



2018-2019
Short Course Season
Flex Programs
Northeastern Swim Team
Handbook

Updated: August 13, 2018

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Introduction

The purpose of this handbook is to explain to new members just what the Northeastern Swim Team is and to outline various policies that affect all swimmers. All families should read it so that they may become familiar with important facts and rules of the club.

Why swim?

The USA Swimming age group swimming program is America's largest program of guided fitness activity for children. Age group swimming builds a strong foundation for a lifetime of good health, by teaching healthy fitness habits.

Physical Development

Many physicians and pediatricians consider swimming the ideal activity for developing muscular and skeletal growth. Swimming develops high quality aerobic endurance, the most important key to physical fitness. In other sports an hour of practice may yield as little as 10 minutes of meaningful exercise. Age group swimming teams use every precious minute of practice time developing fitness and teaching skills. Swimming does a better job in proportional muscular development by using all the body's major muscle groups. No other sport does this as well. Swimming enhances children's natural flexibility (at a time when they ordinarily begin to lose it) by exercising all of their major joints through a full range of motion. Swimming helps develop superior coordination because it requires combinations of complex movements of all parts of the body, enhancing harmonious muscle function, grace and fluidity of movement. Swimming is the most injury-free of all children's sports. Swimming is a sport that will bring kids fitness and enjoyment for life.

Intellectual Competence

In addition to physical development, children can develop greater intellectual competence by participating in a guided program of physical activity. Learning and using swimming skills engages the thinking processes. As they learn new techniques, children must develop and plan movement sequences. They improve by exploring new ideas. They learn that greater progress results from using their creative talents. Self-expression can be just as much physical as intellectual. Finally their accomplishments in learning and using new skills contribute to a stronger self-image.

What is the Northeastern Swim Team?

The Northeastern Swim Team (NST) is a non-profit organization. [We are swimmer centered, coach led and board supported.](#) The United States Swimming, Inc. and Iowa Swimming, Inc. (ISI) organizations govern our club. Anyone who is able to swim the length of the pool (25 yards) without stopping or assistance is eligible to join. The Northeastern Swim Team is open to anyone who can make practices that are located at the Luther College Aquatic Center in Decorah, IA or at the Cresco Fitness Center in Cresco, IA.

Mission Statement

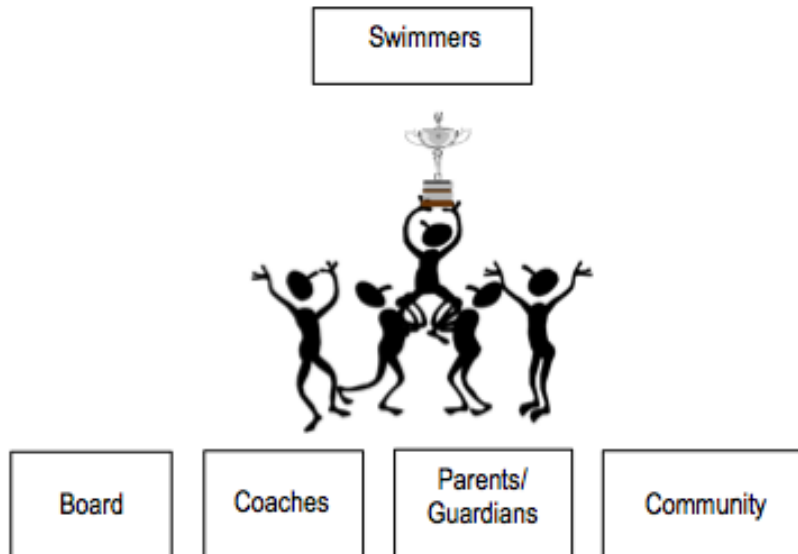
The Northeastern Swim Team is devoted to providing a positive learning environment for swimmers to grow, improve both physical and mental strength and enhance their technique in order to reach their potential in swimming. The Northeastern Swim Team will provide an atmosphere that will promote growth, teamwork, good sportsmanship, fun and hard work through the leadership of its coaches, family and community.

Philosophy

Teamwork: The Northeastern Swim Team is a team that is built upon the commitment, support, and participation of the swimmers, coaches, board, parents/guardians, and the community at large. NST believes that its success in achieving the team's goals is dependent upon the cooperation of all members.

Coaching: The Northeastern Swim Team is committed to providing comprehensive, expert swim/stroke training by an experienced coaching team. In addition to swim training, the Northeastern Swim Team promotes the practice of healthy lifestyle habits, such as good nutrition and sleep.

The Swimmer: The Northeastern Swim Team believes that each swimmer is an individual with different backgrounds, needs, and goals. The club focuses on the development of positive self-esteem and individual goal setting. The team encourages swimmers to represent NST by participating competitively on a year round basis. The Northeastern Swim Team believes that all members should model team spirit and sportsmanship.



Northeastern Swim Team Cheer

**NORTHEASTERN! NORTHEASTERN!
SWIMMERS IGNITED!
FAST! STRONG!
WE'RE CHAMPIONS UNITED!**

Parent Board

The Northeastern Swim Team is supported by a volunteer parent board, which is comprised of an executive committee (voting) and committee chairs (non-voting). The executive committee is made up of five members. Executive Committee members will meet monthly to discuss the dry-side of the organization. Committee chairs will meet with the Executive Committee quarterly or on a need-basis. Committee chairs also may establish sub-committees. Minutes from the board meeting are available upon request.

Executive Committee

All members on the executive committee will be in their current position for a two-year term for a maximum of two consecutive terms. At the end of their term, they may choose another position on the executive committee. They may also serve in the position they previously held after a single term break. As established in the clubs articles of incorporation, the Executive Director will shall remain in effect until voluntarily choosing to relinquish his/her position.

Committee Chairs

All committee Chairs are elected to a one-year term and are renewable each year. Elections take place in July of each year. All positions will be voted on and finalized by the Executive Committee.

Members of the Parent Board must have swimmers currently enrolled in the Northeastern Swim Team. Members shall not have a conflict of interest. Anyone interested in a position should state their interest by June. In July the executive committee will vote for committee chair positions and any executive committee position whose term has ended; except the Executive Director position. As established in the clubs articles of incorporation, the Executive Director will shall remain in effect until voluntarily choosing to relinquish his/her position.

Responsibilities of the Parent Board

The parent board is directly in charge of the “dry side” of operations. This includes managing the budget, setting up and assisting with fundraising, attending meetings, overseeing communication and parent education programs. The team will build relationships within the community and seek business sponsorships to establish a strong financial base for future growth.

One of NST’s goals is to create an environment of team cohesiveness. By providing regular social, team-building opportunities, the Parent Board hopes to nurture the team and to instill a sense of team pride. Parents/guardians and swimmers will be more motivated to be a part of NST, when they feel valued and enjoy themselves.

The NST Board plans to make our team more visible to the community through the use of various avenues:

Media – Articles that highlight the accomplishments of our swimmers at swim meets will be submitted to local news media.

Community Events – Participation in local events

Team Website – NST’s website will showcase our team and provide a valuable recruitment tool. The website will also provide a sponsorship tool for the team and an opportunity for interested businesses.

www.NortheasternSwimTeam.com

Annual Board Meeting

As stated in the Club bylaws the Northeastern Swim Team must hold an annual meeting in August to discuss upcoming team events, communicate training objectives, provide a financial status report and hold elections for new Parent Board members. The one to two hour meeting will include a brief presentation by the Board of Directors and a few words from the Head Coach.

Coach's Role

Northeastern Swim Team coaches' main responsibility is to mold all of our swimmers into the best swimmers that they can be. In addition, coaches mentor swimmers in life skills and positive values. Coaches shall build relationships with team families, to achieve mutually set goals for each swimmer. Coaches also help the team to build relationships with other aquatic organizations.

The head coach is in charge of the "wet side" of operations. This includes things such as:

- Overseeing all levels of swimming: designs, policies and plans for all groups
- Directly coaches at least one group
- Educates and supervises all coaches
- Sets practice schedule
- Sets practice groups
- Attends highest level of competition and sees that all swim meets are attended by a team coach
- Determines meet schedule and policies for team
- Oversees individual and team entries
- Supervises athletes at meets
- Sets attendance and discipline policies for swimmers

All NST coaches must meet high criteria set forth by USA Swimming. Each coach is a certified in athlete protection and holds a current First Aid and CPR Training for the Professional Rescuer certification. Coaches are also required to complete the USA Swimming Safety Training for Coaches Course. NST coaches have also passed a background check. All of the above requirements must be kept up to date for a swim coach to remain in good standing with USA Swimming and the Northeastern Swim Team.

Coach-Swimmer Relationship

Coaches have a major impact on swimmers' lives. From their first strokes to their first big meet, coaches are always there beside their athletes. Swimmers share their goals and dreams with their coaches. Coaches want swimmers to be successful in swimming and in life. Having a strong relationship with their coach is one step along that path. Their relationship needs to be based on trust, communication and mutual respect.

Many parents make the mistake of talking to the coach on behalf of their swimmer. However, parents need to step back and allow swimmers take responsibility. Open communication between swimmers and their coach is fundamental in building a better relationship.

Whenever coaches meet with a swimmer individually they will meet with swimmers on deck, in public, or somewhere visible to others.



Pictured: 28 Time Olympic Medalist Michael Phelps with life-long coach Bob Bowman

Parent/Guardian's Role

As the Parent/Guardian of a competitive swimmer, your main responsibility is to provide a caring, supporting environment. This support will encourage your child to feel good about his or her interest in competitive swimming. Show your support by ensuring your swimmer's attendance at practices and swim meets. Parents/guardians are not participants on their child's team but contribute to the success experienced by the swimmer and his or her team. Parents/guardians serve as role models, and children frequently emulate their attitudes. Strive to be a positive role model. Most important, show good sportsmanship at all times toward coaches, officials and other teams.

Parent Code of Conduct

As a Parent of the Northeastern Swim Team (NST), I will abide by the following code of conduct:

1. Practice teamwork with all parents, swimmers & coaches by supporting the values of Discipline, Loyalty, Commitment and Hard Work.
2. As a parent, I will not coach or instruct the team or any swimmer at a practice or meets (from the stands or any other area) or interfere with coaches on the pool deck. Any communication with the coaching staff will occur either prior to the start of a coach's shift or after the conclusion of his/her coaching day. Parents are to remain in the stands at Luther College Aquatic Center or by the tables at the Cresco Fitness Center.
3. Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials & the coaches at meets & practices.
4. Maintain self-control at all times & know my role:
Swimmers – swim Coaches – coach Officials – officiate Parents – parent
5. Enjoy involvement with the Northeastern Swim Team by supporting the swimmers, coaches & other parents with positive communications & actions.
6. During competitions, questions or concerns regarding decisions made by meet officials are directed to a member of our coaching staff only.
7. As a parent, I understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, &/or any participating swimmer will not be permitted or tolerated. This includes social network sites such as Twitter, Facebook, etc.

I understand and agree to the above terms and condition of the Northeastern Swim Team in exchange for the privilege of my child(ren), registered with this agreement, to participate in the activities and swimming program of the Northeastern Swim Team. Should I conduct myself in such a way that brings discredit or discord to NST, or USA Swimming I voluntarily subject myself to disciplinary action. NST maintains the right to terminate any membership or suspend with/without cause in the interest of its vision, mission and objectives.

[Any parent that threatens, demeans or insults a coach or parent board member shall result in immediate removal of their athlete\(s\) from the Northeastern Swim Team.](#)

Release of Liability

The release of liability reads the 'Parent/Guardian hereby releases the Northeastern Swim Team (NST), its employees, officers, directors and volunteers and any facility used by the Northeastern Swim Team from any liability arising out of any injury to the Swimmer(s) which may occur while the Swimmer(s) is/are participating in the Northeastern Swim Team, including, but not limited to, practices, meets, travel trips, and other team activities, or while the Swimmer(s) is/are using facilities leased or used by the Northeastern Swim Team'. By registering and providing your signature on the Northeastern Swim Team registration form you agree to the release of liability terms listed above.

Swimmer's Role & Code of Conduct

As a swimmer & member of the Northeastern Swim Team (NST), I will abide by the following code of conduct:

1. I will conduct myself with dignity and respect for others and for the property of others.
2. I will be on time for practice, training sessions, and meets.
3. I will comply with all team rules.
4. As a matter of team pride & courtesy to meet hosts, pool facility operators, & janitorial staff member, swimmers will leave the NST team area in a neat & clean condition at the conclusion of each practice session. I understand this also applies to pool locker/rest rooms, bleacher areas, pool decks, etc.
5. I will practice and teach good sportsmanship.
6. I will promote positive team spirit and morale.
7. I will offer congratulations and encouragement to his/her opponents.
8. I will support my teammates at practice and at competition. Working together as a unit will benefit each team member and is an important part of the Northeastern Swim Team spirit.
9. I will follow verbal directions of the coaching staff. At no time will disrespectful attitudes by any swimmer be tolerated.
10. I will respect the rights and space requirements of other groups using the swimming facility.
11. I will follow the Code of Conduct at home, at away events and at any event where the Northeastern Swim Team is represented. This includes when wearing NST apparel.

Prohibited Behavior:

I understand that at no times will the following be accepted:

1. Use or possession of any illegal substance (i.e. alcohol, drugs, tobacco).
2. Destructive behavior.
3. Inappropriate or unruly behavior, including fighting or striking another athlete.
4. Inappropriate language (swearing or derogatory comments) or lying.
5. Stealing and vandalism.
6. Bullying or isolating another swimmer.
7. Interference with the progress of another swimmer during practice or at any other time.

Swimmer Guidelines & Expectations

- Swimmers should balance everything (school, swimming, social, etc.)
- When wearing Northeastern Swim Team apparel, remember you are representing our program. Never do anything that would embarrass yourself, your family or your team.
- Shake hands with your competitors after a race and cheer on your teammates at meets AND at practice!
- Be early to practice. Do not arrive late. Be prepared to enter on time.
- Swimmers are not to use ladders! Get out of the pool like an athlete.
- Swimmers should not exit the pool unless injured or has received permission from a coach.
- Prevent injuries – stretch before every practice.
- Have and use your water bottle.
- Work as a team. “United we stand, divided we fall”
- Make sure to replenish energy with healthy food. Eat healthy!

USA Swimming Code of Conduct

The mission of USA Swimming is to encourage participation and the pursuit of excellence in all aspects of swimming. USA Swimming grants the privilege of membership to individuals and organizations committed to that mission. The privilege of membership may, therefore, be withdrawn or denied by USA Swimming at any time where USA Swimming determines that a member or prospective member's conduct is inconsistent with the mission of the organization or the best interest of the sport and those who participate in it...Any member, former member, or probation, suspended for a definite or indefinite period of time with or without terms or probation, fined or expelled from USA Swimming for life if such person violates the provisions of the USA Swimming Code of Conduct...[which includes] Conviction of, imposition of a deferred sentence for, or any plea of guilty or no contest at any time, past or present, or the existence of any pending charges, for (i) any felony, (ii) any offense involving use, possession, distribution or intent to distribute illegal drugs or substances.

Consequences for Violation of the Code of Conduct:

This code shall be in force for all NST swimmers during practice, during swim meets, and at events sponsored by, or in which, the Northeastern Swim Team is represented. Disciplinary actions can range from, but are not limited to; reprimands, repetitions of a drill, pushups, etc., being sent home from practice or meets at the parents' expense, expulsion from the team, being barred from competition, or receiving any other disciplinary action that the Board deems necessary if a member fails to adhere to the Code in part or in whole. Expulsion from the team will still require payment of season in full.

SUSPENSION: Coaches may suspend a swimmer from practice for disciplinary reasons for a maximum of three days if parents are unable to abide by the terms and conditions listed above. Coaches may also recommend to the board that a swimmer be expelled from the club if in his/her judgment, the parent/swimmer is unable to conform to the disciplinary guidelines established for participation in activities and the swimming program of the Northeastern Swim Team.



Leaving Practice Early

Swimmers who need to leave practice early will need to bring a note to practice or have a parent email the coach prior to practice. Swimmers without prior notification will not be let out of the water unless parent notifies the coach. Text messages are not a valid form of notification.

Safety and Behavior

The Northeastern Swim Team reserves the right to terminate the membership of any individual whose behavior places the Northeastern Swim Team in an unfavorable light or jeopardizes our participation in any pool or sporting event. All swimmers are expected to demonstrate good sportsmanship and act as appropriate ambassadors for the club. They should act as role models for other swimmers at all times.

Fire/Tornado Safety Protocol

In the event that there is a fire/tornado:

- Swimmers are to remain calm, find the Head Coach, follow the Head Coach to safety and wait for a parent/guardian.
- Parent/Guardians are to remain calm, go to safety, find the Head Coach and pick up their child.

The coaches will get the swimmers to a safe place and the parents should attend to their own safety before looking for their child. Once safe, parents can find where the Head Coach and the team are gathered.

Weather & Practice Cancellation

We will send out any practice adjustments/cancellations due to weather out before an hour before the first NST practice of the day. If weather worsens during practice, we will notify parents as soon as possible. We will post this information on our Facebook Exchange, Facebook Group as well as in an email. Please use your best judgement when weather is not ideal and we hold practice.

Locker Room Policy

All swimmers are expected to be on their best behavior while in the locker rooms. Swimmers should shower and change in the locker room only. The locker room is not an area for swimmers to play. If swimmers are unable to behave while in the locker room then a parent will be asked to monitor the locker room. If no parent is available to monitor, then the use of the locker room will be prohibited.

USE OF CELL PHONES AND OTHER MOBILE RECORDING DEVICES

Cell phones and other mobile devices with recording capabilities, including voice recording, still cameras and video cameras increase the risk for different forms of misconduct in locker rooms and changing areas. The USA Swimming Athlete Protection Policies prohibit the use of such devices in the locker room or other changing area:

305.3 Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms.

Concerns

As in any large organization involving significant numbers of families the Northeastern Swim Team cannot always be all things to all people. Although conflicts in our club are few, they occasionally arise, and we have a protocol for dealing with them. If you have a concern about administration of the club, coaching, finances, other swimmers' behavior, other parents'/guardians' behavior, or other related matters, please contact the Executive Director. Members may also reach out to an Executive Committee member. However, all wet-side responsibilities are at the discretion of the Head Coach and not the Parent Board. All concerns should be expressed and dealt with in a positive and professional manner.

Photography Release

I hereby authorize the Northeastern Swim Team to publish photographs or video taken at practice and/or at meets of myself and/or my child or children, and our names and likenesses, for use in the Northeastern Swim Team's print, online and video-based marketing materials, as well as other Company publications.

I hereby release and hold harmless the Northeastern Swim Team from any reasonable expectation of privacy or confidentiality for myself and for the minor child and children associated with meets and/or practices. Further, I attest that I am the parent or legal guardian of the child or children currently registering and that I have full authority to consent and authorize the Northeastern Swim Team to use their likenesses and names.

I further acknowledge that neither I, the minor child, nor minor children will receive financial compensation of any type associated with the taking or publication of these photographs or participation in marketing materials or other publications. I acknowledge and agree that publication of said photos confers no rights of ownership or royalties whatsoever.

The Northeastern Swim Team may wish to take photographs (individual and in groups) of swimmers under the age of 18 that may include your child during their membership in the club. All photos will be taken and published in line with club policy. Parents have a right to refuse agreement to their child being photographed. All photographs must observe generally accepted standards of decency in particular:

- Action shots should be a celebration of the sporting activity & not a sexualized image in a sporting context.
- Action shots should not be taken or retained where the photograph reveals a torn or displaced suit.
- Photographs should not be taken from behind swimming blocks at the start of a race or exhibit a child climbing out of the swimming pool.
- Photographs should not be taken in locker-rooms or bathrooms.

Club Communication

Web site

Northeastern Swim Team's primary methods of communication are e-mail and the team website, NortheasternSwimTeam.com. The website includes practice calendars, news, events, meet results and practice cancellations. The site is updated regularly. Please check for new and updated information.

E-mail

E-mails will be sent to inform parents/guardians and swimmers of upcoming events, such as swim meets, team social events, fundraising opportunities, volunteer events, etc. Be sure to keep us updated with your current e-mail address. You may also e-mail us with any questions, concerns, or notifications; NortheasternSwimTeam@gmail.com.

Facebook Exchange

NST has a Facebook Exchange group for members of the current season. Members may communicate with each other and post on various topics relating to car-pooling, lost and found, etc.

All posts will be monitored. Please be respectful and keep all posts positive. Any post which is considered negative, gossip or inappropriate will be removed and could result in further disciplinary action.

Lost & Found

You are strongly encouraged to label all of your swimmers equipment. Labeled equipment found at practice can easily be returned to the swimmer. Unlabeled equipment found around the pool deck will be placed in the pool lost and found. It will be kept for 30 days and then if not claimed donated to a local charity. Swimmers should keep all personal belongings on the pool deck and not in the locker room during practice sessions. Other groups can use the locker rooms. **The club is not responsible for lost or stolen items.**

Equipment

- Practice Suit (must be specifically designed for training)
- Goggles
- Water Bottle
- Cap (optional)
- Fins (provided)
- Paddles (provided)
- Pull Buoys & Kickboards (provided)

Team Attire:

Competition Suits: Northeastern Swim Team has a team suit but is not required for competition. Tech suits must be FINA approved suits. Tech suits are not allowed at regular meets. They may be worn only at championship meets or at the discretion of the Head Coach.

10 & Under Tech Suit Policy (New ISI Rule): Swimmers ages ten years old and younger shall not compete in “Tech” suits during ISI sanctioned competitions. ISI defines a Technical Suit is any suit that does not have fully stitched seams. Suits that have bonded or taped seams instead of stitched seams are considered Technical suits. 10 & under athletes will be permitted to use any suit that is FINA Approved and has stitched seams.

Practice Suits: Do not wear the team suit to practice. Practice suits should be tight fitting and not baggy. Females should not wear tie-back suits to practice and are prohibited at meets. It is recommended that Senior male swimmers wear a brief/Speedo and/or a drag suit to practice. Mesh drag suits generally last longer. Jammers may be worn for Juniors, Age Group or Minis. No board shorts should be worn to practice.

Caps: Only NST Team Caps are to be worn at competitions. Dome caps are permitted for championship meets. **Team Caps Are Required for Competition. If swimmers do not wear a cap, then they are not required to wear a team cap.** Caps can be purchased from the Head Swim Coach.

Practice equipment and team suits may be purchased from our team sponsor, Swim Outlet. <https://www.swimoutlet.com/NortheasternSwimTeam>

T-shirts, sweatshirts and other items, marked with the team name and/or logo are also available for purchase. Team attire is strongly suggested to be worn at all meets. NST apparel will be available 1-2 times for purchase each season.

Cresco Sign In

At Cresco, swimmers are to sign in at the front desk. Non-Cresco Fitness Center members will be able to sign in via the clipboard left at the front desk.

Cresco Hot Tub

Swimmers are not to utilize the hot tub before, during or after practice.

Food & Drink Policy

Luther College prohibits the use of food or drink in the competition area. No glass is allowed in the natatorium.

Dues & Memberships

Payment terms

In consideration of the participation of the swimmer(s) in NST's competitive swim program, the Parent/Guardian agrees to pay the dues for the Swimmer's practice level that is set forth. Swimmers are expected to pay for the entire season no matter how many days they attend practice. A swimmer is not allowed to swim until the dues are received in full. Dues and fees are non-refundable and non-negotiable. Monthly dues are paid on the 1st of each month. If the Swimmer is transferred to a different practice group by the coaching staff, the fees for the new practice group will be invoiced in the next billing cycle.

Terms of sale are:

1. Net due each month following purchases. Invoices not paid within such time will be past due and are subject to a charge of \$5 per month.
2. Should this account upon default, be collected by an attorney at law, the undersigned agrees to pay all reasonable attorney's fees in addition to the principal indebtedness and interest thereon.

USA Swimming/Iowa Swimming, Inc. Membership

All swimmers must be registered with Iowa Swimming, Inc. (ISI), our local USA Swimming organization. This **annual ISI membership fee of \$70 per swimmer** is due upon new membership registration and upon renewal of memberships in September. The ISI membership is an annual membership from September 2016 through December 2017. Swimmers will be unable to practice with the team until the issue is resolved if their USA membership has not been completed. Renewing swimmers must pay for ISI renewal and provide any required paperwork (forms, letters, etc.) at time of registration.

Delinquent Dues Suspension

If Parent/Guardian fails to pay any delinquent dues or assessment, including late fees, within 7 days from the date of such notice of delinquency, the swimmer shall be suspended from further participation in all NST activities, including, but not limited to, practices and meets. If Parent/Guardian becomes delinquent in payment of dues or assessments because of financial hardship, he/she may apply to the board for a waiver of late fees and suspension. A waiver may be granted if satisfactory arrangements are made for payment of the delinquent amounts.

Discounts

Multiple Swimmer Discount

The Northeastern Swim Team offers families registering more than two swimmers a discount off registration dues. Families with three or more enrolled swimmers will pay \$20/month with no NST registration fee for each additional swimmer beyond two. The reduction rate applies to the swimmers with the least expensive dues. The two swimmers in the highest practice group(s) will still owe the full amount. Discounts are not applied to USA membership (required) or meet fees. Discounts cannot be combined or applied with any other offer or reduced rates. Discount applies to immediate family swimmers only. All swimmers must sign up at same registration.

Recruitment Bonus

Returning members will now receive \$100 off their registration fee for every family they recruit to come swim for NST. Families that are recruited to join NST must not have already swum for NST in the past. Recruitment bonus is not limited so the more you recruit the more you save. Recruitment bonus cannot be applied towards USA membership or meet fees. If a returning member recruits more than their amount owed to NST, no credit will be given.

Practice Incentive:

If a Junior, Senior or Sectional athlete swims for more than or equal to 66 days of practice (85% of the season), a maximum of 30% of the total NST Monthly fees for the season will be credited for the following season.

If a Junior, Senior & Sectional athlete swims for a time less than 66 days of practice (less than 85% of the season); no credit will be given for the following season.

Attendance is measured in the following ways:

- Swimmers who arrive on time and stay until the completion of the practice will receive a full attendance credit for that day.
- The Practice Incentive is only eligible for Junior, Senior & Sectional practice groups. Swimmers registered as Minis, Age Group or as a third plus swimmer are ineligible for the practice incentive.
- Regardless of the reason, swimmers who leave early but attend at least half of practice will receive half-day or three-quarter attendance credit. Anything less than half will result in no credit given for the day.
- Swimmers who miss a Friday evening practice because of a Friday session meet will be given full attendance credit for that day. Swimmers who miss Friday evening practice for Saturday or Sunday sessions will not receive credit.
- Two-a-day practices will still count as one day of practice.
- Credit will only be given once the athlete has been registered for our season immediately following the current season.

Try Us Out / Trial Period:

We are allowing all new swimmers to try us out for the first week of our Short Course season (April 3, 2018 through April 6, 2018). Swimmers will register and pay the NST Registration fee as well as the USA Membership. New swimmers to the NST will be given the first three days to see how they like swimming with us. If they decide within the first three days that you would like to continue with the Northeastern Swim Club, than the rest of the season will billed as normal (on the first of the month in installment payments). If they decide otherwise, than they will only owe the NST Registration fee, USA Membership and one month's dues but will not be billed further. If they decide after the three day trial period to stop, the season will still be owed in full as our rates are installment plans and not pro-rated based on attendance.

Short & Long Course Seasons

USA Swimming recognizes two seasons within each calendar year. The season beginning around Labor Day and ending in early March is referred to as the short course season. During the short course season

meets are recognized as “yard” events. There is also a long course swim season that begins in Mid-March and ends in early August. Meets during long course season are recognized as “meter” events.

Collegiate & Satellite Swimmers

Any athlete who wishes to still compete at USA meets for the Northeastern Swim Team during the summer season may do so as long as they are not practicing with another USA swimming team. These athletes must attend practices for at least one week and may be subject to an additional fee. These athletes must provide proof that they are enrolled in college courses for the following season and will need to have a current USA registration membership with the Northeastern Swim Team. They will abide by the standards of the team will full respect and integrity or be subject to suspension. Collegiate athletes who participate in a championship meet will be given a reduced rate.

Volunteer Requirements

All clubs attending a swim meet must provide a timer for the time assigned to them. Timers must be at least 16 years of age. The Northeastern Swim Team will provide timing assignments based on the number of chairs required, the number of swimmers/families in attendance.

Fundraising

NST is a non-profit organization. In order to purchase and maintain our equipment and keep down our registration cost we must engage in fundraising. Families are required to participate in at least one fundraiser per season. Each short course season, NST will participate in the annual USA Swim-A-Thon. NST will also have smaller fundraisers throughout the year.

Corporate Sponsorships

Corporate Sponsorships are an important part of the Northeastern Swim Team’s success. Sponsors provide our team with up-to-date equipment and financial aid.

Corporate Sponsorship Levels

Donation

Olympic Level Sponsor

- Logo Displayed as partner on NST website for 1 year
- Company name/logo on swim team shirt created for NST seasonal shirt
- Company name on swim team shirt created for NST swim meets; worn by both swimmers and parents
- Mentions at Northeastern Swim Team events and recognition

\$2,000 & Up

Gold Level Sponsor

- Company name/logo on swim team shirt created for NST seasonal shirt
- Company name/logo on swim team shirt created for NST swim meets; worn by both swimmers and parents
- Logo Displayed as partner on NST website for 1 year

\$1,000 - \$1999

Silver Level Sponsor

- Company name on swim team shirt created for NST swim meets; worn by both swimmers and parents
- Logo Displayed as partner on NST website for 1 year

\$500 - \$999

Bronze Level Sponsor

- Logo Displayed as partner on NST website for 1 year

\$100-\$499

NOTE: Gift cards and merchandise are accepted as donations

Financial Aid Program

All financial aid applications from returning swimmers for 2017-18 are due to the Board of Directors by September 15, 2017, with complete paperwork. This includes two years of tax returns or a copy of the family budget in a sealed envelope addressed to the NST Treasurer (see below). Swimmers new to the team should apply for financial aid by the Monday following their first week with the team.

The Northeastern Swim Team's Financial Aid Program is for qualified members of the team who need assistance with annual fees and dues. Aid will be available to any member in good standing with the Northeastern Swim Team (NST). This is defined as payment in full of the NST registration fees (\$135), monthly registration dues, meet fees and receipt of a signed volunteer commitment letter for the current swim season. The swimmer's parent or guardian will submit to the Board of Directors the following documentation in order for a swimmer to be considered for financial aid:

- Financial Aid Application
- Financial Aid Family Agreement, which includes a Volunteer commitment and Intention to swim only for NST for the remainder of the season (High school students may swim for their high school team in addition to NST, but must commit to returning to the team once high school season is over.)
- Tax Returns/Family Budget: Please submit a copy of your previous two years tax returns OR a copy of your family budget, detailing monthly income and expenses, in a sealed envelope to the attention of "NST Treasurer". This information will be kept strictly confidential and will only be viewed by the Board of Directors. It is used as input into the formula by which the Board of Directors determines the amount of financial assistance that will be awarded to each applicant.
- Letter explaining the reason for financial aid request.

Extraordinary personal circumstances will be considered as well as the total availability of funds available for distribution. All information will be kept strictly confidential. The Board of Directors will keep all documentation submitted; so do not send original documents, please send copies. You will be notified when the Board of Directors has made a decision based on the information provided. Please note that the grant will generally be issued as a credit applied directly toward a swimmer's monthly dues and meet fees.

Outreach Membership

OUTREACH MEMBERSHIP is for a calendar year period. The outreach program is to provide reduced membership for economically disadvantaged youth. The applicant MUST include one of the following proofs to be considered for the reduced fee, along with athlete registration form:

- Proof of reduced/free lunch program;
- Show proof of food stamps;

To show a person is economically disadvantaged the burden of proof rest with the applicant. Whichever document they can provide simply needs to be included with the Outreach Athlete Registration form, along with the Outreach Registration Fee of \$5. Outreach records are 100% confidential.

Swim Meets

The purpose of competitive swimming is to compete at swim meets! Individuals seeking membership in the Northeastern Swim Team should understand that we are a competitive team, not a recreational team. For many new swimmers, taking the first step and going to their first competitive meet is a big undertaking. Our coaches understand this and are happy to share information about each meet and what meets may be good for beginners. Swimmers are a part of a team and are expected to attend meets. The meet schedule is available during registration and will be posted on the website.

Swim Meet Expectations

As a competitive swim team, we encourage and expect all of our swimmers to attend swim meets and compete in events recommended by their coaches. Swim meets provide an opportunity for the swimmers to measure the progress of their training and practice. They are also a social time, which enables the swimmers to build friendships with fellow teammates.

Signing Up for a Swim Meet

All swimmers will need to accept/decline attendance at every meet through our website. Please pay particular attention to the deadline. NST will submit all entries once we reach the deadline. Any swimmer who did not accept prior to this deadline will be asked to pay the late entry rates and risks not being entered into the meet. Meet fees will be paid through Team Unify; with the exception of late entries.

Swimmer Events

Swimmers and parents/guardians are able to request events during the sign up process, but the coaches make the final decision. The coaching plan, swimmer ability, coach-swimmer goals, and other factors will be considered as the events are being selected. Newer swimmers will initially be placed in events that they will succeed in. As their skills build, they will be placed in more challenging events.

Meet Info Page

Each swim meet will have a meet info page on the Northeastern Swim Team website that will provide information such as location, date, time, directions, events, cost of events, etc. Please consult page prior to signing up.

Meet Fees

A NST splash fee (\$10), event fees (approximately \$3-6 per event) and an ISI fee (\$4.50) are required for entry in a swim meet. These will vary on the meet and will be posted online. Late entries will result in higher fee rates. Meet fees for swim meets are the responsibility of the parent. NST submits all entries and meet fees to the host team. Meet fees are non-refundable to NST once they have been submitted to the host team. Delinquent meet fees will result in a suspension in meet and/or practice privileges. If a swimmer is unable to attend the meet (for any reason) after the submission of the entries and payment, the swimmer will still be responsible for payment of the meet fees. If the Northeastern Swim Team coaches or staff makes an error in a swimmer's entries, the team will be responsible for the subsequent erroneous fees. NST pays for relay entries.

First Swim Meet

If this is a swimmers first USA swim meet, the most important thing that you must know is that you will not be alone. There will be many veteran parents/guardians to serve as resources at the meet. Please feel comfortable asking for help as necessary. Most importantly, have fun!

Standard Meet Procedure

Once you arrive at the meet, make sure to have swimmers check in with your coach. We will do a small warm-up, some starts and make sure the swimmers are ready to swim fast. There is NO DIVING during warm ups unless we are practicing starts at the designated time. Swimmers should enter the water doing a sit & slide entry. USA Swimming states: "Any swimmer who dives during warm-ups will result in an expulsion from the meet." We will practice these entries so swimmers should be familiar with these. Warm ups will be crowded so make sure you can get in the pool right away to get the most out of warm up. Swimmers should not stop at the wall unless they are done with warm-up. I will be helping swimmers find their lanes prior racing. Approx. 10 min before the swimmer goes to race they should head over and speak with me about their heat, lane, and race preparation. They will want their goggles (and cap if using)

ready at this time. Only NST caps should be used. I will have extra NST caps available for purchase. Swimmers will report directly to the starting blocks (after speaking with the coach) for their races. After their race they should shake their competitor's hands and report back to a coach to discuss the race. Swimmers will NOT be checked in by a Clerk of Course. Meet programs will be available for purchase.

Meet Info Email

A meet information email will be sent out to all participants 24-48 hours prior to the start of the meet. It will include updated warm-up times, meet location and any important information necessary for the upcoming meet.

Deck Restriction

Entry on deck is restricted to facilities staff, athletes competing at the event, meet workers supporting the session, officials supporting the session and registered coaches supporting the athletes on deck. Meet credentials will be issued to athletes, officials, meet workers and coaches. These must be visible to gain access to the pool deck and (for all but athletes) remain clearly visible while on deck during the meet. Anyone accessing the deck without the proper meet credentials or using someone else's credentials will be removed from the facility. Just a reminder that parents are not allowed on deck during the meet. Only team coaches and swimmers may be on deck. This does not apply to those who volunteer to time. If swimmers need something, they will have to go up into the stands with permission from a coach. Please do not come down on deck. No exceptions.

Q-times

Qualifying times (Q-times) are a time standard needed to qualify for the Iowa Championship meet. These times are established by Iowa Swimming, Inc. (ISI). Q-times are universal for long course meters and short course yards. This means that once a swimmer achieves the Q-time in that event, for an age group, they may participate in both Long Course Championships and Short Course Championships in that event. Swimmers must compete in their current age group but are able to achieve Q-times in age groups above their current age. Swimmers must have a Q-time in their age group as of the first day of the championship meet in order to participate.

Championship Meet Podium Protocol

Swimmers who finish in high enough in their age group will be given their awards during an awards ceremony. All swimmers who make the podium are required to attend this ceremony. Swimmers should wear NST apparel on the podium when possible.

State Championship Policy

To help swimmers strive to become their best, the Northeastern Swim Team encourages families to participate in the most competitive level of swimming available; including the Short Course State Championship & Long Course State Championship. These meets provide swimmers with experience competing against swimmers from all over the state and help the team score valuable points.

Competing in the State Championship meet is the culmination of their season's hard work. However, this usually requires traveling to Grinnell, Iowa City or Des Moines for competition. As our team continues to grow and become more successful, NST wants all athletes to participate in this meet once they qualify.

NST understands that attending a four day meet is both a financial and time commitment. In order to help out with any burden attending State Championships, NST is able to provide assistance through team chaperones and hotel rooms.

1. Once a swimmer obtains a Q-time, he/she should plan to attend the State Championship meet.
2. Parents will notify Head Coach Eric Crawford if you will not be able to take your swimmer to the State Championship meet. Upon notification, that swimmer will be placed with a team chaperone to ensure that they are able to participate in the meet.
3. Each swimmer that qualifies will sign the “NST Team Travel Code of Conduct” form as well as the “Team Travel Medical Authorization” no later than two weeks after obtaining their Q-time and notifying Coach Crawford.
4. Swimmers are asked to split (one fourth) the total cost of hotel. Most rooms will consist of four swimmers. Female and male swimmers will not stay in the same room. If we are unable to put four swimmers into the room, NST will cover the cost of the remainder of the room.
Example: Three swimmers in need of room; resulting in 3 out of the 4 hotel spots. NST will cover the cost of the remaining spot. Each swimmer will still be responsible for a fourth of the total hotel cost.
5. Swimmers will be responsible for any funds needed for food.
6. Swimmers are still responsible for paying for their entry fees.

Prelim/Final Events

Swimmers who are in prelim/final events should plan to attend both sessions. **No one will be allowed to scratch.** Swimming in finals is where swimmers place as well as earn points for the team. Any swimmer qualifying for a Bonus Final, Consolation Final or a Championship Final race in an individual event who fails to compete in that race shall be barred from further competition for the remainder of the meet. If a swimmer fails to show for any finals on the last day the swimmer is entered in the meet and has not scratched according to rules of the meet, a \$50 fine will be imposed payable to the host team. If the fine is not paid, the swimmer will not swim in any future ISI sanctioned meets until the fine is paid in full. Swimmers will be allowed to scratch after 30 minutes after their race as concluded along with a \$50/event made payable to: Northeastern Swim Team. Swimmers who fail to show up or scratch prior to the race will owe \$100 (\$50 to NST, \$50 to host team).

Swimmers who do not originally place high enough to return to finals may still end up in finals after all other team’s scratches have been submitted. The final place of the swimmer will be known by the end of that current prelim session.

Alternate for Finals

Swimmers who are listed as alternates at the conclusion of the scratch deadline will be given the choice whether or not to return to finals. If they wish not to return, swimmers and/or parents must notify a NST coach prior to leaving the meet. However, at state championship meets and higher alternates are to show up for warm up to see if they have been moved up.

Team Travel Policy

The Team Travel code of conduct refers specifically to team travel, when not traveling with a parent, but applies to any activity described as “team activity” as well. Additionally, anyone who, in the opinion of the coach or coaches, acts in a manner that would interfere with the team or travel objectives, will be subject to immediate return home (at the expense of the parent and/or swimmer) and other disciplinary action including barring from future travel meets, future competition, suspension from practice or possible dismissal from the team.

A Team Travel Code of Conduct and Medical Release must be submitted and signed by both the swimmer and parent prior to team travel.

NST swimmers travel as a team to foster better team camaraderie, spirit and to have fun. Traveling together also fosters a stronger competitive environment. Everyone is expected to behave in an exemplary manner. The reputation of NST swimmers is dependent on your behavior.

Team Chaperones:

Chaperones are an important key to the Northeastern Swim Team's success. Chaperones, under the direction of the head coach, will be responsible for the care of all athletes on the trip including meals, curfews, transportation and any other issues that may arise. Coaches will be responsible for all meet related aspects of the trip including meet administration, coaching and also for transportation needs.

Team chaperones must be non-athlete members of USA Swimming and have successfully passed a USA Swimming-administered criminal background check. Chaperones may be the team coaches.

During team travel, when doing room checks, attending team meetings and/or other activities, open and observable environments will be maintained. Regardless of gender, a coach or chaperone shall not share a hotel room or other sleeping arrangement with an athlete (unless the coach or chaperone is the parent, guardian, sibling or spouse of that particular athlete). Chaperones will ideally stay in nearby rooms.

The following code of conduct refers specifically to team travel but applies to any activity described as "team activity" as well. Chaperones must comply and uphold the following code of conduct at all times.

1. Chaperones may be team coaches or parents.
2. Chaperones, under the direction of the head coach, will be responsible for the care of all athletes on the trip including meals, curfews, transportation and any other issues that may arise. Coaches will be responsible for all meet related aspects of the trip including meet administration and coaching. Coaches may also be used for transportation needs.
3. Team chaperones must be non-athlete members of USA Swimming and have successfully passed a USA Swimming-administered criminal background check.
4. Open and observable environment. During team travel, when doing room checks, attending team meetings and/or other activities, open and observable environments will be maintained.
5. Hotel. Regardless of gender, a coach or chaperone shall not share a hotel room or other sleeping arrangement with an athlete (unless the coach or chaperone is the parent, guardian, sibling or spouse of that particular athlete).
6. Athletes should not ride in your vehicle unless a Team Code of Conduct has been turned in or prior parental permission is obtained.
7. Chaperones will ideally stay in nearby rooms.
8. Chaperones will have their room paid for by the Northeastern Swim Team in exchange for their service at this meet. The room will be booked along with any additional team rooms necessary. No other reimbursement will be given beyond the room.
9. Chaperones will need to fill out a "NST Chaperone Code of Conduct" form for each meet they chaperone.

Northeastern Swim Team Awards

The Northeastern Swim Team rewards swimmers who achieve certain time and qualification standards. Awards include:

- | | |
|----------------------|---|
| Best Time Card – | Swimmers will receive this for each race they improve their best time. Swimmers must have previously had a best time to receive this award. |
| One or None – | Swimmers who attend all practices or miss only one will receive this award. |
| Junior Achievement – | Swimmers who move up from Age Group to Junior receive this award. |
| Q-Time Certificate – | Up to two new Q-times per certificate. These are awarded after a meet in which a swimmer achieves a new Q-time. |
| Complete Q – | Starting with the 10 & Under age group; Swimmers who achieve all Q-times in all possible events will receive the Complete Q plaque. |

- Ultimate Q – Swimmers who achieve Complete Q in all age groups, from 10 & Under through Senior, will be awarded the Ultimate Q award.
- AAA Certificate – Swimmers who reach the AAA National Time Standard will be awarded a certificate. Only the top 6% of swimmers in the nation in their age group, their same sex, in that stroke and distance can achieve this time standard.
Each event an AAA time standard is achieved will receive a certificate.
- AAAA Certificate – This is the highest time standard. Only the top 2% of swimmers in the nation in their age group, their same sex, in that stroke and distance can achieve this time standard.
- Age Group Top 3 – A NST team of swimmers who place in the top 3 for their current gender and age group division at the state championship level will be awarded a championship shirt.

Beyond the State Championship Meet

Once a swimmer qualifies for state, the next step is to start looking at qualifying for Central Zones, Midwest All Stars and the USA Swimming Championship Series meets.

Central Zone 14 & Under Championships (Zones)

Swimmers 14 years of age or younger who have achieved a national AAA time in their age group are eligible to compete at the Central Zone 14 & Under Championship meet. However, swimmers who achieve individual cut times for the National Championship, US Open and Junior National Championship meets prior to the Zone Championship meet shall not be eligible to compete in that particular stroke and distance, including relay events. If Team Iowa does not have two swimmers in an event who have not met the national AAA time standard, they will select swimmers based off their rank at the Long Course State Championship. Swimmers chosen will swim for Team Iowa and still represent the Northeastern Swim Team.

Mega Zone Championships

Every 4 years, the Central Zone Championship will combine with the other Central Zone for a Mega Zone Championship. This meet will consist of 15 central LSCs and normally takes place at the same time as the Olympics.

Midwest All Stars

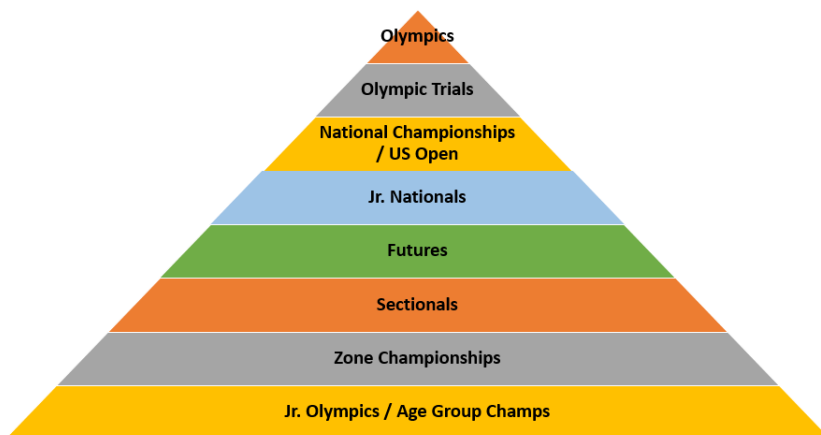
Team Iowa will send the 80 swimmers that apply for to All Stars. Age groups represented are 10 & under, 11-12 and 13-14. Each swimmer can only participate in 2 individual events per session plus relays. Times used to select team are from any USA sanctioned/approved/observed time achieved after September 1 each year. Applicants will be considered only for events for which they apply. ISI will use the TM database for times. Athletes will be selected based on their ranking and indicated preference on the entry form.

USA Swimming Championship Series

These meets each have a single qualifying time per event per gender instead of by age group. They are categorized by a five star system that indicate the next level of competition, each with a higher qualifying standard than the previous competition. They are Speedo Sectionals, Future Championships, Speedo Junior National Championships, Arena Pro Swim Series and National Championships.

Terms and Abbreviations:

S = Swim
 SorP = Swim or pull
 P = Pull
 K = Kick



D = Kick
 = Drill
 = Individual medley
 RIM = Reverse IM
 IMD = Individual medley drill

IM
 BK = Backstroke
 Stroke = Fly, Back or Breast (No Free)
 DTC = Down the center drill
 All Out = As fast as you can go (sprint)
 SR = Seconds Rest
 CD = Cool down

FR = Freestyle
 BR = Breaststroke
 CH = Choice
 DPS = Distance per stroke
 Mixer = A mix of Kick, Pull, Swim, etc
 WU = Warm up
 Build = Get faster within each swim

I.E. 4x 50 Build = 50 Easy to Fast, 50 Easy to Fast, 50 Easy to Fast, 50 Easy to Fast

Desc = Get faster within each set
I.E. 4 x 50 Desc = 50 Easy, 50 Moderate, 50 Threshold, 50 Threshold+/All Out
Cords = Speed tool used to build strength and stroke rate
Pullout = The underwater portion off the breaststroke start and turns

21 Top Laws of Swimming

1. Three of the most important components of swimming are: technique, technique, technique.
2. Strive for optimum, not maximum, performance.
3. Learn to balance, align, and stabilize your body first. Everything else will become easier.
4. Seek the path of least resistance.
5. Find the path of most resistance.
6. To become effortless requires great effort.
7. Listen to the water, feel the water, be one with the water. Swim quietly.
8. The mind leads the body.
9. The harder you work, the harder you can play.
10. Practice does not make perfect. Perfect practice makes perfect. What you do in practice will determine what you do in meets.
11. The fastest swimmers are the ones who slow down the least.
12. The fastest you ever travel is when you dive off the block and push off the wall.
13. Slice through the water, don't plow. Make your middle name "streamline".
14. Don't think of pulling the water. Learn to anchor your hands, wrists, and forearms, and hold onto the water. Learn to use your legs for balance and body stabilization.
15. Power is generated from the hips and torso. Use your shoulders for your recovery and to generate additional arm speed.
16. Relax from the inside out.
17. Never look back.
18. Attack your race, attack your opponent.
19. Embrace your opponents. They make you a faster, better swimmer.
20. Use visual and mental imagery of yourself achieving and surpassing your goals.
21. Swim smart, use your head, and keep your head still.



NST Programs

NST Flex Programs

These programs are designed to introduce young swimmers to the sport of swimming. Coaching emphasizes introducing and refining the four competitive strokes. This is a non-competitive program that is currently only offered the Luther location. There are four different levels within the program: Guppies, Seahorse, Dolphins and Sharks. Placement is based on age and skill level. This program should springboard swimmers onto the competitive team. Swimmers in the program are generally age 5-14 years of age.

Swimmers in this group are only allowed to participate in the Northeastern Swim Team's home meets held at Luther College in October and January. Swimmers enrolled in NST Flex Programs will be unable to compete in away meets including championship meets.

1. **Guppies:** For the beginner swimmer, however this class is NOT defined as group swim lessons. Minimum age: 6 years-old.

Requirements: Minimum ability to swim **Multiple** lengths of the pool unassisted and demonstrating proper technique in both freestyle (with rotary breathing) and backstroke (with proper head and body positioning). The goal for this level is to provide the swimmer with increased swimming exposure and confidence. Practice for this level will focus on refining freestyle and backstroke techniques as well as introducing the advanced disciplines of breaststroke & butterfly.

Practices: 2 days/week for 30 minutes
Practice Options: Monday & Wednesday
Program Size: 12 Participants

2. **SEAHORSE:** This is an instructional level that focuses on the basic fundamentals of all four competitive strokes. Practice for this level is focused on refining technique of all four swimming disciplines with emphasis on: kicking, stroke drills, rotary breathing, starts, proper body position and streamlining.

Requirements: Minimum ability to swim one length of the pool unassisted in all four strokes.
Practices: 2 days/week for 30 minutes
Practice Options: Monday & Wednesday
Program Size: 16 Participants

3. **DOLPHIN:** This level builds on swimming techniques combined with increased cardiovascular conditioning. Minimum ability to swim one length of the pool unassisted in all four disciplines.

Practice at this level will focus on stroke refinement, endurance training, and introducing flip-turns.

Practices: 2 days/week for 30 minutes
 Practice Options: Tuesday & Thursday
 Program Size: 16 Participants

4. **SHARKS:** For the experienced swimmer wanting to increase swimming ability and stay in shape. Minimum ability to swim one length of the pool unassisted in all four disciplines. This group continues to emphasize stroke technique while improving aerobic conditioning. Primarily for Middle School Students.

Practices: 2 days/week for 30 minutes
 Practice time: Tuesday & Thursday
 Program Size: 20 participants

Flex Program Fees:

Registration Fees:

- USA Swimming Flex Membership: \$20/year (Valid through September 2019)
- Please note: NST seasonal registration fee (nonrefundable) of \$85 per child for the Flex programs. Program and registration fees are due at the time of registration by credit card. Session Fees are handled exclusively through the online system as well.
- Team Unify charges a 3% processing fee on all credit/debit transactions. ACH is \$1.25 per transaction.

Monthly Class Fees:

Guppies & Seahorse: \$60/month
 Dolphin & Sharks: \$60/month

Flex Programs vs. Team

<u>Team</u>	<u>Flex</u>
Choose your practice days	Assigned practice days/times
Teach before you train	Teach before you train
Competition offered and expected	Competition not offered (except home meets)

Advancement to Competitive Programs:

Once swimmers meet the requirements of Age Group 1, swimmers will be given the option to train on the Team programs. Once swimmers switch to either the Developmental Team or Competitive Team programs, swimmers will be unable to move back down to the Flex Program; even for future seasons. Swimmers who qualify and choose to advance from the Flex Program to the competitive team will owe:

NST Registration Transfer Fee: \$50
 USA Membership Transfer Fee: \$52

Group changes are made at the beginning of each month. The new monthly rate will begin at the beginning of the month.

NST Competitive Team Programs

These programs are for competitive swimmers who are wanting to be actively participate in swim meets. Coaching will emphasize development of all four strokes and also increase aerobic and anaerobic capacities. These are competitive programs that is offered at both the Luther and Cresco locations. There are two different levels within the program: Team Developmental and Team Performance. Swimmers in the program are generally age 7 years of age or older. Swimmers in our competitive team programs will be able to participate in any of the team's scheduled meets including championship meets.

NST Team Developmental

Team Developmental will focus on our swimmers 12 years old and younger with the main focus being on developing proper stroke mechanics.

1. **AGE GROUP 1:** This group serves as an introduction to our team programs. Swimmers in this group will be more competitive with a desire to participate in swim meets throughout the season.

Group Requirements & Expectations:

- Be able to swim one length of the pool (25 yards) legally and without stopping using both the freestyle and backstroke.
- Be 7-11 years old
- Be willing to be introduced to team and competitive swimming.
- Freestyle and backstroke will be the primary strokes focused on, the development of technique being the main focus.
- Members will be expected to participate in our home meets and a championship meet to end their season (Silvers or State).
- Swimmer will pick up and put away any equipment he/she used in practice.
- Swimmer gives the coach his/her undivided attention while the coach is talking. The swimmer should focus his/her eyes on the coach and remain quiet when the coach is talking.
- Swimmers will swim the entire set and refrain from walking on the bottom or stopping before the wall.

Skills learned and/or developed in this group are:

- 100 freestyle
- Butterfly
- Racing starts
- Flip turns
- Breaststroke kick
- Begins to use the pace clock
- Count strokes of freestyle and backstroke
- Demonstrate the ability to comfortably take a breath on either the right or left side.
- Execute a breakout from a push by holding the streamline position; then initiate a kicking action and progress to the surface of the water with a pull to the surface.
- Complete the Racing Start Progression
- Swimmer understands that he/she is part of a team and has respect for his/her teammates.
- Streamline for a 25 without pulling
- Learns Active and Static stretches

Practices: 4 days/week for 30 minutes.

Practice Options: Monday through Thursday

Program Size: 20 participants per location

2. **AGE GROUP 2:** This group serves as a transition to our team performance programs. Swimmers in this group will train for a longer period than Age Group 1 and will be introduced to aerobic sets.

Group Requirements & Expectations:

- Be able to swim two lengths of the pool (50 yards) legally and without stopping using both the freestyle and backstroke
- Be able to swim one length (25 yards) of butterfly
- Be able to perform a flip turns on all freestyle distances greater than 25 yards
- Be able to complete 10x 50s @ 1:05 with 5 seconds or more of rest
- Be 8-12 years old
- Members will be expected to participate in our home meets and a championship meet to end their season (Silvers or State)
- The swimmer demonstrates an understanding of good sportsmanship behavior (ex. doesn't throw goggles, congratulates opponents and teammates)
- During practice the swimmer will leave on time during sets, start and finish at the wall, swim the set in the prescribed manner and will swim the entire set (counts accurately)

Skills learned and/or developed in this group are:

- 500 Free
- Racing starts
- Relay Exchanges
- Flip turns
- Demonstrate an undulating motion during the butterfly stroke
- Complete one length of the pool with legal breaststroke form
- Perform 100 yard IM with legal technique and turns
- Perform three fly kicks or more off every wall for free, back and butterfly
- Swimmer learns how to use and read a heat sheet

Practices: 4 days/week for 45 minutes.

Practice Options: Monday through Thursday

Program Size: 20 participants per location

NST Team Performance

Team Performance will be for swimmers ages 8 and older who have passed all expectations of Team Developmental. This group will refine and perfect stroke mechanics while building up their aerobic and anaerobic base.

1. **Junior 1 & 2:** This group serve as an introduction to our performance groups. Swimmers will be introduced to more challenging drills, test sets and experience an increase in training volume.

Group Requirements & Expectations:

- Be able to swim all four competitive strokes legally
- Be able to perform a racing start
- Be able to perform a flip turn
- Be able to complete 6x 100s @ 1:50 with 5 seconds or more of rest
- Be 8-12 years old
- Be willing to swim competitively at meets
- Swimmers are expected to attend at least three practices a week
- Members will be expected to participate in our home meets and a championship meet to end their season (Silvers or State)
- Swimmers demonstrate a higher level of sportsmanship behavior and gets along with teammates regardless of ability level

Skills learned and/or developed in this group are:

- Continued development of strokes, turns, and starts
- Continued development of more challenging drills
- Perform a legal 100 of each stroke
- Perform a 200 IM
- Perform a legal breaststroke pullout with a dolphin kick
- Always performs effective finishes
- Learns Dynamic stretches in addition to perfecting Active and Static stretches.
- Ability to do four or more underwater dolphin kicks with increased speed and efficiency for free, fly and back
- Breathes within the rhythm of stroke under race conditions in all four strokes

Practices: 5 days/week for 60 minutes.

Practice Options: Monday through Friday

Program Size: 16 participants per location

2. **PRE-SENIOR 1 & 2:** This group serves as a transition to the Senior Team through increased intensity of workouts, continued focus on technique and introduction to dryland training. They will also be introduced to advance training methods and Saturday morning workouts.

Group Requirements & Expectations:

- Be 11 years of age or be 10 and have an 11/12 Iowa State Q time.
- Athletes should make three or more workouts per week in order to ensure they continue to develop at a steady rate.
- These athletes should be competing in all home meets, appropriate out of town meets (Q+ and higher), and have a championship meet at the end of their season. (Silvers, State, or Zones).
- Be able to complete 10x 100s @ 1:40 with 5 seconds of rest or more
- Swimmers can use heart rate measurement to monitor exercise intensity and recovery
- Swimmer is not influenced by negative behavior of others
- Swimmer understands the traits of a positive leader and endeavors to become one

Skills learned and/or developed in this group are:

- Maintain consistent stroke rates and times in training sets
- Perform 200s of all strokes
- Perform a 400 IM
- Ability to do five or more underwater dolphin kicks with increased speed and efficiency for free, fly and back than Junior level
- Concept of a balanced diet and basic fuels used during training
- Learn the basics of different energy system usage in sprinting versus distance swimming
- Swimmer learns and executes prescribed race plan
- Understanding and responsibility for attendance, performance and habits in practice and how these relate to meet performance
- Slow breathing exercise for peak performance management
- Perform basic visualization skills
- Learn and perform proper movements for the NST Circuit Dryland
- Develops a pre-race ritual or routine
- Perform a T30 threshold set

Practices: 6 days/week for 90 minutes.

Practice Options: Monday through Saturday

Program Size: 16 participants per location

3. **SENIOR 1:** This group serves as a transition to the Senior Team through increased intensity of workouts, continued focus on technique and introduction to dryland training. They will also be introduced to advance training methods and Saturday morning workouts.

Group Requirements & Expectations:

- Be at least 12 or achieve at least a 13-14 National “AAA” time standard
- Be able to complete 10x 100s @ 1:20 with 5 seconds of rest or more
- Have demonstrated an ability to handle the increased workload and an ability to reach the attendance requirement
- Athletes will be encouraged to make four or more workouts per week (one of those should be Saturday AM).
- These athletes should be competing in all home meets, appropriate out of town meets (Q+ and higher), and have a championship meet at the end of their season (Silvers, State, or Zones). Coaches will pick meet events for the athletes as a professional coaching service.
- Swimmer accepts responsibility of being a leader and/or role model. Swimmers will lead by being a positive example
- Swimmer uses time management skills to prioritize activities

Skills learned and/or developed in this group are:

- Change speed while maintaining stroke efficacy
- Ability to do six or more underwater dolphin kicks with increased speed and efficiency for free, fly and back than Pre-Senior level
- Learn race plans for each event (including prelims and finals) and appropriate paces to achieve goal times
- Visualize a race from start to finish. Can control image so vision matches actual performance.
- Improve self-image to reduce stress, build confidence and increase enjoyment of competition and practice.
- Learn how to set manageable long-range goals within the sport and develop short-term goals that ultimately tie into long-term goals.

Practices: 6 days/week for 120 minutes.

Practice Options: Monday through Saturday

Program Size: 10 participants per location

4. **SENIOR 2:** This group is our top training group. Athletes in this group will train at a high intensity and may receive specialized training to meet their needs for their goals.

Group Requirements & Expectations:

- Be at least in eighth grade OR have obtained a Sectional Time Standard
- Be able to complete 10x 100s @ 1:15 with 5 seconds of rest or more.
- Has specialized goals to make strides towards qualifying for Regional (Sectionals, Futures, TYR Series) and National Championships
- Athletes will be encouraged to make at least four or more workouts per week (one of those should be Saturday AM).
- Athletes will be expected to start lifting weights during dryland and strength training sessions
- For these athletes swimming is their primary extra-curricular activity with a focus on competing at the collegiate level
- Athletes will be expected to compete in all homes meets, ability based travel team meets (A+, Senior Series, TYR Series) and have a championship meet at the end of their season (State, Sectionals, Futures, Nationals). Coaches will pick meet events for the athletes as a professional coaching service

Skills learned and/or developed in this group are:

- Decrease number of stroke cycles or swim faster with the same number of cycles
- Create healthy meal/snack routine throughout the week that is time efficient
- Perform a T30 similar threshold set multiple times a season
- Lactate tolerance
- Master time management skills so that outside activities do not interfere with practice and meet attendance
- Utilize imagery skills to manage competitive stress
- Learn to use ultimate goal to influence work ethic and intensity in practice
- Learn to rebound from mistakes and failures

Practices: 6 days/week for 120 minutes.

Practice Options: Monday through Saturday

Program Size: 10 participants per location

NST High School Options

Swimmers wishing to also compete for the Decorah High School team during the short course season will have a couple of options. Swimmers choosing to not compete for the high school program should enroll in their practice group for the season. Swimmers who register for our team's competitive programming, which includes all the high school options, are expected to be active in meets and be training for some kind of USA Swimming Championship meet (Silver Champs, State, Sectionals, etc).

1. ***High School Pre/Post Season:*** Swimmers in this group practice with the Senior practice group but will only train with NST before/after their designated high school season. Swimmers who sign up for this option will be unable to train with NST during their high school season (i.e. after practice, snow days, etc). The season will be a four-month training period. Girls will train November through February. Boys will train September through November as well as in February.

Practices: 6 days/week for 120 minutes.

Practice Options: Monday through Saturday (excludes during HS Season)

Program Size: 10 participants per location

2. ***High School Full Season:*** Swimmers in this group practice with the Senior practice group, train with NST before/after their designated high school season AND practice with NST outside of the designated high school practices (i.e. after practice, snow days, etc).

Practices: 6 days/week for 120 minutes.

Practice Options: Monday through Saturday (includes during HS Season)

Program Size: 10 participants per location

Team Program Fees:

Registration Fee:

- USA Swimming Membership: \$72/year (Valid through September 2019)
- Please note: NST seasonal registration fee (nonrefundable) of \$135 per child for the Team programs, and your child will receive a team shirt. Program and registration fees are due at the time of registration by credit card. Session Fees are handled exclusively through the online system as well.
- Team Unify charges a 3% processing fee on all credit/debit transactions. ACH is \$1.25 per transaction.

Monthly Class Fees:

Age Group 1: \$60/month (\$360 in full)

Age Group 2: \$70/month (\$420 in full)

Junior 1 & 2: \$90/month (\$540 in full)

Pre-Senior 1 & 2: \$100/month (\$600 in full)

High School Pre/Post Season: \$110/month (\$440 in full)

High School Full: \$85/month (\$510 in full)

Senior 1 & 2: \$110/month (\$660 in full)

For All Groups - When your child is ready, coaches move swimmers to a different group. Those decision are made by the coaches. Monthly dues are based on the amount of practice time each month, so if a swimmer moves to a practice group that practices more, the tuition rate will increase. Group changes from the coaches are made at the beginning of each month. The new monthly rate will begin at the beginning of the month.

Please keep in mind the coaching staff will have the final say on group placement. There are many factors which will be weighed prior to an athlete's move to the next level, which include but are not limited to work ethic, technique, and physical and social development of your child. Once a swimmer advances they will be unable to move back down. If you have questions about the placement of your athlete please feel free to discuss this with the coaching staff. Please remember that the staff has your child's long term development in the sport of swimming in mind when we are making these decisions.