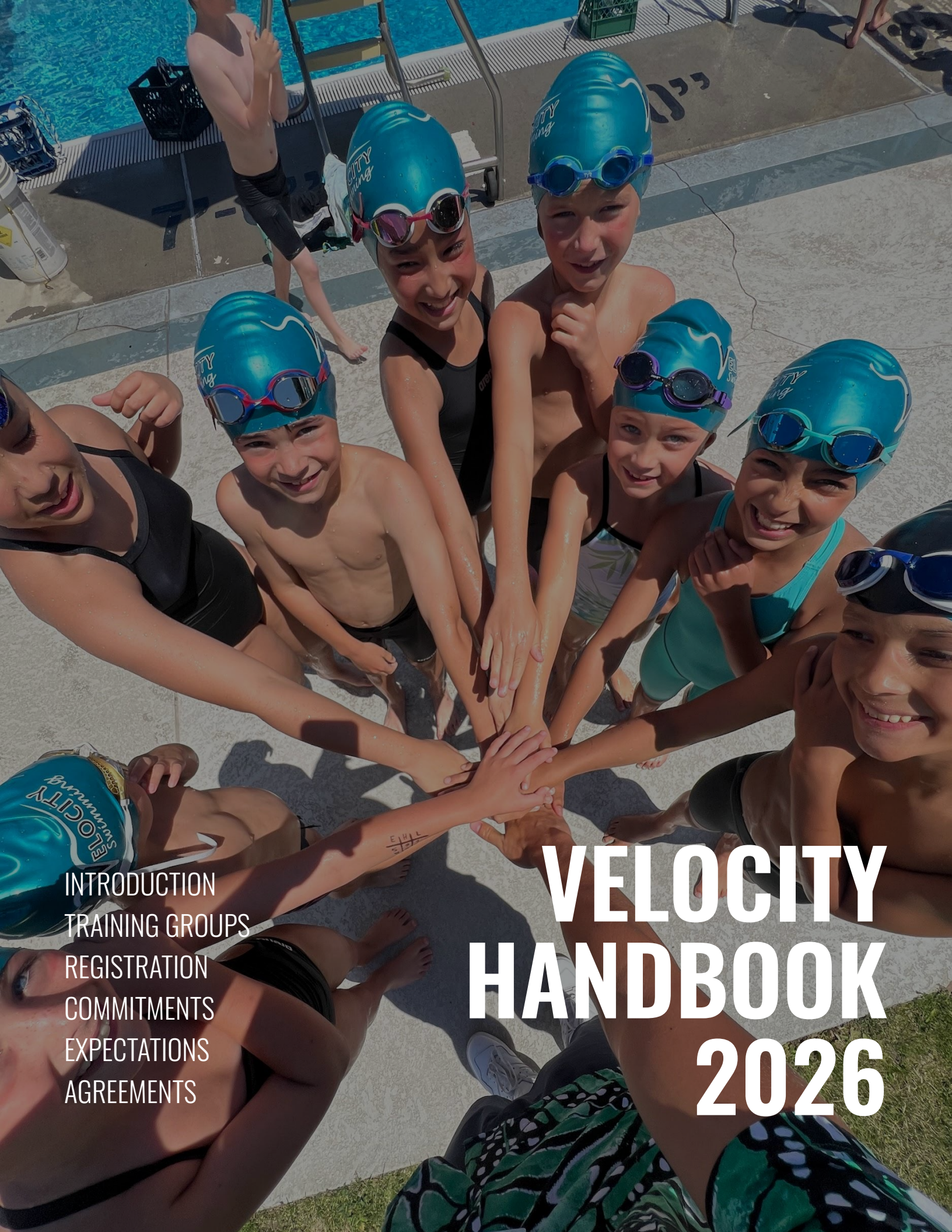


Full Document



INTRODUCTION
TRAINING GROUPS
REGISTRATION
COMMITMENTS
EXPECTATIONS
AGREEMENTS

VELOCITY HANDBOOK 2026

INTRODUCING VELOCITY



WELCOME TO VELOCITY SWIMMING!

If you are new to the world of competitive swimming, the sport can sometimes feel like an alphabet soup of different acronyms and governing bodies. This table illustrates exactly how our club fits into the broader swimming community, from the national stage of USA Swimming all the way down to our local pools here in Central Washington. This is the framework that supports their journey in the water.



USASwimming

The National Level. This is the national governing body for competitive swimming in the United States. They set universal rules, provide insurance, and establish time standards. Every athlete at Velocity is a registered member of USA Swimming.



Inland Empire Swimming

The Local Level (LSC). IES is our specific Local Swimming Committee (LSC), governing eastern Washington and northern Idaho. They sanction our local meets, manage the officials, and track athlete performances.



Velocity Swimming

Your Home Base. This is our club. Operating under the rules of USA Swimming and competing within the IES, Velocity is where the day-to-day training, coaching, and team building happens.



US Masters Swimming

The Lifelong Counterpart. USMS is a separate national organization dedicated to adults (ages 18 and older). USMS provides fitness and competitive opportunities for adults.

Velocity Swimming is a registered Washington nonprofit corporation. Our club is governed by a volunteer Board of Directors, consisting of an Executive Committee and six Directors elected directly by our membership. While the Board oversees the overarching governance and strategic direction of the club,, athletic programming, practice facility logistics, and staff management are led by our Head Coaches. These coaches work in tandem with the Board and our coaching staff to ensure your athletes receive the highest quality training in a structured, well-managed environment.

To maintain a safe, competitive, and supportive culture, we rely on clear expectations for both our athletes and their families. At the end of this Information Packet, you will find an "Agreements" section. By signing this section upon registration, Velocity members agree to abide by the rules and guidelines detailed in our comprehensive Team Policy Packet. We encourage all new families to review the Policy Packet so we can work together for the benefit of our swimming community.

INTRODUCING VELOCITY



TEAM MISSION STATEMENT

Promoting the development of life skills through the sport of swimming.

TEAM VISION STATEMENT

Velocity Swimming is the premier family-oriented, year-round, competitive swimming program in North Central Washington. Our aim is to ensure that all swimmers reach their maximum potential both in and out of the pool and that all members develop life skills such as self-confidence, discipline, hard work, sportsmanship, and team work. Velocity Swimming, in conjunction with USA Swimming, is committed to providing a safe and supportive environment for all of our athletes. The success of Velocity Swimming is built from the foundation of working together for the benefit of our swimming program and community-at-large.

TRAINING LOCATIONS

Eastmont Aquatic Center

Address: 980 3rd St. NE, East Wenatchee, WA 98802

Facility Overview: Located in East Wenatchee, this indoor aquatic facility serves as a vital, short-course training hub. The facility features standard lap lanes and a deep tank. It is also the home pool for Eastmont High School's Swim and Dive team, as well as other Eastmont Parks & Rec programs.

Wenatchee Outdoor City Pool

Address: 220 Fuller St, Wenatchee, WA 98801

Facility Overview: This expansive outdoor facility features a 10-lane, 50-meter pool, making it our home for summer Long Course Meters (LCM) training. This pool is a staple of our summer season and serves as the proud host site for our annual Starlight and Apple Capital meets.

James Elwyn Aquatic Center (WHS Pool)

Address: 1101 Millerdale Ave, Wenatchee, WA 98801

Facility Overview: Located on the Wenatchee High School campus, this indoor pool provides an excellent environment for short-course training and local competitions. The center is named in honor of legendary local coach and teacher James Elwyn, carrying a strong legacy of swimming excellence.

VELOCITY CARE CHARTER

OUR MISSION & COMMITMENT

We are committed to building a competitive, supportive, and disciplined swim team environment where every athlete can grow both in and out of the water. Through teamwork and personal responsibility, we strive for excellence guided by our core values: Control, Accountability, Respect, and Effort (C.A.R.E.) As members of this swim team, we commit to living out C.A.R.E. in everything we do. We understand that success is not only measured by times and achievements, but by our character, teamwork, and dedication.

CONTROL

- We exercise control of our mind, actions, and emotions,
- give focus during practice and meets,
- manage emotions - win or lose - with composure, and
- make smart choices that reflect positively on oneself.

ACCOUNTABILITY

- We take responsibility for our performance and commitments,
- communicate honestly with coaches and teammates,
- show up on time with equipment and a good attitude, and
- own and learn from our successes and mistakes.

RESPECT

- We treat everyone and everything with care,
- show respect to coaches, teammates, officials and competitors,
- care for all facilities and equipment, and
- encourage others and represent Velocity with integrity.

EFFORT

- We give our best at every practice, meet and team activity,
- push ourselves to improve even when challenged,
- stay committed to the team and personal goals, and
- embrace growth, discipline and perseverance.

INTRODUCING VELOCITY



Christian Cutter

- WHS Alum & Collegiate Athlete
- 2020 HS All-American & Previous State Record Holder
- Past Wenatchee School District Head Coach

Dear Velocity Family,

Coaching in Wenatchee is deeply fulfilling for me. Growing up with Velocity, returning to work with athletes who are developing a shared love for swimming is a wonderful full-circle moment. Before returning, I graduated from Pacific Lutheran University and worked with the Wenatchee and Eastmont School Districts, as well as Eastmont Parks and Recreation, leading various community swim programs.

You will typically find me on deck with the 13 & over groups. I am passionate about perfecting stroke technique, mastering swim fundamentals, and exploring personal growth. My coaching philosophy focuses on incremental, long-term improvements by strengthening the essential coach-athlete-parent support triangle.

In my free time, I am an avid hobbyist. Recently, I have discovered a love for bowling and chess, adding to my interests in drone flying, DJing, and web development.

Happy Swimming,
Christian Cutter



Audrey Hyde

- ADM and USA swimming certified
- Collegiate Swimmer & Academic Scholar
- Team Captain & All-Team Recognition

Dear Velocity Family,

I am so excited to be part of this program and to work with your athlete. I will be spending most of my time on deck with athletes in the 12 & under group. I have experience coaching this age group in swimming, as well as in other sports including basketball and volleyball. I also previously worked as a junior high science teacher.

I grew up in this valley and have been involved with several swim programs, including Velocity, WHS swim, the middle school swim program, and the WRAC summer swim league. I went on to swim at Dixie State University in St. George, Utah, where I competed for four years. The life lessons swimming taught me have played a major role in shaping who I am today.

My coaching philosophy centers on athlete development at every level—ensuring swimmers feel challenged, supported, and valued. I have truly enjoyed being part of the Velocity swim program so far and am excited for the future we will build together.

In my free time, I enjoy reading, spending time outdoors with my husband and our two sons (ages 3.5 and 1.5), and being out on the boat in the summer.

Thank you, and I look forward to getting to know you all!

Best regards,
Audrey Hyde

TRAINING GROUPS



ATHLETE PLACEMENT & EVALUATION

Velocity offers **Developmental** and **Competitive** tracks designed to meet athletes at their current skill level. Each group maintains specific goals, standards, and attendance commitments. Except for the Masters program, all new and returning athletes must complete a placement evaluation to ensure they are in the environment best suited for their growth.

DEVELOPMENTAL

Splash - 12&U Lessons • Become water safe • Learn free & back	Pre-Team - 12&U Practice • Learn swim fundamentals • Become legal in all strokes	Rec Group - 18&U Practice • Exhibit a positive attitude • Adhere to Policy Packet
--	---	--

COMPETITIVE

Littles - 10&U Training • Must be competition legal • Gives respect & effort	Age Groupers - 12&U Training • [TBD] • Is accountable	Seniors - 13&O Training • [TBD] • Gives leadership
---	--	---

MASTERS

Masters - 19&O Training • Creates social connections • Practices good technique
--

REQUIRED PRACTICE EQUIPMENT

Being prepared for practice starts with having the right gear. All athletes are responsible for bringing their own swimsuit, goggles, and swim cap to every session. Velocity provides one team cap upon initial registration; replacement caps are available for purchase through the team office for \$10.

Group	Equipment
Rec Group	Fins
Littles	Kick Board, Pull Buoy, Fins
Age Groupers	Kick Board, Pull Buoy, Fins
Seniors	Kick Board, Pull Buoy, Fins, Snorkel, Paddles
Masters	Kick Board, Pull Buoy, Fins, Paddles

TEAM REGISTRATION



All athletes must register with Velocity Swimming at the start of each swim year, which runs from September 2025 through August 2026.

Registration is completed online here: [Online Registration Link](#)

REGISTRATION PROCEDURES

New Athlete Tryouts

All new swimmers must attend a tryout for group placement. To schedule, please contact the appropriate coach based on the athlete's age:

- 12&U? Email Coach Audrey at coachaudrey@velocity-swimming.com.
- 13&O? Email Coach Christian at coachchristian@velocity-swimming.com.

Returning Athletes

- Registration fees and any outstanding balances must be paid in full prior to the first practice.
- Athletes 18 and older must complete the USA SafeSport Athlete Protection Training (APT) before their first practice

College Athlete Alumni

Alumni should contact Coach Christian to discuss registration. Athletes must maintain current USA Swimming registration and APT certification. Dues for college athletes are determined on a case-by-case basis and are generally only charged if the athlete intends to compete in meets.

TEAM REGISTRATION



DUES & FINANCIAL POLICIES

Velocity Swimming is funded through registration fees, monthly training dues, and fundraising. These funds cover essential operations, including coaching staff, pool rentals, and equipment.

Annual Commitment & Dues

Membership requires a 12-month commitment starting each September. For convenience, annual training dues are divided into 11 equal monthly installments. These installments include the USA Swimming registration fee, a team shirt, and administrative costs. If an athlete moves to a different training group mid-year, the rate will be adjusted and prorated accordingly.

* Because of a change in athlete groups and dues in March 2026, families were appropriately reimbursed for immediate due decreases. For questions regarding this transition and its effect on account balances, reach out to Coach Christian at coachchristian@velocity-swimming.com.

Group	Registration	11-Month Installments
Splash	\$165	\$95
Pre-Team	\$165	\$95
Littles	\$230	\$100
Age Groupers	\$245	\$115
Rec Group	\$195	\$125
Seniors	\$290	\$160
Masters	\$100	\$80

Scholarships

Through the generosity of donors and local grants, Velocity Swimming offers limited financial scholarships to families in need. These funds are intended to help cover registration fees and monthly dues.

Interested families can apply for consideration via our [Online Scholarship Application Form](#).

TEAM REGISTRATION



WITHDRAWAL & LEAVE POLICIES

30-Day Trial Period

New or returning swimmers may withdraw within the first 30 days of registration if the program is not a fit. In this case, only the dues for the active month are billed; however, the registration fee remains non-refundable. Written notice must be emailed to the Primary Coach and Treasurer within this 30-day window.

Standard Withdrawal & Termination

Should a swimmer decide to leave the team at any point in the season; they must provide written notice by email to the Coach Christian (coachchristian@velocity-swimming.com) and the Treasurer (treasurer@velocity-swimming.com) at least 30 days in advance. In such cases, the swimmer will be required to pay the following.

- Current month dues
- The annual fundraising requirement
- An early termination fee of \$250

Swimmers rejoining the team after a withdrawal will be responsible for a new registration fee and standard monthly dues.

Mid-Season Enrollment & Injury Leave

- Mid-Season Starts: Dues for new athletes joining mid-season are prorated based on their start month. Returning swimmers joining mid-season are responsible for the full annual dues.
- Injury Leave: If a swimmer is unable to participate due to injury, a medical provider's documentation must be submitted to the primary coach. Monthly dues will be suspended until the athlete is cleared to return.

MEET FEES & PARTICIPATION

Athletes are encouraged to participate in competitive events to build experience and team spirit. Meet sign-ups must be completed via the team website. Please review the following billing policies regarding meet participation:

- Fees are billed to your account and due on the 1st of the month following the meet.
- Meet fees are non-refundable once the entry deadline has passed, regardless of athlete attendance.
- Fees are determined by the total number of individual and relay event entries. (~\$6.00 per event)
- A surcharge required by the LSC (typically \$20 to \$50) is applied per swimmer per meet.
- Families are responsible for all personal travel costs.

TEAM REGISTRATION



BILLING & FINANCIAL POLICIES

Velocity Swimming uses **Team Unify** (by Sports Engine) for all registration and financial management. Your account provides access to billing statements, meet sign-ups, practice calendars, and communication tools. We accept payment via credit card, debit card, check, or cash. It is the responsibility of each family to regularly review their account and maintain a timely payment schedule.

Billing Cycle & Fees

- Monthly training dues are billed on the 1st of each month and are not prorated.
- Incidentals (meet fees, clinics, etc.) are billed in the month the event occurs and must be paid by the 15th of the following month.
- A \$25 late fee is assessed for any payments not postmarked or processed by the 15th.
- Auto-pay is available for checking/savings accounts or credit cards. Credit card transactions will incur a convenience fee.
- A \$35 fee will be assessed for all NSF checks.

Delinquent Accounts

- **30 Days Past Due:** Athletes become ineligible to enter or participate in swim meets until the account is current. Any existing meet entries will be scratched, though the family remains responsible for those fees.
- **60 Days Past Due:** Athletes are ineligible to enter meets or participate in team practices until the balance is resolved.
- **90 Days Past Due:** Accounts will be reviewed by the Executive Committee for potential submission to collections.
- All prior season balances must be cleared before registering for a new season.

Appeals & Resolution

For specific billing questions, please contact the Treasurer at treasurer@velocity-swimming.com. If a family wishes to appeal a Membership Agreement issue, they should contact the Board President (boardpresident@velocity-swimming.com). The Executive Committee will review the appeal at their next scheduled meeting; all committee decisions are final.

TEAM COMMITMENTS



TEAM COMMITMENTS: WORKSHARE & FUNDRAISING

To maintain affordable dues and successful home meets, Velocity requires workshare and fundraising contributions from our families. Commitments vary by training group:

Group	Total Workshare	Fundraising
Developmental	None	None
Competitive	48 Hours	\$250 per Swimmer / \$500 per Family
Masters	8 Hours	None

Note: Developmental Group families can work home meets in exchange for home meet participation.

Workshare Rules

- Sign-ups for our six annual home meets are posted online via Team Unify.
- Families are responsible for finding a replacement if they cannot work a scheduled shift.
- Unworked hours are billed at \$50/hour; failure to show results in a \$50/hour no-show fee.

48 Hour Competitive Workshare Split

Meet	Dates	Min Hours	Notes
Very Scary	Oct 25-26	6 hours	<i>Medium-sized, fall kick-off meet.</i>
Christmas Open	Dec 6-7	6 hours	<i>Busy meet with a larger regional draw.</i>
Masters Winter Open	Jan 10	Fundraiser	<i>This meet is for master swimmers only. Volunteer Hours raise \$10 per hour worked.</i>
James Elwyn Meet	Apr 25	2 hours	<i>Single-day spring meet at the WHS pool.</i>
Apple Capital	May 28-31	16 hours	<i>Massive 4-day premier home meet. Draws teams from across the Pacific Northwest. All-hands-on-deck weekend. High volunteer engagement is absolutely critical.</i>
Velocity Distance	Jun 3	2 hours	<i>A small specialized single-day meet</i>
Starlight	Jun 19-21	16 hours	<i>3-day summer classic. Draws big crowds and requires significant volunteer support.</i>

TEAM COMMITMENTS



Fundraising Methods

- **Swim-a-Thon:** An annual fundraising event where athletes set goals for laps completed within a set time. Coaches encourage swimmers to do their best, and donations are collected based on lap counts or flat participation fees. We make the day fun with music and snacks.
 - ◆ **Swim-a-thon Forms:** [Pledge Chart](#), [Pledge Form](#), [Receipt Form](#), [Solicitation Letter Template](#)
- **RaiseRight:** Use the RaiseRight app to buy digital or physical gift cards from popular retailers you already shop at. A small percentage of your purchase is automatically donated to Velocity and credited toward your swimmer's goal.
 - ◆ **RaiseRight Setup:** Enrollment Code: 9L5F73L949133. [RaiseRight Website](#)
- **Corporate Sponsorships:** If you own a company or know someone who does, a corporate sponsorship is a great way to fundraise; 100% of secured funds are credited to your swimmer's requirement.
- **NCW Gives:** An online giving campaign that runs from Thanksgiving through December 31st. The minimum donation is \$10, and all proceeds go to your chosen non-profit. [NCW Gives Website](#).

TEAM EXPECTATIONS



POLICY PACKET

In the **Agreements** section below, all Velocity families must acknowledge and agree to abide by the rules and guidelines detailed in our team's most current [Velocity Policy Packet](#), which outlines our Code of Conduct, SafeSport, Bullying Policy, MAAPP, and other necessary policies.

PARENT EXPECTATIONS

The success of every swimmer relies on a strong "Support Triangle" structure: parent, athlete, and coach. To foster a competitive, supportive, and safe environment, we ask all parents to keep the following general rules of thumb in mind:

1. **Prioritize Fun:** Swimming is a sport and sports are supposed to be fun!
2. **Maximize Your Role:** Each part of the Support Triangle plays a specific, crucial role.
 - a. **Swimmer:** Always put forth their best effort.
 - b. **Coaches:** Provide training, technique refinement, and council on the demands of the sport.
 - c. **Parents:** Provide consistency, love, and unconditional support for your athlete.
3. **Nutrition and Rest:** As a parent, you primarily influence your child's diet and rest, which are essential for maximum performance.
 - a. Focus on real food first and avoid supplements.
 - b. Ensure proper hydration.
 - c. Prioritize good quantity and regular intervals of sleep.
4. **Avoid Pressure:** Swimmers and coaches already put pressure on athletes to perform. The Support Triangle will crack if it is getting pressure from all sides. Parents who make it the farthest in the sport are those who do not put any additional pressure on their swimmers to succeed, ensuring they just know you care about them.
5. **Volunteer & Stay Connected:** Help out and support other swim parents, as we are a community.
6. **Order of Priorities:** When facing hard decisions, remember the order of priorities: Family, School, Swimming.
7. **Coach-Parent Boundaries:** To ensure focused training, parents must remain in the bleachers during practice. For questions or concerns, please contact coaches via email or GroupMe. If a meeting is necessary, please schedule a time before or after practice sessions.

TEAM AGREEMENTS



By signing below, you acknowledge and agree to the following terms and commitments for the current swim year:

ACKNOWLEDGEMENT

I have read and understand all requirements and expectations as outlined in the **Velocity Handbook 2026** and the team's most current **Velocity Policy Packet** (including the Code of Conducts, SafeSport, Bullying, and MAAPP policies).

REGISTRATION & PAYMENT

I acknowledge and understand all requirements of the **Dues & Financial Policies** (including the Annual Commitment & Dues, Withdrawal & Leave Policies, and Billing & Financial Policies).

1. I understand that training fees are payable in 11 monthly installments, billed on the 1st of each month.
2. I agree to pay a **\$25 late fee** for any payments not processed by the 15th.
3. I understand that accounts **30 days past due** will result in the athlete being ineligible for meets, and accounts **60 days past due** will result in the athlete being ineligible for team practices.

MANDATORY COMMITMENTS

I acknowledge and understand all requirements of the **Team Commitments: Workshare & Fundraising** section.

4. For Competitive group families, I agree to complete **48 hours** of workshare (Masters: **8 hours**) and fulfill the annual fundraising requirement of **\$250 per swimmer / \$500 per family**.
5. I understand that any unworked hours will be billed at **\$50/hour**, and any unfulfilled fundraising requirement will also be billed to my account.

POLICY PACKET

I acknowledge that I and my swimmer have read, understand, and agree to abide by all rules and guidelines detailed in the most current [Velocity Policy Packet](#), including the MAAPP and Codes of Conduct policies.

Parent/Guardian Signature

Date

Athlete Signature (Competitive Groups Only)

Date