as they compete at the local, state, and possibly regional level.

**Senior Division’s** themes are “Practice to Compete” for Senior group and “Pursuit of Excellence” for the High Performance (HP) Senior group. Lead Coach: Coach Jeremy. Senior group swimmers learn about the effect their decisions and behavior outside of the pool has on their performance in the pool. Athletes continue to build on good practice habits with progressive skills, drills, and a variety of techniques, working to challenge themselves and prepare for the demands of the senior level. Swimmers compete at the local, state, regional, and national level. Competing at the highest level meets they are qualified for becomes a priority. Senior group athletes continue to learn and be taught progressively, and emphasis is placed on taking ownership of their individual goals and the path to achievement and to excel. Swimmers will be introduced to collegiate opportunities, mentored through goal setting, and encouraged to be positive role models for the younger age group swimmers.

### 2022-2023 Registration and Monthly Dues

Groups	Registration Fee/swimmer	USA Swimming Registration	
		fee/swimmer	Monthly dues/per swimmer
Discovery (seasonal)*	\$ 50.00	\$ 98.00	\$ 150.00 (per session) *
Seekers	\$ 100.00	\$ 98.00	\$ 120.00
Bronze	\$ 100.00	\$ 98.00	\$ 140.00
Silver	\$ 100.00	\$ 98.00	\$ 165.00
Gold	\$ 100.00	\$ 98.00	\$ 165.00
Senior	\$ 100.00	\$ 98.00	\$ 190.00
HP Senior	\$ 100.00	\$ 98.00	\$ 190.00

**• What does the annual registration fee pay for?**

The USA Swimming fee of (\$98) payable to USA Swimming provides the required insurance coverage for your swimmer. CA’s registration fees, include 2 team swim latex caps (\$10), Championship shirt (\$10), and an administration fee. The annual registration fee is not refundable.

\*Discovery is a 10-week program offered 1 day per week for 45 minutes. One session in the fall and one in the spring. The USA Swimming fee of (\$98) payable to USA Swimming and South Carolina Swimming (LSC) provides the required insurance coverage for your swimmer. CA’s registration fees include 1 team swim latex cap \$5.00, and an administration fee. The annual registration fee is not refundable and is good for 1 year.

**IMPORTANT:** In years past the registration fee also covered the cost of swimmer’s USA Swimming/SC Swimming Registration. Moving forward you will have to register and pay for your swimmer’s USA Swimming directly with USA Swimming. That cost will be \$98. More information will follow in early September as to when and how to register for USA Swimming. When we have more information on this we will communicate with families.

**What do the monthly dues pay for?**

- The monthly dues pay for expenses incurred by the competitive team, including coaches’ salaries, pool rental and maintenance fees, lifeguards, and safety equipment. Monthly dues do not include fees for meets and events, practice equipment, or other related charges for participating in CA member activities.

**When do payments begin?**

- Monthly dues billing will be charged to active accounts on the first of each month beginning September 1.
- Any additional fees will also be billed the 1<sup>st</sup> of every month such as event participation fees, additional costs for practice equipment, or travel costs.



### Are discounts available?

- Monthly dues discount for families with multiple swimmers.

Practice Group	1st Swimmer	2nd Swimmer	3rd Swimmer	4th Swimmer	5th Swimmer
CA Discovery	\$150	\$140	\$125	\$115	Free
CA Seekers	\$120	\$110	\$95	\$75	Free
CA Bronze	\$140	\$130	\$115	\$100	Free
CA Silver	\$165	\$155	\$130	\$115	Free
CA Gold	\$165	\$155	\$130	\$115	Free
CA Senior	\$190	\$175	\$145	\$135	Free
CA HP Senior	\$190	\$175	\$145	\$135	Free

### What if my swimmer withdraws from the program?

- First, you must notify both your coach and accounting at [carolinaaquaticsregistrar@gmail.com](mailto:carolinaaquaticsregistrar@gmail.com) that you are withdrawing. A 30-day written notice is required before billing will be suspended.
- Please be aware that suspending membership may result in loss of roster position.

### Volunteer Requirements

- Carolina Aquatics hosts meets throughout the year. These meets provide an excellent swimming experience and a significant source of income that allows us to keep dues as low as possible. All families on the competitive team are expected to provide support during these home meets.
- A family must provide at least one volunteer to work each session their child is swimming in a CA hosted meet. In situations of hardship or special circumstances, they must communicate and work with the Meet Coordinator for a mutually acceptable solution. All families volunteering must check-in prior to their session and stay for the entire session. A family choosing not to volunteer for each session their child is swimming agrees to be assessed a \$50 fee per session. That fee will be invoiced at the next month's billing.

### Dues/Payment Policies

- Parent or guardian agrees to pay the 2022-2023 monthly dues pertaining to each swimmer's practice levels.
- Monthly payment is due on the first day of each month and paid through Team Unify online system.
- If the monthly dues payment is not received in full by the 15<sup>th</sup> of the month, a late fee of \$25 per month will be assessed to the family's account. Accounts with payments past 30 days due will not be able to participate in competitions. Accounts past 60 days due will not be able to participate in practices until account is brought up to date.
  - A **Transaction Fee of 2.95% plus \$.50** is automatically added to each credit card payment.
  - A **Transaction Fee of \$1.25** is automatically added to each ACH payment.
  - Members will receive monthly invoices via email.
  - Statements can be viewed online.
- Families must have an active Visa, MasterCard or checking account on file in the Team Unify system. Failure to maintain valid credit card or checking account information can result in failed payments and late fees.
- If a swimmer is transferred to a different practice group by the coaching staff, the appropriate dues for the new group will be billed the next billing period. The coaching staff determines all group placements at CA.
- Monthly dues do not include event participation fees, additional costs for practice equipment, or travel costs.

### Team Policies

- As a parent of a CA member, I agree to, and I agree the athlete has read and understands the following policies



and waivers below.

- Violations of team policies posted on the website may result in suspension or termination of membership at CA. These policies and releases have been created to ensure the safety of CA members and staff and promote the betterment of CA as an organization. CA Swimmer and Parent Code of Conduct, Swim Meet and Team Travel Policies are available on the website.

#### **Medical Release and Liability**

I certify that I am the parent or legal guardian for my child(ren). I hereby give my permission for any supervisor, coach or other team administrator associated with the **Carolina Aquatics Swim Club, Inc** to seek and give appropriate medical attention for our child(ren) in the event of accident, injury, illness. I will be responsible for any and all costs associated with any necessary medical attention and/or treatment.

I hereby waive, release and forever discharge **Carolina Aquatics Swim Club, Inc** and associated supervisor, coach or other team administrator from all rights and claims for damages, injury, loss to person or property which may be sustained or occur during participation in **Carolina Aquatics Swim Club, Inc** activities, whether or not damages or loss is due to negligence. I hereby acknowledge that my child(ren) is (are) physically fit and capable of participation in all Swim Team activities.

By registering my child(ren) with the **Carolina Aquatics Swim Club, Inc**, I agree to participate (or allow my child(ren) and family members to participate) in the **Carolina Aquatics Swim Club, Inc**, and hereby release **Carolina Aquatics Swim Club, Inc**, its directors, officers, agents, coaches, and employees from liability for any injury that might occur to myself (or to my child(ren) and family members) while participating in the **Carolina Aquatics Swim Club, Inc** program, including travel to and from training sessions, swim meets or other scheduled team activities.

I agree to indemnify and hold harmless the above mentioned organizations and/or individuals, their agents and/or employees, against any and all liability for personal injury, including injuries resulting in death to me, my child(ren) and/or other family members, or damage to my property, the property to my child(ren) and/or other family members, or both, while I (or my child(ren) or family members) participating in the **Carolina Aquatics Swim Club, Inc** program.

#### **Media Release**

I hereby assign and grant to the Carolina Aquatics Swim Team, Inc., the right, and permission to use and publish the photographs/film/videotapes/electronic representations and/or sound recordings made of me or my child(ren) by Carolina Aquatics Swim Team, Inc., and I hereby release Carolina Aquatics Swim Team, Inc., from all liability from such use and publication. I hereby authorize the reproduction, sale, copyright, exhibit, broadcast, electronic storage, and/or distribution of said photographs/film/videotapes/electronic representations and/or sound recordings without limitation at the discretion of Carolina Aquatics Swim Team, Inc., and specifically waive any right to any compensation may have for any of the foregoing.