



Boilermaker Aquatics Parent Handbook

Leaders Everywhere is a part of our vision for Boilermaker Aquatics which involves teaching, encouraging, and allowing young athletes to be leaders in the pool, on land, of their team and in their communities.

We have created an environment where athletes are protected and encouraged to grow as athletes and people.

Dream big. Be Healthy. Compete!

Leaders Everywhere

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WELCOME TO BOILERMAKER AQUATICS!

Welcome to Boilermaker Aquatics, a year-round competitive swim team aimed at developing community leaders through the sport of competitive swimming. Our club is a 501(c)3 non-profit organization that operates under the leadership of a volunteer Board of Directors and a staff of professional swim coaches, including part-time and full-time staff.

We've developed this handbook as an all-in-one resource for new and existing Boilermaker Aquatics families. In it you will find information about and expectations for your role as a member of the BA family, how to support your child during their time as a BA athlete, as well as reference information and materials about the BA Development pipeline, dryland program, skills and more.

JOINING THE TEAM

All athletes must be evaluated prior to their first season with BA. At the initial evaluation, athletes are assigned a roster group for their first season. Subsequent group moves as athletes continue with the club will be made at the discretion of the coaching staff, based on athlete's readiness and preparation for the challenges of the next group in BA's development structure.

USA SWIMMING MEMBERSHIP

All Boilermaker Aquatics athletes must also be members of USA Swimming. USA Swimming Memberships are renewed every year between September 1 and December 31, to cover the athlete for the upcoming calendar year.

Athletes who are "not in good standing" will be unable to attend practices and ineligible to compete in competitions.

You can create your family's USA Swimming Account and view upcoming expiration dates or requirements on the [USA Swimming Hub Dashboard](#).

Instructions for completing USA Swimming Membership for first-time BA Athletes will be sent to families via email by the BA Team Administrator at the start of their first season.

BOILERMAKER AQUATICS: WHO WE ARE



PROGRAM HISTORY

Swimming in the Greater Lafayette community has a storied history, with the earliest roots of BA dating back to the mid-60s when West Lafayette Swim Club (WLSC) opened as a summer league in 1965.

In 2003, Boilermaker Aquatics was formed, illustrating a bond between the previously-operating USA Swimming Team, Tippecanoe White Sharks, and the swimming programs of Purdue University and the Boilermaker Aquatic Center.

For 20 years, Boilermaker Aquatics has been steadily operating in the community developing athletes of every age and ability, from brand-new five- and six-year-olds to Junior National qualifiers and National team members.

WHAT WE DO

Boilermaker Aquatics is passionate about developing homegrown athletes from their earliest days through to achieving their biggest goals in the support. We do this through a foundation of athletic development, a solid development progression and consistent, supportive and challenging coaching.

Boilermaker Aquatics currently sits at approximately 200-members strong and is consistently ranked among the top 10 swim clubs in Indiana and top 275 swim clubs nationwide based on performance data collected by USA Swimming.

WHERE WE'RE GOING

As a club, we've set several big goals that are only possible if we are all moving forward toward a common goal together.

Among those goals are:

- Become a nationally recognized club through USA Swimming's Club Excellence Program
- Expand our representation at US Junior National and National Championships
- Qualify one or more athletes for U.S. Olympic Trials IN 2024

MISSION, VISION & VALUES

MISSION

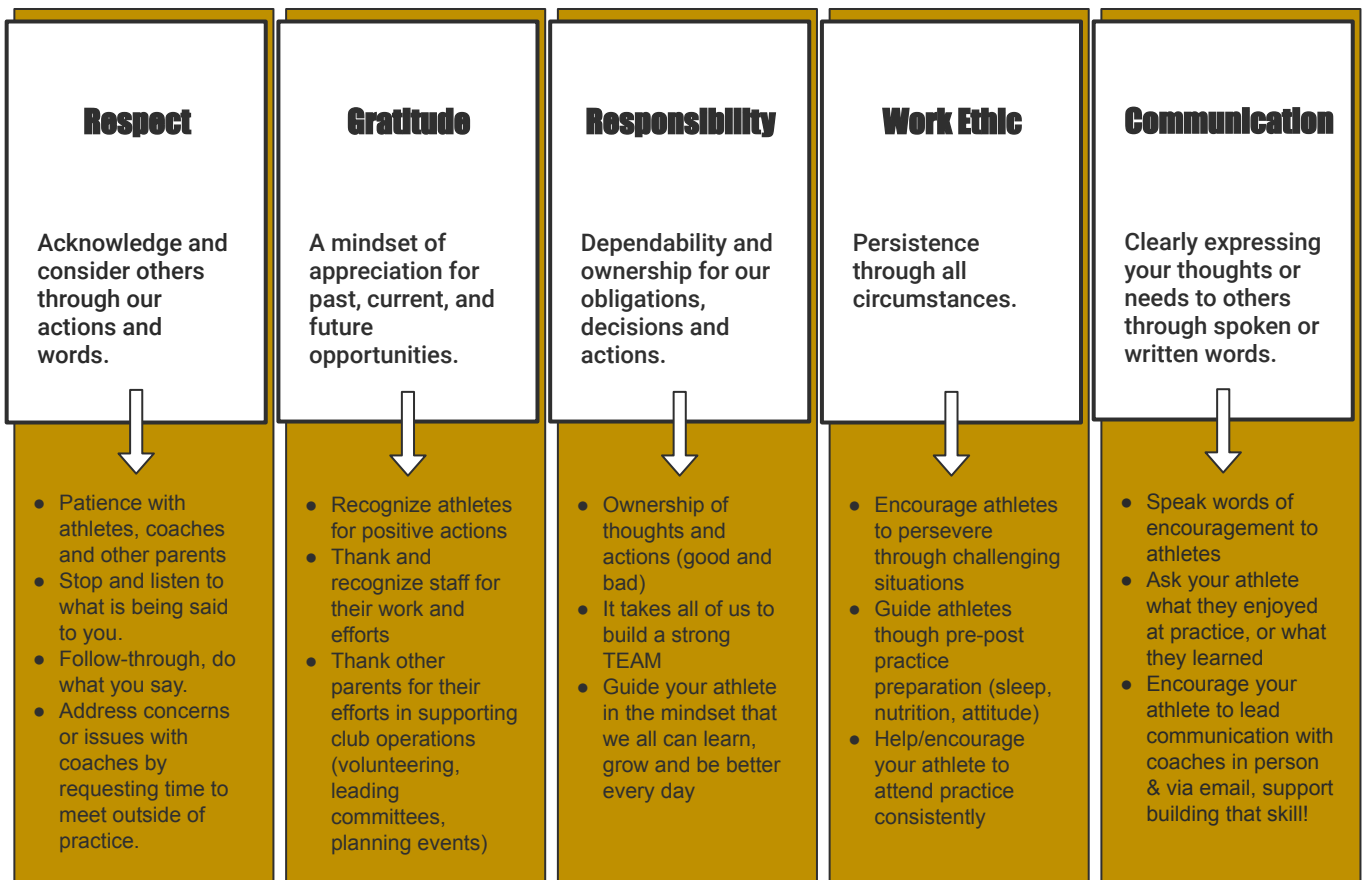
The mission of Boilermaker Aquatics is to develop youth into tomorrow's leaders through the sport of swimming.

VISION

The vision of Boilermaker Aquatics is to become a nationally recognized competitive swim club through excellence and teamwork.

CORE VALUES FOR EXCELLENCE

1. Respect
2. Gratitude
3. Responsibility
4. Good Work Ethic
5. Communication



The background of the page is a faded photograph of a swimming pool. In the foreground, a swimmer is visible in the water. In the middle ground, several people, likely athletes and coaches, are standing on the pool deck. One person is wearing a yellow t-shirt with "BOILERMAKER AQUATICS" printed on it. In the background, there is a clock on the wall and an "EXIT" sign.

PROGRAM PHILOSOPHY

At Boilermaker Aquatics we want every athlete to come to us as they are, and be able to exist within our program as their true, authentic self. We believe that each athlete has the capacity for leadership and brings something important to our team.

We also believe that each and every one of us at Boilermaker Aquatics, from the newest athletes to the most seasoned coaches, must be open to challenge, and actively seek and embrace challenge in order to grow within the program. This is how we grow as a club and hold each other accountable to be better than the day before.

CULTURE OF CHALLENGE

When athletes step on the pool deck for a BA practice, they are stepping into an environment where they will be challenged – by their coaches, by their teammates and by themselves. At every level of our program we are working to raise the bar of what is expected, creating a culture where athletes who meet or exceed those challenges are able to grow and improve.

We must be consistent in our goals to progress our athletes by challenging them to continue to refine and develop their skillset. In Enterprise 2, challenge might look like consistently pushing off in a streamline. By Foundations, it looks like consistently being able to execute 8m kickouts from a push. By Age Group Gold those athletes are able to swim an aerobic 400 with great underwaters, and so on.

The skills we forge in the earliest groups provide the foundation for long term improvements over time.

Leaders Everywhere

SAFE SPORT

Boilermaker Aquatics is committed to providing a safe environment for athletes, coaches and families. Through education and teamwork, we can maintain a club where children can grow as athletes *and* leaders.

Safe Sport policies utilized by Boilermaker Aquatics are adopted from those created by USA Swimming. These policies seek to create a safe environment for athletes, coaches and families. As a club, BA is vigilant in making sure all safety concerns are heard and handled expeditiously and confidentially. Whether there is a physical, emotional or cyber concern, we want to make sure athletes, coaches and families are aware of the proper lines of communication or procedures to follow.

SAFE SPORT COORDINATOR

Boilermaker Aquatics has a SafeSport Coordinator. This important position is appointed by the head coach and voted upon by the Board of Directors. Our current Safe Sport Coordinator is Patience Smith. She can be reached for consultation, questions or concerns at patiencesmith444@yahoo.com.

ATHLETE PROTECTION TRAINING

All adult USA Swimming members of Boilermaker Aquatics (coaches, board members, officials, athletes over the age of 18) must complete the USA Swimming Athlete Protection Training. This course, along with three rotating refresher courses taken each year, are a required element for all members over the age of 18 who are regularly working with or supervising youth athletes.

High School athletes who are 17 but turn 18 during the course of a Boilermaker Aquatics season MUST complete the online Athlete Protection Training module shortly before or immediately after their 18th birthday. Athletes who turn 18 but have not completed the APT course will not be eligible to compete in sanctioned competition.

REPORT A SAFE SPORT CONCERN

View our complete list of Safe Sport policies and materials on our website at <https://www.teamunify.com/team/isba/page/safe-sport>

Report a Safe Sport concern online at

<https://www.usaswimming.org/safe-sport/report-a-concern>



GUIDING PRINCIPLES

GUIDING PRINCIPLES FOR BA ATHLETES

Train what you are great at; Learn the Rest

- No wasted motions that may create poor motor patterns and stroke habits that we will have to correct later. Take the time to learn it right!
- Build confidence and aerobic endurance with skills that you are good at.
- Use the positive self-image and confidence created by repeating mastered skills to fuel the later parts of your practice sessions and warm-ups, where you are learning something for the first time.

Long-term development

- We are in this for the long haul.
- Let's create the strongest base of knowledge and skill.
- The limiting factor to any athlete's long-term success is the technique with which they compete.

Leadership Everywhere. Athletes own the journey.

- Athletes learn the routine, then Athletes can lead/own the routine.
- Be a leader among your peers: Lead routines, ask questions, offer to create something new, imagine new possibilities for yourself and our team!

Athletes who specialize in Swimming

- Build a broad base of physical literacy through daily Dynamic Warm-Up that is simple but challenging. Same focus on land that we give to movements in water.
- General athletic movements done well will translate to the pool and help swimmers improve.



ANNUAL CALENDAR

	APRIL	MAY	JUNE	JULY
WEEK 1	LCM Season Begins Annual Team Banquet			Enchanted Forest Invite (Noblesville)
WEEK 2		Early Bird Invite		Senior State Championships
WEEK 3			Boiler Bash Invite	Age Group State Championships
WEEK 4				- Divisional Championships - Futures Championship - Junior Nationals - LCM Season Ends

	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER
WEEK 1	Age Group Zone Championships SCY Registration Opens	SCY Season Starts		High School Boys Season Begins
WEEK 2				
WEEK 3			HS School Girls Season Begins	
WEEK 4			Fall Fundraiser	

	DECEMBER	JANUARY	FEBRUARY	MARCH
WEEK 1			HS Girls State	Divisional Championships
WEEK 2	Winter Champions Classic Meet Winter Junior Nationals		HS Boys Sectionals	Senior State Championships
WEEK 3		Gold Fever Invite	HS Boys State	Age Group State Championships
WEEK 4		HS Girls Sectionals		Speedo Sectionals SCY Season Ends

CLUB STRUCTURE

HEAD COACH

The Head Coach oversees the staff and athlete development at a club wide level. Supports full time and part time coaches with identifying and securing ongoing coaching education opportunities. Communicates directly with Board of Directors and Board President.

DIVISION LEAD COACHES

Division Lead Coaches communicate directly with Head Coach regarding overall development of all athletes in the age division. Tracks athlete progress and communicates regularly with Group lead Coaches.

11&U DIVISION

Enterprise 2

Enterprise 1

Foundations

11-14 DIVISION

Launchpad

Age Group White

Age Group Gold

Age Group Black

15&UP Division

Senior Gold

Senior Black

GROUP LEAD COACHES

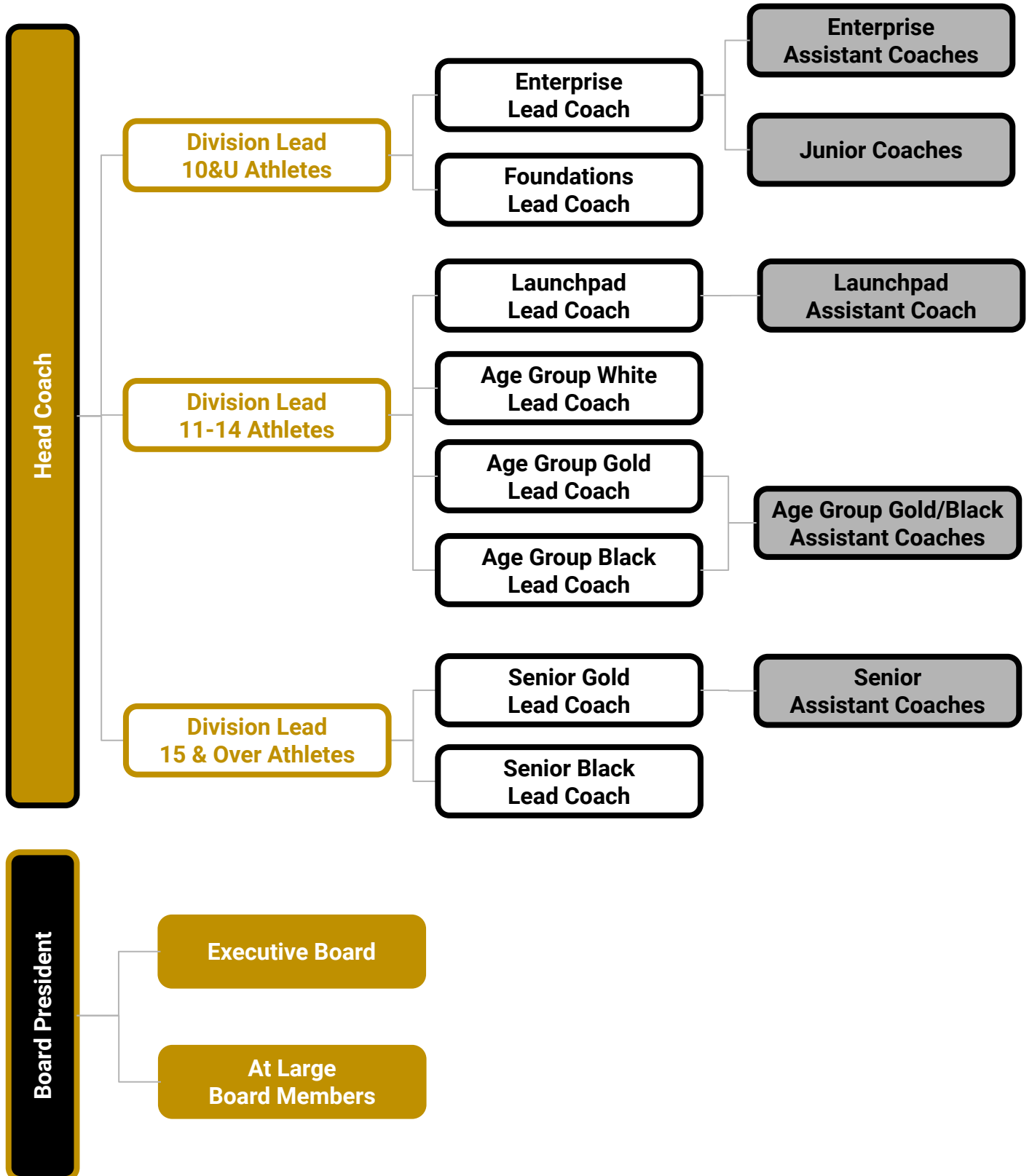
Group Lead Coaches plan and execute a season plan for a particular roster group, in communication with Division Lead Coach, to ensure routine development of athletes, execution of group goals, lead and support athletes on a daily basis. Attend all meets where their athletes are competing.

ASSISTANT COACHES, JUNIOR COACHES

Support Group Lead Coach with daily execution of the day's practice plan. Support competition as a coach in good standing with USA Swimming.

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ORGANIZATION CHART



PARENT INVOLVEMENT

GET CONNECTED RIGHT AWAY!

Boilermaker Aquatics is at its best when both the athletes and the parents are working alongside each other to move the club forward. No matter your personal strengths, there is an avenue to support BA!

MEET SUPPORT

All families are required to fill at least 3 job sessions per season and BA's hosted "home" invitationals (developmental/intrasquad meets do not count). It takes a lot of hands to run a successful meet, but many of the jobs are simple to complete, and in many cases you get a front row view to the action on the pool deck.

OFFICIATING

Every sanctioned swim meet requires the presence of trained Officials who ensure that competition is fair and athletes are competing within the confines of the rules that govern competitive swimming. To learn more about becoming an official, or to begin the training process, visit the [Becoming an Official](https://www.teamunify.com/team/isba/page/parents/become-an-official) page on our website at <https://www.teamunify.com/team/isba/page/parents/become-an-official>.

CLUB COMMITTEES

Parents are needed to serve on and chair committees to support club business like sponsorship and fundraising, event planning (like our annual spring banquet) or meet planning! If you have an interest, ask how you can learn more right away! We're always looking to teach new parents the ropes of what we do!



A crew of parents having fun, socializing and watching the action while working the hospitality suite at our BA-hosted meet.

CLUB DIRECTORY

STAFF

NAME	EMAIL	ROLES
Chad Dillon	chadpdillon@gmail.com	Head Coach Lead Coach, Senior Black Lead Coach, Age Group Black
Jordan Bonfitto	jordan.bonfitto@gmail.com	Division Lead, 11&U Athletes Lead Coach, Foundations Assistant Coach, Enterprise Team Admin
Patrick Schultheiss	prschultheiss@gmail.com	Lead Coach, Senior Gold
Drew Reinke	drewreinke6@gmail.com	Lead Coach, Age Group Gold
Zach Beaschler	z-beaschler@onu.edu	Lead Coach, Age Group White
Max Rubesch	rubeschm@gmail.com	Lead Coach, Launchpad
Chris Klinge	cbklinge@gmail.com	Lead Coach, Enterprise
Miriam Wagner	mermy91@gmail.com	Lead Coach, Enterprise
Beth Brown	bbrown@tsc.k12.in.us	Assistant Coach, Seniors
Nathan Mamushe	nmamu2315@gmail.com	Assistant Coach, Age Group
Avery Karns	dr.averykarns@gmail.com	Assistant Coach, Age Group
Tyler Birkla	twbirkla@gmail.com	Assistant Coach, Age Group
Sarah Dudley	dudley18@purdue.edu	Assistant Coach, Age Group

CLUB DIRECTORY

BOARD & VOLUNTEER POSITIONS

NAME	EMAIL	ROLES
Kimberly Morisette	kmorisette@huththompson.com	Treasurer
Shannon Tajc	shannontajc@yahoo.com	Board Member, At Large Fundraising Committee
Kevin Tilton	kevin.m.tilton@gmail.com	Board Member, At Large
Eric Korchnak	efkorchnak@gmail.com	Board Member, At Large
Sue Knipp	sjbknipp@gmail.com	Board Member, At Large
Lynn Tilton	latilton@gmail.com	Meet Director
Kristy Korchnak	kkorchnak@gmail.com	Volunteer Coordinator
Patience Smith	patiencesmith444@yahoo.com	SafeSport Coordinator

“WHO SHOULD I CONTACT IF...?”

...I have questions about my athlete’s progress, performance or roster group?
Email your athlete’s lead coach.

...I have questions about billing on my account, meet fees, or ordering merch?
Email the Team Administrator.

...I have questions about my service hours or working meets?
Email the Volunteer Coordinator. If you’re looking to provide help or services, email the Meet Co-Directors.

I have questions about upcoming schedules or meet details?
Contact the Head Coach, your athlete’s Lead Coach and/or the Team Administrator.

I have a SafeSport concern?
Contact the SafeSport coordinator.

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ATHLETE EXPECTATIONS

ATHLETE ATTIRE/TEAM GEAR

Boilermaker Aquatics is a team and like any other sport has a “Team Uniform” for competitions. Competition uniform gear is available for all athletes, and purchase method varies slightly by the items.

TEAM CAPS & SHIRTS: Available for order through BA Coaches.

There are three color options for both caps and shirts, with one color theme being worn per day of each competition. Orders may be placed at the beginning of each season through registration or by emailing the Team Admin or Head Coach.

	Friday	Saturday	Sunday
Latex Caps \$3 each	Black	Gold	White
Silicone Caps \$12 each	Black	Gold	White
T-Shirts \$15 each	Black	Yellow	Grey

PRACTICE ATTIRE: Having the proper attire during practices makes performing skills during workouts easier, simply by not having to worry about how their clothing feels. Athletes should come prepared for each portion of their practice with the following:

Dryland	<ul style="list-style-type: none"> • Athletic clothes (worn over swimsuit): T-shirt, shorts/joggers/leggings • Tennis shoes or sneakers (no sandals/crocs for active dryland) • Hair tied back, if long
In-Water	<ul style="list-style-type: none"> • Filled water bottle to bring to the lane • Well-fitting practice suit (one-piece for girls, brief or jammer for boys) • Swim cap, if hair long enough to get in face while swimming • Necessary equipment for roster group
After Practice	<ul style="list-style-type: none"> • Towel • Deck shoes (optional), such as sandals or Crocs • Seasonally-appropriate clothes for the ride home (parka, knit hat, sweats for winter)

TEAM GEAR: Team gear bearing the Boilermaker Aquatics logo, such as competition suits or other optional apparel items like parka, swim meet bag, and warm up sets are available for purchase several times per year from our Team Store with Elsmore Swim Shop. Visit <https://elsmoreswim.com/collections/boilermaker-aquatics>

ATHLETE EXPECTATIONS

PRACTICE EXPECTATIONS

Athletes who are consistently attending practice and participating with thoughtful attention to detail will be the athletes who benefit the most throughout the season.

As athletes progress through the various development levels within BA, regular practice attendance becomes more and more important. Therefore, baseline attendance is one of the factors coaches consider when determining if an athlete is ready for additional levels of challenge or initiating a roster group move.

At practice, athletes are expected to connect with their teammates, have fun, create social bonds AND be ready and prepared to work. Being prepared looks like arriving at practice early, well-fueled, with proper hydration resources. Once athletes arrive at practice, cell phones and electronic devices should be left in the athlete's swim bag until *after* practice has concluded.

MEET EXPECTATIONS

While swimming is in many ways an “individual sport,” being part of a TEAM is an important aspect of the competition environment. At meets, expectations for BA athletes are:

- Arrive on time, fueled and ready to participate in Warm Up to Swim (WUTS).
- Phones/electronics stay in swim bags. Instead, athletes should connect with teammates and coaches and cheer on each other during races.
- Connect with a coach before AND after every race.
- Check with coaches about relay assignments before leaving each meet session.
- Cultivate a “growth mindset” – keep a positive attitude, even when facing mistakes or “failure”. Goals aren't achieved in a single day or a single race, but through continuous learning over time. Look forward to learning from mistakes on the journey to goal achievement.
- Exhibit gratitude throughout the session: thank coaches, times, officials and meet hosts for running a great meet.
- Be polite and courteous to facility hosts.



PARENT EXPECTATIONS

PRACTICE EXPECTATIONS FOR PARENTS

For many BA Athletes, parents are the primary transportation to and from practices! We know it's a BIG job getting athletes to and from practice, especially when there may be more than one athlete from the same family practicing at different pools.

Parents are welcome to either drop their athletes off at practice or stay and watch from the designated viewing area at each pool (usually the balcony bleachers). In accordance with USA Swimming guidelines, parents are not to be on the pool deck during practice times, so we ask that if you are staying to watch you do so from the bleachers.

If you need a coach to locate your athlete after practice (such as taking too long in the locker room), please flag us down from the pool entry and we'll be happy to help by passing on a message. Parents are not allowed entry into the locker rooms for any reason.

Connect with each other! If you are staying to watch practice, get to know the other parents in the stands! As coaches, we love seeing parents creating support networks for car pools, rides to meets, planning swimmer social events or more!



MEET EXPECTATIONS FOR PARENTS

At both home and away meets (but especially at home meets), we love to see our parent members get involved in the action by helping with meet support roles: timing, officiating, greeting, deck security, and so much more!

When we travel to other clubs, it's great to see a big block of BA-parents sitting together, cheering on our team's athletes and wearing their BA team-spirit apparel in the stands!

Most importantly, support your athlete through the ups and downs of regular competition. Be a supportive ear, ask who they cheered for, what they learned, and what they're excited about for the next day!

ATHLETE DEVELOPMENT



ROSTER GROUPS: 10&U DIVISION

ENTERPRISE 2

Entry level group for athletes under the age of 10. Athletes in this group are engaging in competitive swimming for the first time. Practices are three times weekly for 60 minutes each, including 15 minutes per practice of dryland/athletic development.

Training/Development Focus: Technically sound freestyle, backstroke, mastery of breaststroke kick.

ENTERPRISE 1

Intermediate group for athletes under the age of 10. Athletes in this group are developing aerobic capacity and are capable of swimming up to 100 yards at a time of freestyle and backstroke.

Training/Development Focus: Build on Freestyle and Backstroke skills, begin racing 200 Freestyle in competition, master of legal full breaststroke.

FOUNDATIONS

Advanced group for athletes under the age of 10. Athletes in this group are experienced attending swim meets and are excited about training and learning more about the sport of competitive swimming.

Training/Development Focus: Proficiency in all four stroke disciplines, including ability to race 200 IM and 100 Butterfly in competition in order to achieve their first IMX score.



Enterprise athletes learn the basics of a swim team practice, and how a swim meet runs. This athlete is checking a heat sheet.

ROSTER GROUPS: 11-14 DIVISION

LAUNCHPAD

Beginner group for athletes 11-14 years old who may be new to the sport or recently aged up from the 10&Under Division. This group practices four times per week for 90 minutes, including 15 minutes of dryland/athletic ability.

Training/Development Focus: Technically sound freestyle, backstroke, development of breaststroke. Develop a basic level of aerobic capacity.

AGE GROUP WHITE

First intermediate group for athletes 11-14 years old. Athletes in this group are increasing aerobic capacity, developing proficiency in all four stroke disciplines and working toward mid-distance and distance freestyle at competitions. They are excited about attending meets and competing regularly.

Training/Development Focus: Build on Freestyle and Backstroke skills, begin racing 400/500 Freestyle in competition, develop proficiency at 100 Fly and 200 IM to achieve an 11-12 IMX score. For 13-14 athletes in this age group, adding 200s of backstroke and breaststroke to competition lineup.



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ROSTER GROUP: 11-14 DIVISION

AGE GROUP GOLD

Intermediate/advanced group for athletes 11-14. Athletes in this group are experienced attending swim meets and are excited about training and learning more about the sport of competitive swimming. Racing all four competitive strokes on a regular basis.

Training/Development Focus: Continue to build on Individual Medley skills and mid-distance freestyle, specifically as it relates to 100 Fly, 200 IM and 400 Free.. As athletes progress to 13-14 age group, there is a deeper focus on 200s of stroke and 400 IM. When athletes reach minimum proficiency in the 400 free, we begin adding longer races such as the 800/1000 or the 1500/1650.



AGE GROUP BLACK

Elite group for athletes 11-14 years old and not yet a freshman in high school. Athletes in this group are experienced attending swim meets and are capable of racing all four competitive swim strokes at a high level.

Training/Development Focus: Focus events for this group are 400 Freestyle, 400 IM, and the 1500/1650. Athletes in this group are achieving an IMX score every season and working to qualify for Age Group championship meets.



ROSTER GROUPS: 15 & OVER DIVISION

SENIOR GOLD

Athletes in Senior Gold are focused on improving training and competition at the Divisional Championships and Senior State Championships. They represent Boilermaker Aquatics to the best of their ability. Athletes will work on leadership skills, demonstrate time management with all activities, and make a commitment to the goal-setting process. This group trains five days per week, including two dedicated mornings of dryland/weight room programming. Athletes must be a freshman in high school or older.

Training/Development Focus: Athletes in this group vary considerably, but our overall goal is to get every athlete to the point where they are able to achieve an IMX score during each season. Working towards proficiency in all four stroke disciplines and improving abilities for mid-distance freestyle competition.

Athletes at the upper end of Senior Gold may qualify for upper level championship meets as well.

SENIOR BLACK

Athletes in Senior Black are focused on improving competition at the Sectional and National Championships. Athletes represent Boilermaker Aquatics to the best of their ability and have a motivation to be leaders within the team. They have clear goals for swimming and their are eager to work toward those goals at practice, competition, and home. Time management is an important part of this group. This group trains six days per week, with a total of 8-9 practices per week and athletes must hold a high standard (90%) for attendance.

Training/Development Focus: Focus events for this group are 400 Freestyle, 400 IM. Athletes in this group are achieving an IMX score every season and working to qualify for Senior State, Speedo Sectional, Junior National and National championships.

STANDARD SCHEDULE

PRACTICE FREQUENCY

Each group in the program has a standard practice schedule. Coaches will try to stick to this schedule as much as possible throughout the season. Locations may vary at different times during the season based on pool availability and events on the schedule.

In each group, you can expect the following:

Enterprise 1 & Enterprise 2: Three practices per week for 60-90 minutes (Monday, Thursday, Saturday)

Foundations: Five practice per week for 90-105 minutes (Tuesday through Saturday)

Launchpad: Four practices per week for 90 minutes each (Monday-Wednesday, Friday)

Age Group White: Five practices per week, for 90-105 minutes (Tuesday through Saturday)

Age Group Gold: Five practices per week for 105-120 minutes (Monday-Wednesday, Friday, Saturday)

Age Group Black: Six practices per week for 120-180 minutes (Monday - Saturday)

Senior Gold: Five practices per week for 120-150 minutes (Monday-Thursday, Saturday)

Senior Black: Six practices per week for 135-180 minutes (Monday-Saturday)

SAMPLE SCHEDULE

Week of 09/18/2023							
TEAM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Elsmore Team Suit Fitting	5:30-7:30P @ WL						
Enterprise 2	WL 5:30-6:30P			WL 5:30-6:30P		WL 11:00A-12:00P	
Enterprise 1	WL 6:30-7:30P			WL 6:30-7:30P		WL 11:00A-12:30P	
Foundations		WL 5:30-7:00P	WL 5:30-7:15P	WL 6:30-8:00P	HH 5:30-7:00P	HH 8:15-10:00A	
Launchpad	HH 5:30-6:45P	HH 5:30-6:45P	HH 5:30-6:45P		HH 5:30-7:00P		
Age Group White		HH 5:30-7:00P	HH 5:30-7:00P	HH 5:30-7:00P	WL 6:00-7:30P	HH 9:45-11:30A	
Age Group Gold	WL 6:15-8:00P	WL 6:00-8:00P	WL 6:00-7:45P		WL 6:00-7:30P	HH 9:45-11:45A	
Age Group Black	WL 6:15-8:15P	WL 6:00-8:30P	WL 6:00-8:00P	WL 6:00-8:30P	WL 6:00-8:00P	WL 9:00-11:45A	
Senior Gold		HH 5:30-6:45A		HH 5:30-6:45A			
	HH 3:45-5:45P	HH 3:45-5:45P	HH 3:45-5:45P	HH 3:45-5:45P		WL 6:00-9:00A	
Senior Black		HH 5:30-6:45A		HH 5:30-6:45A			
	WL 3:45-6:00P	WL 3:45-6:00P	WL 3:45-6:00P	WL 3:45-6:00P	WL 3:45-6:00P	WL 6:00-9:00A	

Be prepared for each practice with team attire, equipment, attitude and proper hydration. On time = before practice begins.

Contact a Boilermaker Aquatics coach with any questions concerning practice times or locations.

Key:

DRYLAND & ATHLETIC DEVELOPMENT

PURPOSE

Aid athletes development on land in order to prepare youth for the rigors of swim training and life.

Outside of the pool, youth are participating in a reducing amount of movement and physical activity. General movements and shapes are more difficult for youth to achieve and work through. As a young person, athletes have great opportunity to set the foundation for athletic movements necessary for sports and life. Daily practice of basic movements reinforce strong behaviors, habits and adaptability. Coordinated movements and actions are more easily learned and practices on land, then they can be applied to an aquatic environment.

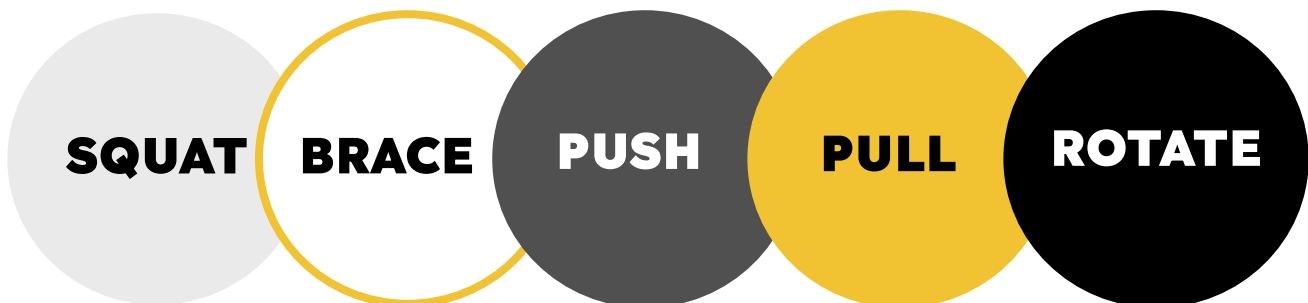
PROGRAM

Frequency: All athletes in every BA roster group will engage in 15 minutes of land-based dynamic activity to warm up prior to EVERY practice session.

Athletes in more advanced roster groups (Senior Gold, Senior Black, Age Group Gold and Age Group Black) will also have dedicated sessions of land-based training to build coordinated strength. Athletes in intermediate levels (Age Group White, Foundations) may have an additional 15 minutes of strength-focused dryland twice per week.

These sessions are every bit as important as the work we do in the water.

Foundation: Dryland training may be achieved in a variety of methods, however coaches will plan to build all dryland efforts around practicing the following function functional fundamental movements each week:



MAKING MOVES: GROWTH & GROUP CHANGE

MOVING & VISITATION

When an athlete is meeting technical expectations, exceeding the minimum entry standards for the next group AND showing a desire and readiness to take on new challenge, coaches can begin visitation to the next roster group at any time during the season by coordinating with the Division Lead Coach, Head Coach and next group's Lead Coach.

Visitation refers to a period of time during which the athlete adds one practice day in the NEW GROUP per week while remaining in their current roster group the rest of the time. During a visitation period the athlete's current lead coach will continue to develop skills needed to be successful at the next level, while the lead coach of the next roster group will evaluate the athlete's readiness to succeed or accept the challenge of a new group. The visitation period may span a few weeks to a few months, depending on the needs of the athlete.

Official moves can be made as soon as both coaches agree the athlete is ready to be successful in the new group.

In cases where athletes are moving in part due to changing age divisions (10&Under → 11-14 or 11-14 → 15+)

COMMUNICATION LAYERS

COACH & ATHLETE

Ongoing, recurring conversations between coach and athlete. Takes the process from idea, to possibility, to plan, to action.

BETWEEN COACHES

Conversations between the athlete's current coach, Division Lead Coach and next roster group coach will discuss visit suitability and what metrics the athlete is currently meeting.

COACH & PARENT

Notification from Coach to Parents that the athlete is ready for a new challenge and invited to begin visitation or fully move to the next roster group.

TEACHING THE IMPORTANCE OF CHANGE

EMBRACE DIFFICULT MOMENTS

Difficult moments are that time when contrast is greatest. Some disappointment is necessary for athletes to refocus and gain some clarity of which direction they want to go.

We do not shy away from mistakes, rather we encourage athletes to voice their feelings about it and to begin to understand how they can use resources and new choices to go in the direction of a new desire or new goal, which usually requires the athlete to be changing some part of their performance or practice habits.

Types of difficult moments:

- Lose a race
- Miss a qualifying time
- Perform less consistent in competition than in practice

Set Goal, Achieve Goal at Boiler Bash

Qualify for State

Score/Podium at State

Qualify for Zone/Sectional

What's Next?

CHANGE IS THE GOAL

Change in a positive direction creates growth. Growth helps athletes achieve their goals and changing desires. But, change can feel, scary, unpredictable and uncomfortable. It can also be fun, exciting and rewarding.

Coaches should guide athletes by talking about change and building a culture where making changes is exciting, challenging and fun! Knowing WHAT to do and doing what you know are two different things. Coaches must guide athletes through the process of repeatedly making good choices and patterns. The habits we repeat are the habits we keep.

Practice doesn't make perfect, practice makes permanent.

BUILDING VERSATILE ATHLETES

PLANNING FOR IMX SUCCESS

Goal: Team achieves 40% athlete participation in the USA Swimming IMX Program, 60% athlete participation in the USA Swimming IMR Program.

Purpose: Creating an environment where well-rounded age group athletes is important to long-term club development. The IMX program represents this and encourages athletes to pursue all four stroke styles.

Plan: Strategically plan and develop athletes to succeed in IMX for their age as they progress through certain check points in our club. Additionally, utilize Developmental Meets and Hosted Competitions to strategically program events for athletes to achieve IMX scores. Emphasizing specific events at our hosted competitions will allow our athletes and coaches to plan and practice for these events without the pressure of attempting to practice for all 5 (or 6) events at the same time.

10&U IMX EVENTS

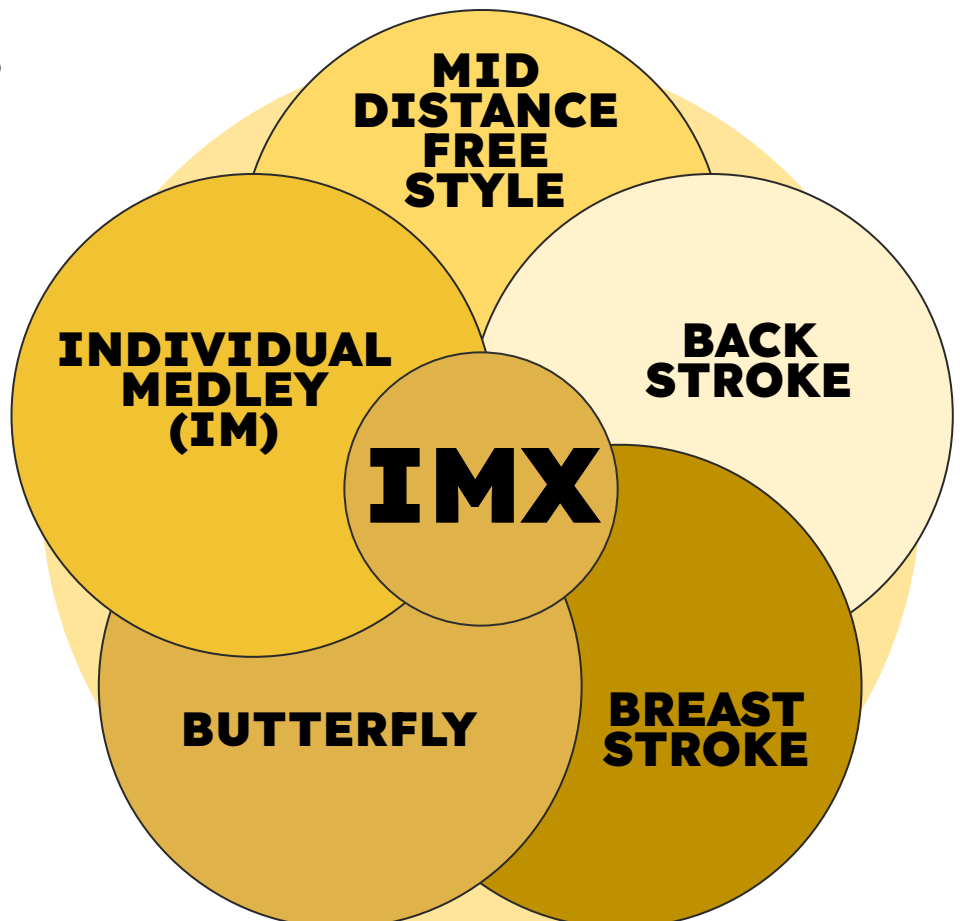
200 Freestyle
100 Backstroke
100 Breaststroke
100 Butterfly
200 IM

11-12 IMX EVENTS

400/500 Freestyle
100 Backstroke
100 Breaststroke
100 Butterfly
200 IM

13+ IMX EVENTS

400/500 Freestyle
200 Backstroke
200 Breaststroke
200 Butterfly
200 IM
400 IM



THE ROAD TO IMX

DEVELOPMENTAL ROSTER GROUPS

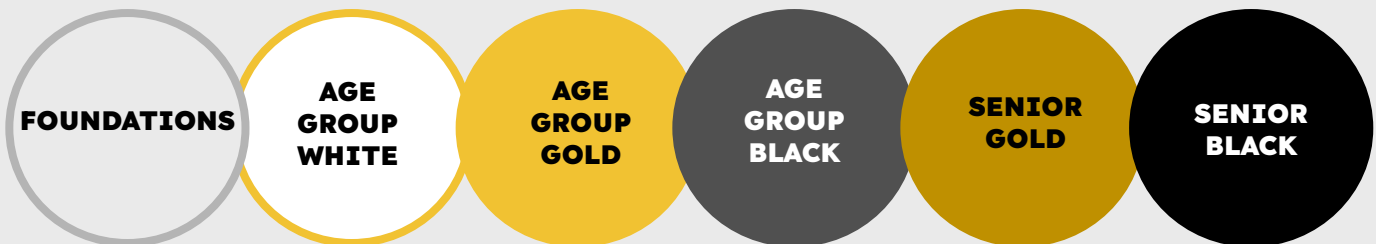
While IMX is a banner goal for our club and a beneficial metric by which to gauge our growth trajectory, it's not appropriate for all members of the club. For many members just starting out, or on the younger end of an age range the IMX events can be a challenge that is a bit out of reach, for now.

Athletes in Enterprise 2, Enterprise 1, Launchpad, and some athletes in Age Group White and Senior Gold can make strides toward building the skills necessary to achieve an IMX score by working on target events, such as mid distance freestyle, legal breaststroke, or learning technically sound butterfly.

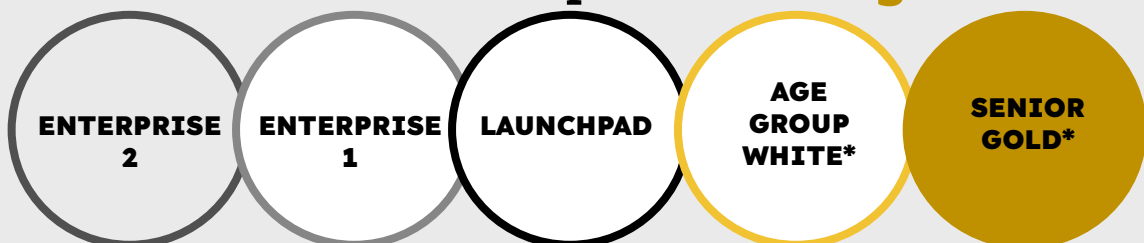
COMPETITIVE ROSTER GROUPS

Athletes in Foundations, Age Group White, Age Group Gold, Age Group Black, Senior Gold and Senior Black should be prepared or preparing to swim all five or six (depending on the age of the athletes) events that make up the IMX checklist over the course of each season.

ROSTER GROUP GOAL: Achieve a Score Every Season



Roster Group Goal: Develop Skills in **key** events



*specifically 13+ athletes in these roster groups who are newer to the group or sport

TARGET EVENTS BY GROUP ACHIEVE IMX SUCCESS

PLANNING FOR IMX SUCCESS

ENTERPRISE 2: 100 Freestyle*, 100 Backstroke

ENTERPRISE 1: 200 Freestyle, 100 Backstroke, **100 Breaststroke**

FOUNDATIONS: 200 Freestyle, 100 Backstroke, 100 Breaststroke, **100 Butterfly, 200 IM**

LAUNCHPAD: 200 Free*, 100 Backstroke, 100 Breaststroke

AG WHITE (11-12): 400 Freestyle, 100 Backstroke, 100 Breaststroke, **200 IM, 100 Butterfly**

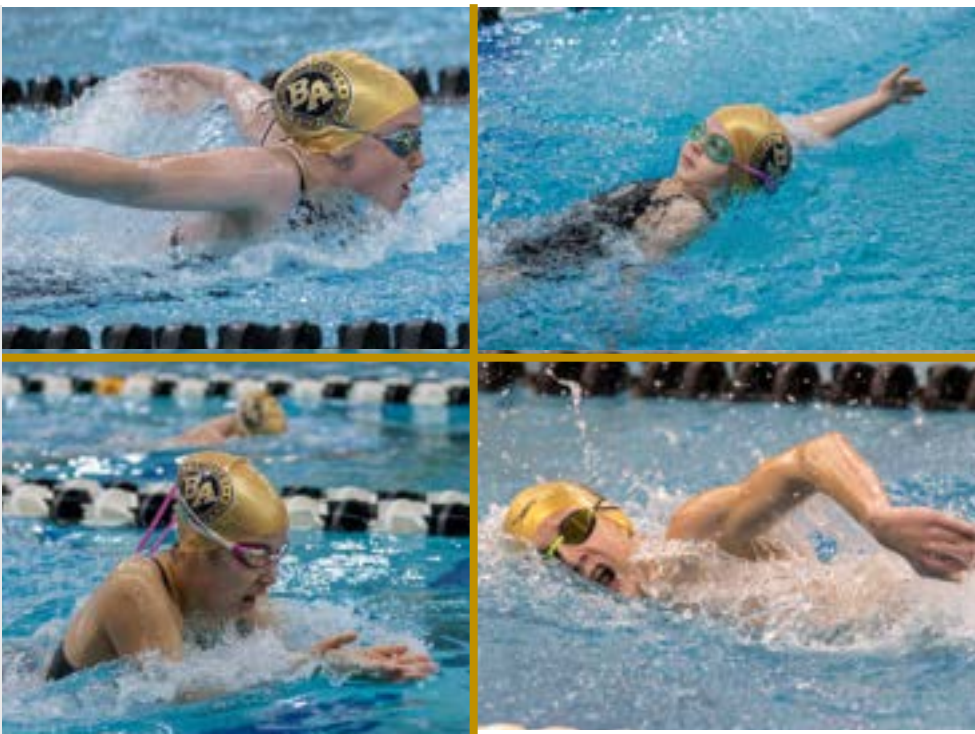
AG WHITE (13-14): 400 Freestyle, 200 Backstroke, 200 Breaststroke, **200 IM, 100 Butterfly***

AG GOLD/BLACK (11-12): 400 Freestyle, 100 Backstroke, 100 Breaststroke, **200 IM, 100 Butterfly**

AG GOLD/BLACK (13-14): 400 Freestyle, 200 Backstroke, 200 Breaststroke, **400 IM, 200 Butterfly**

SENIOR GOLD & BLACK: 400 Freestyle, 200 Backstroke, 200 Breaststroke, 200 IM, **400 IM, 200 Butterfly**

*Event is not necessary to earn a score, but is a vital stepping stone towards an event that is required





MEETS & COMPETITION

COMPETITION: IT'S WHAT WE DO

MEET TYPES

Boilermaker Aquatics is a competitive swim team. Competition is at the heart of what we do and what we prepare for through our daily training. Each and every member on our team, from Enterprise 2 to Senior Black, has the skills they need to be successful at the level of competition that is *most appropriate for them*. Boilermaker Aquatics aims to provide regular opportunities to compete in a variety of competitions, so that each roster group in the program has regular opportunities to compete in a meaningful way. Here is an overview of the different types of competitions Boilermaker Aquatics regularly participates in.

Developmental/ Intrasquad	Smaller-scale competitions only for BA athletes. These are held at one of our normal practice facilities. The meet is sanctioned so all times are official. Great learning opportunities for athletes competing for the first few times. Time commitment: 2-4 hours total
BA-Hosted “Home” Invitationals	Larger invitationals planned and run by BA Meet Director committee. Meets are held at Purdue University. Competing against 8-12 teams. Event sessions are held Friday, Saturday and Sunday, usually with a morning session and an afternoon session based on athlete age. Time commitment: 4-5 hours per day/session
“Away” Invitationals (<60mi)	Meet structure is similar to BA's hosted invitationals, but we travel to various pools less than an hour from Greater Lafayette (Crawfordsville, Kokomo, etc). Meets are 1-3 days in length, and overnight lodging is not necessary.
“Away/Overnight” Invitationals (>60mi)	Meet structure is similar to invitationals listed above, but we travel to various pools that are more than one hour from Greater Lafayette (Elkhart, Indianapolis, Franklin, Munster) or the meets are prelims/finals format. Meets are three days in length, and overnight lodging is recommended for Friday/Saturday night.
Divisional Championships	Championship format (prelims/finals) meet, meaning athletes over 11 years old compete in the morning to earn the opportunity to swim again in the evening finals sessions. Athletes must meet qualifying time standards to be eligible for this competition. Hotel recommended, depending on location.
State Championships	Championship format meet. Athletes must meet qualifying standards. Overnight lodging recommended for Friday and Saturday.
Regional/Zone Championship	Championship format meet. Athletes must meet qualifying standards. Overnight lodging necessary. Interstate/air travel may be required.
Junior National/ National	Championship format meet. Athletes must meet qualifying standards. Overnight lodging necessary. Interstate/air travel may be required.

COMPETITION: IT'S WHAT WE DO

COMPETITION TARGETS

As athletes progress through the program, the level of competition they are training for is raised as well, along with the expectations for competition participation.

For athletes qualifying for championship season, we strongly encourage athletes to participate at the **highest level Championship meet for which they qualify**. Please refer back to the Annual Calendar for an outline of when championship meets generally occur.

	Developmental Intrasquad	BA Hosted "Home" Meets	"Away" Meets (<60 min)	"Away" Meets Overnight	DIV	State, Regional	Regional + National
Enterprise 2	X	X					
Enterprise 1	X	X	X		X		
Foundations	X	X	X	X	X	X	
Launchpad	X	X	X				
AG White	X	X	X	X	X		
AG Gold	X	X	X	X	X	X	
AG Black	X	X	X	X	X	X	X
Senior Gold	X	X	X	X	X	X	
Senior Black	X	X	X	X	X	X	X


CHAMPIONSHIP QUALIFICATIONS

Not sure if your athlete is qualified to attend a championship meet? Qualification standards and a list of qualifying athletes for each level can be found on our website, at www.teamunify.com/team/isba/page/ba-champion

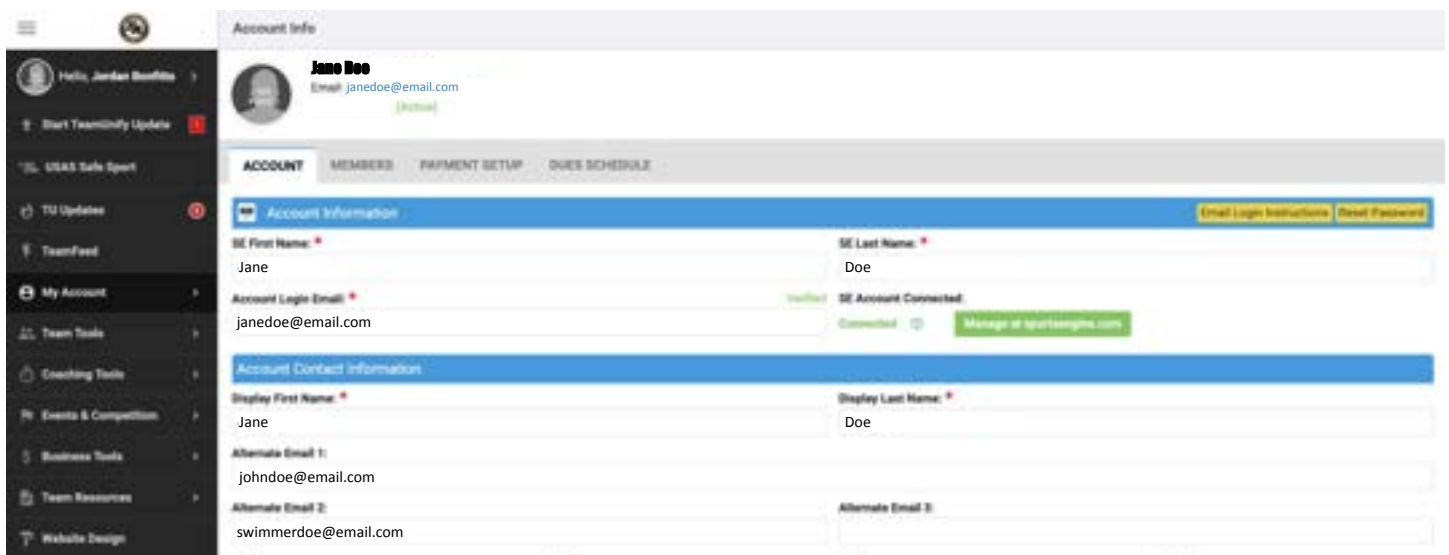
TEAM UNIFY: ACCOUNT MANAGEMENT

Team Unify is our Team Management system. It's used to register for upcoming season, commit to meets, view/pay invoices, and store competition results.

SIGNING INTO YOUR ACCOUNT

Go to www.baswimming.org and click on the  button in the top right corner of the screen.

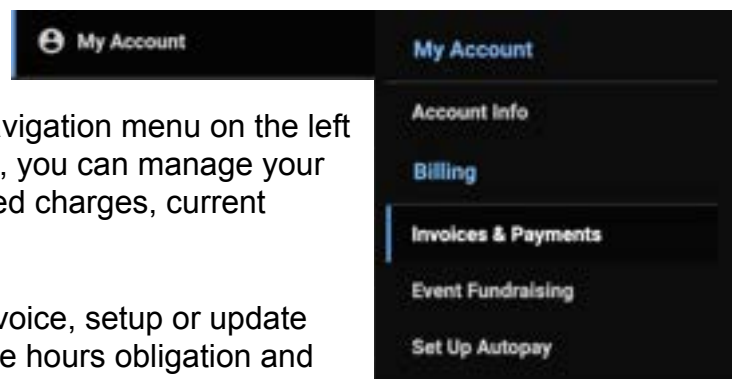
- Sign in using your primary email account and password
- Additional emails can be added to your account for information access only. Secondary and additional alternate emails will not be able to log in or receive financial information, but will receive team-wide emails, emails related to athlete's roster groups, and emails related to specific athletes on your account.



VIEW & PAY INVOICES

Sign into your Team Unify account. In the navigation menu on the left hand side, click on "My Account." From here, you can manage your account information, view recurring scheduled charges, current invoice summary, and invoice history.

You can make a payment on your current invoice, setup or update auto payment methods and view your service hours obligation and current service hours balance.



SWIM MEETS & COMPETITION

COMMIT TO COMPETITION

At the beginning of each season, coaches will upload the team's competition schedule to our Team Calendar. To view upcoming competitions, go to www.baswimming.org and click on the "Swim Meets" tab.

Sign into your Team Unify account. To commit to meets, follow the steps below:

1. Click on the name of the meet you wish to commit to. A pop up window will appear with general information about the meet.
2. Click on the "Edit Commitment" tab at the top of the window to be taken to the "Athlete Signup" page.
3. Click on the name of the athlete you wish to commit or decline.
4. Adjust the drop down bar titled "Signup Record." It will provide you with two options:
 - a. "Yes, please sign [athlete name] up for this event"
 - b. "No, thanks, [athlete name] will NOT attend this event"
5. In the text box, you may leave a note for coaches such as if there are particular days the athlete is not available, or if the athlete has interest in a particular event. Examples:
 - a. "[Athlete] is not available Friday, but can swim Saturday & Sunday."
 - b. "[Athlete] is would like the opportunity to swim 100 Fly & 200 IM this weekend."
6. Athlete sign ups may be submitted, updated, or deleted by parents up until the registration deadline, after which time all change requests should be directed to your athlete's *lead coach*.
7. Final event selection will be done at the coach's discretion, based on targeted events for the roster group, athlete participation at practice and readiness for additional challenge.

MEET LETTERS

When available, Meet Letters from the host club will be linked to the event posts for away meets on our calendar. Meet letters provide specific information about competitions such as entry fees, session schedule, event schedule and rules.

The screenshot displays the 'Team Event Details' page for 'Age Group State Championships'. The event is scheduled for July 21, 2023, to July 23, 2023, in Indianapolis, IN. The page includes sections for 'EVENT INFORMATION', 'MEET EVENT INFORMATION', and 'DESCRIPTION'. At the bottom, there is a 'FORMS / DOCUMENTS' section with a link to 'Meet Letter.pdf' circled in red.

SWIM MEETS & COMPETITION

MEET DETAILS

On the Wednesday before a competition, coaches will send out (via email) the Meet Details email. This will include:

- General information about the competition (body of the email)
- Meet Details attachment: an abridged version of the meet letter, including arrival and session starts time for BA athletes, helpful information, what to wear, and more.
- Entries By Athlete report: a report that details what events each athlete will be swimming during the course of the competition. Each event will have an event number, which can be compared to the event range for each session of competition.



Swim Meet Details

Event: 2022 BA Boiler Bash
Hosted by: Boilermaker Aquatics (BA)
Date: June 24-26, 2022
Building/Facility Name: Morgan J. Burke Aquatic Center, Purdue University
Address: 355 N Martin Jackie Dr, West Lafayette, IN 47906

Arrival, WU/TS, and Warm-up Schedule:				
Sessions	Arrive	Land Warmups	Pool Warmups	Meet Begins
Friday All Ages (Events 1-4)	1:50PM	4:00PM	4:15PM	5:15PM
Saturday 12 & Over (Events 5-18 & 101)	7:55AM	8:00AM	8:15AM	8:15AM
Saturday 12 & Under (Events 19-38)	1:40PM	1:45PM	2:00PM	3:00PM
Sunday 12 & Over (Events 39-48 & 102)	8:55AM	7:00AM	7:15AM	8:15AM
Sunday 12 & Under (Events 49-64)	12:00PM	12:15PM	12:30PM	1:30PM

****Team Cheer: 5-10minutes prior to the session start****

Notes:

- **Have Fun.** That's the #1 focus of our club at meets.
- **Cheer for your Teammates** - and get cheered for! Support constantly! It's a great day to be loud and proud of your team!
- **Put your best effort** into each part of the competition!
- **Mistakes happen**: and we look forward to learning from them on our journey towards goal achievement!
- **Growth Mindset**: Stay positive! Goals aren't always achieved when or how we want them to be. Also, many athletes for BA will be swimming in competition for the first time! Anytime we are swimming an event for the first time, the only expectation is the athlete's best effort and an open mind.
- **Athletes should**: Stay Warm -- wear dry clothing to keep your body prepared for FAST swimming. Hydrate and eat appropriately (Exchange your sugar-filled foods for another water bottle and an apple), and stay engaged with the competition.
- **Team Attire**: **Black Cap and Black Shirt on Friday, Gold Cap and Yellow Shirt on Saturday, White Cap and Grey Shirt on Sunday.** We'll have swim caps available for distribution at the competition, and please do not have your athlete hand the coaches money for the caps, we will bill your account through our team website.
- **Adult Team Attire**: BA Mom, BA Dad, and BA Fan t-shirts. If it requires a wash after each session, please do that! And after this weekend, let us know we need to order some more so you can wear a different shirt every day of the competition!
- **BRING YOUR OWN WATER BOTTLE** for hydration and refills. There are refill stations throughout the facility.
- **Swim Suits for Competition**: All athletes all ages wear the BA Team Suit for all of this competition.



SWIM MEETS & COMPETITION

PREPARING FOR A MEET

Athletes are most likely to feel most prepared for competition when practice attendance has been consistent at a high level and they are feeling confident in their skills and abilities from the practice pool. Consistent training is one of the best tools an athlete has leading into competition.

PACKING THE MEET BAG

Being prepared on the pool deck allows athletes to trust their training and put their focus on their race routines. Here are some essentials coaches recommend to have on hand for every meet session:

APPAREL/UNIFORM <i>Wear to the Meet:</i> Team Shirt Athletic Shorts/Pants Tennis Shoes Socks Team Suit	SWIM ESSENTIALS Goggles Spare Goggles Team Cap Deck Shoes (Crocs or sandals) Sharpie marker	STAY WARM! 1-3 Dry Towels Parka (optional) Sweatshirt/Pants Dry Clothes	NUTRITION/ HYDRATION Filled Water Bottle Sports/Electrolyte drink Food & Snacks <i>Enough to fuel performance for 3-5 hours</i>
-------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------

THE CAR RIDE TO THE MEET

The car ride to and from the meet can be an enormous benefit or a mental drain for youth athletes.

Parents can help athletes get in a growth mindset on the way to the meet. No matter the *OUTCOME* of a race or competition, there are lessons to be learned both through athlete self-reflection and reflection with the coach. Putting focus solely on outcome-based achievements (dropping time, achieving a cut, beating a specific athlete) can set athletes on a path to disappointment if they don't achieve a particular goal, sometimes even overlooking other great work or growth.

After the competition, parents can pose quality questions to any lessons learned during the competition session. Some simple examples:

1. Are you hungry?
2. Are you thirsty?
3. What was something that made you laugh today?
4. Did you make a new friend or learn something new about an existing friend?
5. What is something you learned from your coach today?
6. Anything we can do to make tomorrow even better?

Let the athlete take the lead on the conversation, but steer them back to what they learned or what they would like to change for the next competition opportunity.

SWIM MEETS & COMPETITION

INTRODUCTION TO HEAT SHEETS

At swim meets, a Heat Sheet is used to communicate the order of events, when athletes are scheduled to race and how the competition will be organized. Coaches will have printed copies, and copies for athletes to view will be posted around the pool deck.

Coaches will assist newer athletes in their first several competitions as they are learning the flow of a meet and how to read a heat sheet. As athletes progress through the program, the responsibility of getting to their events on time and ready to race shifts into the athlete's hands.

Event # – Each event has a unique number that corresponds to the event/gender/age group. Girls events are usually odd numbers, boys events are usually even numbers.

Heat – Athletes will swim in heats based on the number of lanes available. Often, athletes will be grouped by their seed time so that they are racing athletes of similar abilities.

Lane – The lane the athlete will swim in for their heat.

HYTEK's MEET MANAGER 8.0 - 5:23 PM 7/9/2023 Page 1
Enchanted Forest 2023, Sanction #: 0N23220
July 7-9, 2023
Meet Program - Sunday Finals

#57 Girls Open 200 LC Water 0M				#75 Girls 11-12 100 LC Meter Bucklebreaker					
Lane	Name	Age	Team	Profile	Lane	Name	Age	Team	Profile
Heat 1 B - Final					Heat 1 B - Final				
1	Richards, Mervel	15	BA-IN	3:12.27	1	Sergodentat,翠	11	NSC-IN	1:21.02
2	Middleton, Ann	15	NOB-IN	2:54.57	2	Myers, Eva	12	BA-IN	1:22.51
3	McNally, Bella	15	NOR-IN	2:55.22	3	Maja Margolis, C	11	COBY-IN	1:22.13
4	Zinn, Lily	14	FACT-IN	2:51.24	4	Cain, Lily	12	FACT-IN	1:21.31
5	Hill, Elle	14	NOR-IN	2:49.96	5	Graber, Lily	12	GEVY-IN	1:19.55
6	Kneet, Ali	15	NOR-IN	2:53.19	6	Crill, Audrey	11	YSC-IN	1:20.39
7	Hearn, Ann	15	YSC-IN	2:55.30	7	Smers, Jay	11	CSAC-08	1:21.89
8	Umslo, Madeline	14	BA-IN	2:57.02	8	Blackwell, Hayle	12	NOB-IN	1:22.31
9	Bull, Mia	14	TNT-IN	3:06.00	9	Lee, Larkin	12	FACT-IN	1:22.45
10	Schultz, Avery	17	ISNG-IN	3:21.01	10	Yack, Katelyn	12	SCA-IN	1:23.37
Heat 2 A - Final					Heat 2 A - Final				
1	McQuinn, Maite	18	PA-IN	2:49.49	1	Anderson, Renee	12	YSC-IN	1:19.13
2	Leen, Talia	17	FACT-IN	2:47.40	2	Wool, Audrey	12	FACT-IN	1:08.92
3	McIntyre, Clara	17	FACT-IN	2:44.58	3	Marlin, Lily	12	BYV-IN	1:08.22
4	Irish, Lynn	17	TNT-IN	2:44.14	4	Jahoda, Savannah	12	CSAC-IN	1:15.89
5	Leet, Andrea	15	FACT-IN	2:41.41	5	Annalen, Alize	12	NOB-IN	1:11.44
6	Sutton, Kaito	14	NOB-IN	2:43.55	6	Boley, Leah	12	SCA-IN	1:15.42
7	Hawcovert, Dawn	17	FACT-IN	2:44.20	7	Carpenter, Janie	11	CSAC-08	1:08.21
8	Brewer, Anna	14	BYV-IN	2:45.05	8	Blackling, Ella	12	SCA-IN	1:08.24
9	Madrignac, Mallo	15	NOR-IN	2:40.49	9	Rapac, Brooklyn	12	NSC-IN	1:19.01
10	Blackwell, Eva	15	NOR-IN	2:49.91	10	Marshall, Elise	12	CSAC-08	1:19.56



Athletes will often have 2-5 events per meet session, and for each event will need to remember their event number, heat, and lane (#, H, L).

Having a Sharpie or Body Marker in their meet bag can be really helpful to write the information on their hand or forearm.

BA-HOSTED MEETS

MEET SUPPORT RESPONSIBILITIES FOR HOSTED MEETS

Boilermaker Aquatics hosts two large swim meets per competition season. These meets provide our athletes, and athletes from across Indiana and the Midwest, the opportunity to compete at pivotal points in their competition season. These meets are also a primary source of revenue for the club, which is a 501(c)3 nonprofit organization, and they are essential to our overall club operations.

Every family registered with Boilermaker Aquatics is *required* to earn 3 meet support points per season their athletes are registered with the club.

The meet support requirement outlined above is the *minimum level of support needed*. We appreciate the many families who go well beyond this minimum level each season.

Volunteer points are earned by working at BA-hosted invitationals. Each session worked is generally worth one point.



Each invitational has upwards of 5 meet sessions per weekend. Families are able to meet their meet support obligation in a single weekend if they choose to, regardless of whether or not their athlete is participating in a particular competition or meet session.

SHORT COURSE SEASON MEETS	LONG COURSE SEASON MEETS
Winter Champions Classic Mid December	Early Bird Invitational Mid May
Gold Fever Late January	Boiler Bash Late June

BA-HOSTED MEETS

MEET SUPPORT DEPOSIT/FEE

Each registration includes a \$150 deposit per family, which is eligible to be refunded in whole by completing the required 3 points per season. Partial credit will also be given at a rate of \$50 per point. *Families that do not meet or exceed their required obligation of 3 points per season will be assessed an additional \$50 fee per un-earned point, up to an additional \$150 at the end of the season.*

PLEASE REVIEW THE EXAMPLES BELOW:

FEE/CREDIT	FAMILY A	FAMILY B	FAMILY C	FAMILY D
Deposit Paid at Registration	\$150	\$150	\$150	\$150
Minimum Required Points/Sessions	3	3	3	3
Meet Sessions Worked/Points Earned	3+	2	1	0
Points/Sessions Remaining	0	1	2	3
Credit Applied to Account, \$50 per Point	\$150	\$100	\$50	\$0
Penalty assessed to Account, \$50 per Point left	\$0	\$50	\$100	\$150
TOTAL \$ PAID FOR MEET SUPPORT	\$0	\$100	\$200	\$300

You can view the entire Meet Support Program information sheet, and view a list of essential meet volunteer job descriptions, on the Parents tab of the BA website. Resources are available at www.teamunify.com/team/isba/page/parents

In some instances, BA Athletes over the age of 12 who are not competing in a session of competition can also volunteer for certain meet support roles like serving as a lane timer. These shifts can count toward the family's minimum three required meet support points.



BA-HOSTED MEETS

SIGNING UP FOR MEET SUPPORT SHIFTS

For each of our four BA-hosted invitationals per year, Job Signups will be available approximately 4-8 weeks prior to the event. Signing up early for meets shifts helps our Meet Director and Volunteer Coordinator immensely as they are planning and preparing for the big weekend. Signing up early is also the best way to have the most options on the types of meet shifts to choose from.

To sign up for a meet job, go to the Events page on the BA website:

- Homepage > click on Events in the menu bar,
- or: www.teamunify.com/team/isba/page/events#/team-events/upcoming
- Click on the event listing for which you'd like to sign up, for example: Early Bird Invitational
- Click "Job Signup" in the top of the Event Window.
- Find and available job, click on the check box and enter your information

Team Event Details Edit Commitment Job Signup Meet Events ✕

BA Early Bird Invitational

May 19, 2023 - May 21, 2023 | Boilermaker Aquatic Center, West Lafayette, IN 47907, USA | Job Signup

EVENT INFORMATION

Event Location: **Boilermaker Aquatic Center, West Lafayette, IN 47907, USA**

Start Date Time: **May 19, 2023 15:00 PM** End Date Time: **May 21, 2023 19:00 PM** Registration Deadline: **Apr 22, 2023**

Job Signup Deadline: **May 17, 2023**

MEET EVENT INFORMATION

Course Type: **LSY** Meet Type: [View Meet Events](#)

Enforce Entry Based on [Qualifying Times]: **No** Restrict Entry [Best Time] to Same [Meet Type]: **No** Meet Declaration Setting: **Commit by Event**

Allow Course Conversion for Relays: **No** Maximum Event Entry Limitations: View / Edit

If Swimmer Qualifies for Non-Conforming Course, Default [Entry Time] to the Min. [Qualifying Time]: **No**

Signup Job for Account: Doe, Jane
Event: BA Early Bird Invitational (May 19, 2023 (03:00 PM) - May 21, 2023 (07:00 PM))
Registration Deadline: 04/22/2023
Job Signup Deadline (till midnight): 05/17/2023

How to signup Event jobs:

Step 1: Find the empty slots shown as "-----".
Step 2: Click on the checkbox in front of the empty slot that you want to sign up for.
Step 3: Select [Signup] button to signup for the slots that you selected.

Note: If your Account name is printed right after the checkbox, you've signed up for that job. You do NOT have to "Signup" again. You, however, can use the "Remove Signup" button to remove the signup if you no longer want to work on that job.

If someone else's name is printed, that job slot is not available for you to sign up (this is a first-come-first-serve system). You can only sign up for the empty slots shown as "-----".

RESOURCES

INDIANA SWIMMING

Indiana Swimming has lots of resources and information regarding swimming opportunities all over the state. You can view and peruse the LSC (Local Swim Committee) website at <https://www.teamunify.com/team/czinlsc/page/home>

TEAM SOCIAL MEDIA

Follow us on Instagram: @boilermakeraquatics

Like us on Facebook: <https://www.facebook.com/Boilermakeraquatics/>

Join our Parent Connection FB Group, #BAConnection:
<https://www.facebook.com/groups/141058923187558>

SMARTPHONE APPS

On Deck – App for Team Unify. Automatically connects to your Team Unify account. View and manage your account, commit to meets, view your swimmer's events, results and more.

USA Swimming App – Manage your family's USA Swimming Memberships, access officiating credentials, watch video content created by USA Swimming.

Meet Mobile – For a small annual fee, access up-to-date meet results, view psych sheets, and heat sheets for local, statewide and meets across the country.

TEAM STORE

Elsmore Team Store – <https://elsmoreswim.com/collections/boilermaker-aquatics>

“Sport is the essence of growth, resilience, and passion.”

GRACE HAMILTON

The heart of what we do is connecting with the young athletes on a daily basis. Boilermaker Aquatics athletes don't just come to practice to get better at swimming, they come to practice because it's also a place where they can engage in community building – with their friends, their teammates, and their coaches.

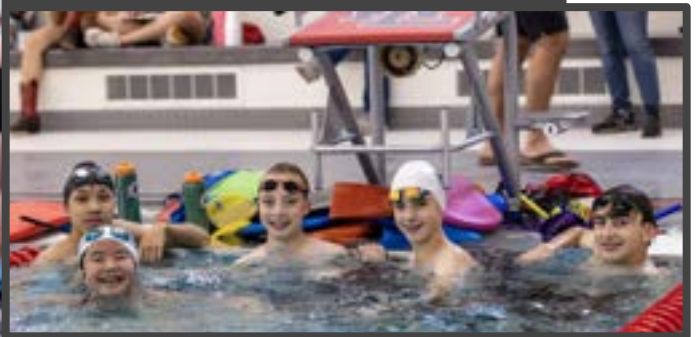
We hope that you as parents will also help us continue to build and strengthen our team and community with efforts outside of the practice or competition pool. Some things you can do to help us connect on a deeper level?

- Plan a social gathering for your athlete's roster group.
- Volunteer to bring snacks one day for after practice as a way to encourage the group to socialize in the parking lot.
- Offer to partner with a neighboring family with rideshare/carpool arrangements.

If you have questions at any time, please reach out to your athlete's lead coach, the club's Head Coach or the club's Team Administrator.

Together we can help our athletes to:

Keep Connecting.
Keep Challenging.
Keep Growing.



Leaders Everywhere