



Welcome to Seminole Aquatics!

You're now a part of a competitive aquatics program that has been one of the leaders in Central Florida for nearly 25 years, a program that has taught the sports of swimming and water polo to over a thousand young people. We love what we do at SA, and we value the families that share this journey with us!

Here are a few important things to know:

COMMUNICATIONS: Please check your email daily; if you have a question for Head Swimming Coach Tony Ackerson about anything involving the training programs, you can reach me at swimseminole@hotmail.com. If the issue involves anything financial (billing, suspending your account, etc.), contact Tami Ackerson at reachseminoleaquatics@gmail.com. Please do not call the pool, as the lifeguards are not versed in answering questions on SA policies or schedules. We rely on email as our primary form of communication.

TO START RECEIVING SA TEXT MESSAGES: Click [HERE](#) to find out how to get texts from us on weather delays, reminders, etc.

DROP OFF AND PICK-UP: It can be fun once in a while to watch your child's practice, but I'm going to strongly suggest that you simply drop off your child 10 minutes before their scheduled practice time and be there to pick them up right at the conclusion. Please don't be late picking up; most children don't like it, and we cannot monitor your child if they wander down to the parking lot after practice concludes.

LIGHTNING AND WEATHER ISSUES: We do get our share of lightning in Florida during the Spring and Summer months. The City pool has a systematic lightning approach that involves clearing the pool and deck anytime there is a City-detected lightning strike within 8 miles of the facility. The lightning app that the City uses is the only one that matters for these judgements. The pool deck is reopened once there have been no strikes within the 8-mile range for 30 minutes.

Please talk to your child about **what** you want them to do while we are out of the pool for lightning delays. City lifeguards are responsible for clearing the water and the pool deck; they are not responsible for your children outside of the facility. Children often try to play out in the open near the parking lot while they wait for an all-clear signal. If you want your child to take safe cover in the pool breezeway, please convey this to your child.

Our facility is heated to a water temperature that usually ranges between 79 and 83 degrees. During the winter months, there will be some days and evenings when we deem it to be too

cold to swim, and the practices that day will be cancelled. There are no makeups for these days.

CHANGING TRAINING GROUPS: When a child is ready to move from one swim team group to the next, the coach will let the child know in advance of the next month. There are no “mass-migrations”, or monthly tests. The moves are made when the time is right, and our coaches know when to make these moves.

Parents, please resist the urge to ask our coaches to “push” or “challenge” your kids, or to rush the process. We know what we’re doing. The best athletes we’ve ever had at SA typically had low-pressure, “laid-back” parents. In my 24 years since founding this team, the kids that “burned out” early nearly all had parents that were frequently on deck, were constantly pushing their kids, and were overly involved. By contrast, the parents of the MOST successful swimmers I’ve ever coached trusted the process and were usually invisible at practices.

SPEAKING OF PARENTS . . . A few years ago, I put together a questionnaire that I believe can help you to maximize your child’s experience in swimming. Click [HERE](#) to take it!

SUSPENDING YOUR MEMBERSHIP: You can suspend any time by emailing Tami at the reachseminoleaquatics@gmail.com address. To not be billed for the next month, you must notify Tami via email before the end of that current month. When you want to resume, just email her again to verify that there is room in that group. **YOU DO NOT NEED TO RE-REGISTER TO RESUME!** Just email Tami with any billing questions that you might have.

FINANCIAL POLICIES: Reviewing and agreeing to our team financial policies was part of your initial registration process with SA, but in case you’d like to review them again, just click [HERE!](#)

SWIM MEETS: We do an average of one meet every 4 to 6 weeks, mostly all are local (Central Florida). Most meets are best suited for AG2 thru SR Group, although there will be a few meets that will be good for some of our AG1 swimmers. We email meet information usually a month or so prior to a competition, and we also have it listed on our home page at seminoleaquatics.org under the “[Meets](#)” tab.

When you enter a swim meet (instructions on how to enter are part of the email notifying families of an upcoming event), you are responsible for the fees, regardless of whether your child ends up competing or not. There will also be a USA Swimming registration requirement for participation in the club meets that will be explained in the meet information.

WE ARE HIGHLY COMPETITIVE, BUT WE’RE ALSO LOW-PRESSURE! The goal at SA is to teach kids to have fun *and* learn the sport of swimming at the same time. This method produces kids that arrive at high school swimming hungry to compete, train, and work hard. Trust the system---it works!

Thanks for being a part of the team, and don't ever hesitate to reach out to me on deck or via email (below) if there is anything that I can do to make the experience better for you or your child.

Tony Ackerson
Head Coach/ Senior Coach
Seminole Aquatics
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