



Welcome to OZ: A guide for prospective swimmers and families.

Mission Statement

Ozaukee Aquatics is a community-based, non-profit organization dedicated to aquatic sport and our greatest future resource, young people. Our mission is to promote balanced personal growth, and athletic achievement, through team commitment to strong values, excellence and enduring relationships.

Core Values

The "Oz" Community strives to reflect in each of our lives respect for the entire individual. We embrace this philosophy and teach our students that a well-natured culture represents the achievements of honest, thoughtful, and often highly learned individuals. The sharing of ideas, ideals, and accomplishments with one another brings mutual respect and often mutual advantage. The success of such people develops highly desirable personal values such as generosity, honesty, hard work, sharing attitudes, high ethical standards, and pride in community. We achieve this, both in and out of the water, through these core values:

- ❖ Competitive Excellence
 - Helping athletes get to the highest level they can achieve in the sport of swimming.
- ❖ Leadership
 - Acting as a leader in and out of the pool, with a commitment to good sportsmanship.
- ❖ Accountability
 - Athletes have a self-awareness that they are responsible for their own actions.
- ❖ Dedication
 - Diligence in striving towards, and completing a long-term goal.
- ❖ Mentorship
 - Our coaches guide our young athletes to make good choices.



Our Success

Ozaukee Aquatics has provided year-round, competitive swimming to individuals of all ages and abilities since 2002. From the beginning, "Oz" has been one of the most prominent clubs in Wisconsin, and is continually recognized on the national level.



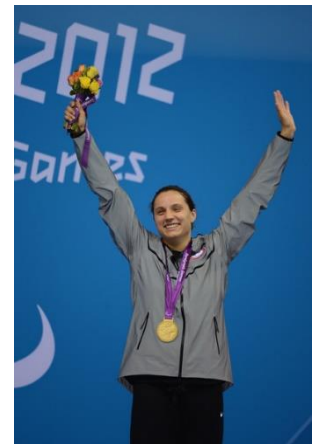
In recognition of our high level of success, Ozaukee Aquatics has been awarded the Silver Medal by USA Swimming's "Club Excellence Program", FIVE years in a row. This award signifies OZ as one of the top 100 competitive teams in the nation. In addition, USA Swimming also

awarded Ozaukee Aquatics with Level 1 Club status in its "Club Recognition Program." The award reflects our stability and club structure as one of the best in the nation.



We know the culture of Ozaukee Aquatics is one that sticks, even into the collegiate level. We are very proud that our swimming graduates have gone on to compete successfully at every collegiate level (Divisions I, II, III, NAIA). Some of these swimmers have even gone on to be individual NCAA Champions, members of school and NCAA relay records, and even American Record Relays. Ozaukee's longevity in success continually brings college coaches to our pool decks to recruit for the next great NCAA name.

Ozaukee Aquatics continues to have national and international-level success. We have also had athletes representing the Ozaukee community at the four recent USA Swimming Olympic Trials (2004, 2008, 2012, 2016). More notably, Ozaukee Aquatics has sent multiple athletes to various Junior-national level international meets, Pan-Pacific Championships, and FINA Short Course and Long Course World Championships. We are very proud to have had two Paralympians don the "stars and stripes" while representing Ozaukee Aquatics. Kelley Becherer ('04, '08, '12) was the winner of 3 Gold Medals (50/100m Free) and 2 Bronze Medals, having won Gold in the 50m Free in back-to-back games. Additionally, Tom Miazga ('08) competed in the 100m back and 400m free, competing in finals and finishing 8th in the 400m Free.



While individual members have stood out at Oz, it is only because of the team effort it takes to reach that level. Ozaukee Aquatics consistently represents the North Shore community at USA Swimming's Senior and Junior National Levels; has athletes ranked in the top ten in the nation per age division; and produces national, regional, and state swimming champions regularly.

OZ Training Groups

Ozaukee Aquatics offers training and practice groups for swimmers of all ages and ability levels. It is the goal of the Ozaukee Aquatics to offer age-specific training for all of our athletes geared towards challenging each individual and developing each individual to the best of *their* abilities. Upon a tryout with the group, your athlete will be correctly placed in one of the following groups:

Super 7's: (Ages 5 - 7)

The novice group is the entry-level competitive team. Emphasis is on developing the fundamentals of the four competitive swimming strokes as well as starts and turns. Games and drills are used to create an enjoyable atmosphere for learning.

Age Group Bronze: (Ages 6 - 9)

The novice group is the entry-level competitive team. Emphasis is on developing the fundamentals of the four competitive swimming strokes as well as starts and turns. Games and drills are used to create an enjoyable atmosphere for learning.

Age Group Silver: (Ages 8 - 14)

The silver group targets the next level of competitor. Skill development is enhanced as well as an increase in training. Swimmers should be able to complete one length of each stroke legally, and have proper starts and turns.

Age Group Gold: (8 - 14)

Age group swimmers graduate from the silver team and continue to refine the basics of good stroke mechanics, starts and turns. The basic rules of competitive swimming and low-level endurance training are introduced.

Junior National: (11 - 14)

Junior swimmers continue to work on stroke mechanics but concentrate more on training techniques with increased emphasis on endurance and dry-land training. Swimmers in this group have made a commitment to swimming. They are required to be at practices. Goal setting and achieving are emphasized in this group.

Senior 2: (Ages 13 and up)

This group is for the swimmers who want to stay in shape for the high school season, and do not wish to commit to a Senior 1 level of practice attendance.

Senior 1: (Ages 13 and up)

Senior 1 swimmers swim 1-2 times a day in addition to dry-land activities (which may include weight lifting). The emphasis is on specific, intensive and highly motivated training. Swimmers in this group have set high goals. They are dedicated to their sport and have made a serious commitment. This group is made up of State Qualifiers and committed athletes.

Senior Elite: (Ages 13 and Up)

Senior Elite swimmers have qualified for a Sectional Meet or higher. There is a 90% weekly attendance expectation, as well as swim meets designated by the coaching staff. This group will have additional fees due to traveling and dry land opportunities.

Masters (Adult Swim): (Ages 18 and up)

Master swimmers practice 75 minutes a day. Coaches provide written work-outs and constructive technique advice. This a great way to meet other adult swimmers and parents of swimmers!

Movement between these training groups is based on:

- Competitive Stroke Technique
- Swimmer Age
- Swimming Endurance
- Swimmer Commitment Level

The coaching staff initiates any group changes for eligible swimmers at the end of each season.



Practice Locations

The various training groups at Ozaukee Aquatics use several pools in the Ozaukee County for swim practices: Cedarburg H.S. (primarily 13&O), Homestead H.S. (primarily 12&U), Whitefish Bay (All Groups) and Kiel High School (All Groups). Our online practice calendar tells parents where and when their swimmers' practice over the course of a month. You can expect to use each of these pools for practices.

Practice Attendance

Each Ozaukee training group has many opportunities to train each week and each training group has its own minimum practice requirements over the course of the season. Swimmers and their families can choose from the workouts offered to arrange a practice schedule that fits their family's needs while meeting the training requirement for the group. We have found that a healthy swimmer is one who attends practice regularly and consistently!



AG Bronze/Silver: need to attend 50% of 4 weekly workouts over the course of the month. Practices generally last 45 minutes – 1 Hour.

AG Gold: need to attend 50-60% of 5-7 weekly offered workouts over the course of the month. Practices generally last 1 ½ hours and include dryland and swimming.

Juniors: need to attend 75% of 5-7 weekly offered workouts over the course of the month. Practices generally last 1 ¾ hours and include dryland and swimming. There are also two-a-days in summertime.

SENIOR 1-2: need to attend 75-85% of 5-6 weekly offered workouts over the course of the month. Practices generally last 2 hours and include dryland and swimming. There are also two-a-days in summertime.

SENIOR Elite: need to attend 90% of 6-8 weekly workouts over the course of the month. Practices last 2 hours and include dryland prior and swimming. We expect swimmers to attend 8 of 10 practices in summertime.



Seasons

Our swimming year is broken up into two seasons:

"Short Course" which runs from September to March and

"Long Course" which runs from March to August. Our swimmers and their families register for one season at a time.

Swim Meets

Swimmers in all the Ozaukee Aquatics training groups compete in local meets. Some of the more advanced swimmers qualify to compete in travel events and regional or national competitions. The club offers its swimmers between 10 and 15 meets a season, and are usually planned accordingly with your group coach. We want to ensure that our athletes have plenty of opportunity to evaluate their racing, while not overwhelming them with meets every weekend.

****We require that all levels compete at our hosted swim meets.***

- Age Group:** All other meets are encouraged
- Senior 1-2:** All meets designated by coaches are encouraged
- Junior/Senior Elite:** All meets designated by coaches are required

At the beginning of each season, families reserve places for their swimmers in the meets they plan to attend and then later as the meet gets closer, our coaches select events for the swimmers in the competitions they have signed up for. Once the coaches choose a swimmer's events, families can see those sign ups online so that they know what events their swimmers are swimming for any given meet.

Meets are typically hosted on the weekends by other local area swim clubs and have different entry fees depending on which team is hosting the meet. To streamline our meet entry process, families are asked to either maintain an ACH (auto-debit bank account) or CC (credit card) with their online account. When meet entries are sent, the family's account is billed online. Account balances are auto-paid monthly on the 1st of each month through the club website.

At meets, swimmers compete against other swimmers in their own age groups. Awards are offered at every meet and our swimmers find competitions rewarding and exciting. Swimmers will sit as an Ozaukee Aquatics team at meets and are directed by their



coach as to what to think about and how to swim their races. Parents sit in designated bleacher seating and provide their swimmers the materials to stay warm, stay nourished and get to their events on time. Meet sessions vary in length, but are usually around 3 hours.

Volunteer Requirements

Ozaukee Aquatics is so successful because our parents are great volunteers! We believe that if we all pitch in and lend a hand, we can do great things for our swimmers. To keep the club running at a successful level, part of our membership requirement is volunteering. Helping above and beyond these requirements is always appreciated, but the following basic volunteer assignments are mandatory:



1. Parents MUST volunteer to help at two sessions of each OZ-hosted swim meet (generally two or three per season). Parents work as timers, handing out awards or selling concessions among other roles at each meet.

2. Parents and swimmers MUST participate in our Swim-a-Long Fundraiser. All members in Session 3 are required to participate. Each athlete is required to raise \$100.00. Members not participating will be billed \$100.00, and a portion of all proceeds raised will be donated to Special Olympics.

3. Parents are strongly encouraged to sign up for and actively participate on one OZ committee. Committees are usually built around a small part of the Ozaukee club operation. These small groups are determined as needed when we host our monthly Parent Action Committee meetings with our coaching staff and parents alike.



Fees

When you begin your registration, you will have the ability to choose to register for the sessions that pertain to you. An overview of these periods are found below. When you choose your sessions, you will be charged a monthly installment on the **first of each month**. The number of installments is noted in the parentheses below. Each swim group has a respective monthly due, related to the level of commitment and meet participation expected. These dues are posted on our website for your convenience. *Please note that we do not offer monthly memberships; you will be required to pay a full installment regardless of time away.*

These fees help cover the cost of our pool rentals, allow us to host fantastic swim meets, and help ensure that our trusted, experienced coaches are paid their respected worth.

USA Swimming



Each of our swimmers will be registered with USA Swimming, an organization of over 300,000 beginners, competitive and Olympic members all sharing a passion for swimming. USA

swimming registration provides swimmers and their families with valuable swimming information, recognition, and opportunities as well as insurance coverage for our swimmers and coaches.



Uniform

Swimmers are free to wear the suit of their choice at practice, but we like all swimmers to wear an OZ cap during practice. Basic practice needs are a swim suit, a swim cap and goggles. For meets, swimmers are expected to purchase and wear a team cap, and wear a team t- shirt or warm up.

These items can be purchased through our team sponsor, Elsmore Swim Shop by logging into their TEAM STORE online at www.elsmoreswim.com. They will also be on sale frequently through our Ozaukee Aquatics Website!



How do I get started with OZ?

The first step to your involvement with Ozaukee Aquatics is to **reach out to one of our head coaches, Steve Keller and Mark Gwidt**. By emailing one of these coaches, we can set up a time for you to attend an Oz practice and allow us to determine which group will be best for you!

Steve Keller- Head Senior Coach
Ozaukeeaquatics@gmail.com

Mark Gwidt- Head Age Group Coach
mgswims@voyager.net

Then, when the current season is ending, our head coaches will work with all coaching staff to help ensure that each swimmer is placed in the correct group for the next season. This again is dependent on your swimmer's age, abilities, and commitment level. Registration takes place in August for our fall/winter session and in February for our spring/summer session.

See you at the Pool!
GO OZ!

