

AQUAVOLVES



Swimmer safety:

- Locker rooms are only open to swimmers. Bathroom for parents and spectators is available outside the pool area.
- Only people allowed on deck are those with a USA Swimming Deck Pass.
- Absolutely no photography on the deck or in the locker rooms.
- No swimmer may dive off the block without coach supervision.
- No swimmers may swim outside of their practice time without a coach.
- The team has a full tab on USA swimming's Safe Sport rules, please review these with your athletes.
- **18+ Athletes PLEASE READ: Minor Athlete Abuse Prevention (MAAP)**
Adults (18 years or older) that interact with the swimmers through any USA swimming role need to be athlete protection training certified. This does include athletes on the team that are 18.
You must fill out an acknowledgement form that you have read and understand the new rule. The rules and form will be emailed again. You will NOT be allowed to compete if this is not done.

Gear and Equipment Requirements:

- TYR sponsorship requires: Backpack, team suit and jacket. If your swimmer already has a team backpack or jacket, they do not need to purchase a new one each year. **If you're interested in purchasing warm-ups, please purchase the black option.** Bags can be any color as long as it is TYR.
- Most of our equipment can be found on the MI Sports Store. Here is the link- [http://Aquawolves Swim Team – MI Sports \(swimmisports.com\)](http://Aquawolves Swim Team – MI Sports (swimmisports.com))
- National: Fins, Paddles, and FINIS TEMPO TRAINER
- National Prep: Fins, Snorkel, Paddles, and FINIS TEMPO TRAINER.
- Seniors: Fins, Snorkel, and Paddles
- Gold: Fins, Snorkel, Paddles and FINIS TEMPO TRAINER
- Cobalt: Fins, Snorkel, and FINIS TEMPO TRAINER- recommended not required
- Silver: Fins, Snorkel, and FINIS TEMPO TRAINER
- Bronze: Fins, Snorkel
- Blue: Fins
- Caps are purchased through the Coaches. Regular Swim caps are \$15, State caps are \$20. Cash or we can add to your account.
- **Swimmers are only allowed to wear TEAM CAPS at practices and meets.**
- Goggles should be high quality and fit properly. It is in your interest to get good ones and always have 2 sets especially at meets.

Website:

- The team website is our primary source of information and communication.
- Practice schedule is located on the NEWS tab. There is a weekly schedule and an outline for the season.
- Swimmers can sign up for events and swim meets through the website. Swimmers NEED to sign up by entry deadlines or you risk not getting into events. A \$25 late fee will be billed to your account for changes/late sign ups. There is never a guarantee that we can make changes or add swimmers to meets.
- You will receive an invitation to log into your account when you have finished registration and paid the balance.

Swim meets:

- Not required (except National Groups) but STRONGLY encouraged to make as many as possible. Especially the HOME meets!
- Athletes are only allowed to participate in meets the team is participating in unless approved by Sean or Lyndsay.
- Our goal is to set your kids up for success and not overstretch them. The meets are spaced out the way we feel is best for everyone. We don't like to swim meets back-to-back or "last" chance meets.

- Aquawolves charges \$25 fee for attending meet in addition to host team's fees. This can be reimbursed through a team credit if you volunteer at the meet. This excludes home meets.
- Team attire is required – shirt, jacket, suit, cap. Always have 2 pair of goggles at swim meets. **12 and Under athletes are not allowed to wear Tech/ Fake Tech suits of any kind. Please talk to your coach if you guys have questions on why.**
- Some meets have Qualifying times. For those meets, your swimmers time will appear red on the entry page if they do not have the time standard. If the time is black, they qualify in that event. PLEASE do not sign up if the event is red. If there is an issue with the time, please email Coach Lyndsay.
- Coaches will have the opportunity to change/pick 1 event per day per swimmer. We want to see kids in Bronze and above signed up for the 200 at each meet.
- Parents are not allowed on deck at most of our meets, except when volunteering.
- Bleacher seating is common at larger meets, come prepared.
- The week of each meet, detailed information will be sent out. This usually includes when our warmup time is, please arrive 15 minutes early.
- PLEASE make sure to ALWAYS read the meet info posted on the website. SOMETIMES there will be changes so any email sent out after the fact, please go off that information. Times may change based on the number of kids that sign up for the meet.
- **A coach needs to be informed if you are not planning on showing up at the beginning of the meet / warmups. Unless we know otherwise, we expect everyone to show up for team warmup before the meet starts.**
- We highly recommend swimmers compete at the highest meet they qualify for. We understand important life events happen, but please do your best to plan accordingly.
- **Historically, we have had a lot of LATE entries into meets. This causes a lot of extra work for us and the host team. We will strictly enforce this rule moving forward. \$25 late fee for any meet entries that are sent/requested after the TEAM deadline. Please note this is different than what is on the meet info. This will be applied directly to your billing account.**

Volunteer Requirements:

- During the year we will ask our families to volunteer at swim meets.
- If you are going to an away meet you need to plan on being there and potentially helping.
- **HOME MEETS- YOU MUST HELP OUT OR WE CAN NOT RUN A HOME MEET!!!!!! Every family MUST fill at least one slot. There is no credit for helping at home meets, we expect your help.**
- **HELP NEEDED:** We are determined to have more home meets this year and we need help from the parents to make this happen. We are looking for LEAD volunteers. Please e-mail Lyndsay if you are interested. We need a parent for set up/tear down, concessions, safety director, timing, results, and other admin.
- We unfortunately have had a hard time finding volunteers for timing at our away meets. We are raising our meet fees and will WAIVE the meet fee for those that sign up to time. We will make all shifts one hour and will be first come first serve to sign up.

Iron Wolf:

The Iron Wolf is a newer program for our team designed to help swimmers grow and gain courage by trying new events they have never swam before!

We want to recognize those that are brave enough to swim all/most the events offered to their age group and **swim them legally!** Children that complete this program will receive a T-Shirt to show off to everyone else that they are an Iron Wolf!!

Our goal is that swimmers will expand their horizons, so they have a fair assessment of what events/distances they like and are good at. As a team we will grow by stepping outside our comfort zone.

The Iron Wolf program will run from the first Short Course meet through the last Long Course meet, roughly September 2023 - August 2024. The age the swimmer is when they *complete the last event* is the age bracket, they will fall in. Example: Your 12-year-old will turn 13 in March 2024. If they complete ALL qualifications as an 11-12 *before* they turn 13 then that will count. If they do not complete this challenge until *after* turning 13, then all events must meet the requirements for the 13 and older group. **Once you believe your child has accomplished this, please email**

Lyndsay at lyndsay@aquawolvesswimming.org She will double check the races and requirements then get the Iron Wolf shirt ordered! Remember, the goal is to try new distances and different strokes. It does not matter what time you earn!!!

Try Hard Program:

The Try Hard Program is a program that rewards athletes on the commitment to practice. Coaches take attendance at each practice and parents and athletes can view it on their end as well. If they achieve over the exceptional attendance goal for this program, they will receive a shirt. Attendance is determined at the end of each official season which is different for each group. Coaches will take care of this directly.

- Blue – 70% or higher
- Bronze – 75% or higher
- Silver – 80% or higher
- Gold – 80% or higher

Social Outings:

Please keep an eye out for social outings! We will make events on the website.

HELP NEEDED: We would LOVE it if we could get one family/group to host an event for each group per season. Even if it is as simple as a team dinner at someone's house or pizza at the pool. We want to continue to build team comradery and we would love to have some help here from families. I am happy to communicate and help in anyway, just need help planning. Anything you want emailed out just let me know!

IMPORTANT POLICY INFORMATION:

Please give the team 30 days' notice for any billing changes If you are trying to cancel your membership or have any other billing adjustments we require 30 day's notice. We appreciate knowing in advance so we can keep everything running smoothly. If you do not give us 30 days, we do not have to honor your request.

IMPORTANT: This team is a year-round team, and your membership is a year-round commitment. The payment for the membership is paid over an 11-month period. The only month we do not have billing is in AUGUST.

Payment/ Invoice Information:

- Aquawolves accepts payment by credit card, automatic check withdrawal (ACH).
- Automatic billing occurs at 12:01 AM on the first of every month. An invoice will generate, and that amount will be charged to the credit card or ACH on file.
- A system generated email will be sent to all accounts each month with a link to your invoice.
- **A late charge of \$25 will be billed to any account carrying a balance after the 15th of each month.** If you update your card, you need to tell us to manually bill it. The system only auto runs on the first of the month.

- ***If you are paying late/after the auto draft on the first, please contact Coach Lyndsay to manually run your billing.*** If you are on ACH we can not run your payment method, it can only auto run on the first.

Groups:

- Group placement is decided by the coaches.
- Parent input is not necessary on this issue. Please do not email a coach about group movement.
- We are aware of the swimmers on the team and what group is appropriate. We keep the full team in mind when we make groups and do movement.
- Swimmers are encouraged to have conversations with their coaches on what their goals are and how to progress and move forward. They may ask their coach about group placements and how to move on.
- Silver swimmers must have 9-10 B time standards. Gold swimmers must have 11-12 B time standards. National prep 13-14 must have B time standards AND attendance over 70%. Nationals swimmers will be invited in the group when the coaches see fit.

Expect swimmers to swim 1-3 years in each group

GROUP FLOW CHART/ OVERVIEW:

Blue: 5-8 yrs old must be able to swim 50 free and 50 back. 1 Hour of swimming unassisted. Learning Breast and Fly,

Bronze: 8-10
Must be legal in all 4 strokes .

Silver: 8-11 Grades 4-5th
9-10s with B Standards

Cobalt: 11-14
Kids developing their skills. Enjoy the sport. Building a strong foundation. No attendance or meet requirements.

Gold: 11-13 6th-8th
11-12s with B Standards
13-year-olds on track for NP

Seniors: 14-18 9-12th grade
High School group. Athletes that love the sport but have other commitments. Want to stay in shape, work on developing their strokes.

National Prep 8th-10th grade
13-14 B standard and proven attendance
Are allowed in based on coaches discretion.

Nationals: Most ELITE Group on the team. For athletes that have AA times or better. Coach Invite Group ONLY
8th graders with Sectional times. 9th and higher 15-16 AA standard