



2023-2024
PRE-REGISTRATION
INFORMATION

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Team Administrator

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Head Coach/Co-Owner

**"EVERYONE DESERVES THE
OPPORTUNITY TO BE GREAT"**

ABOUT US

MISSION

To create an optimum environment that enables all KING Aquatic Club swimmers - beginners, Olympians, and everyone in between - to have equal opportunities to learn and improve at the fastest rate possible, to fulfill their maximum potential as competitors, and to develop their highest character while keeping a safe and positive environment for every level of swimmer in all facets of training, competing, and interaction with their adult counterparts.

VISION STATEMENT

To inspire and enable our members to achieve excellence in the sport of swimming and in life while creating an environment where excellence is inevitable and fun!

BELIEF STATEMENT

“Everyone deserves the opportunity to be great!”

CORE OBJECTIVES

King Aquatic Club has adopted three core objectives from USA Swimming. These core objectives establish the foundation of the strategic business plan for our sport. KING Aquatic Club encourages all members to participate in the local, regional and national efforts to ensure that these objectives are accomplished.

1. BUILD THE BASE

We seek to expand our membership in order to share our sport with as many other people as possible. We are especially committed to sharing the values of our sport with young people who may discover that swimming is an activity they can enjoy for their entire life.

2. PROMOTE THE SPORT

We want swimming to receive as much publicity as possible because we believe that the more people learn about our sport the more interested they will be to join the ranks of our membership. We are proud of our sport and we seek to celebrate it whenever possible.

3. ACHIEVE COMPETITIVE SUCCESS

KING Aquatic Club has been ranked as the number one swimming club in the Pacific Northwest and top ranked in the USA for more than 50 years. We seek to continue this tradition of competitive excellence. When our elite athletes are successful in fulfilling their Olympic dreams our society and club benefits from the inspiration these athletes give us.

TRAINING GROUPS PLACEMENT & CRITERIA

KING's Training Group structure is focused on the long-term development of the individual athlete. To achieve the proper results in the long-term, KING coaches look for alignment in the following areas:

- Competitive goals
- Demonstrated commitment
- Training ability
- Maturity

A well-designed structure takes all four elements into account for the athlete. We believe each athlete is unique in these areas and place great care into proper placement to maximize enjoyment of the sport and opportunity to achieve goals. Placement in a group that is more advanced than a current swimmer's physical and mental development level may result in frustration and slower long-term progress. The same can be applied to placement in a group that is less advanced than what the athlete is ready for.

SENIOR GROUPS

Senior Olympic Cycle

Swimmers in this group are expected to work towards achieving Olympic Trials qualifying times. Having achieved a Futures cut is preferred. Minimum requirement is a Senior Sectional cut. The swimmer must have demonstrated consistent training and competition habits for at least one season in the former National or Sectional Performance group.

Senior National

Swimmers in this group work towards scoring in Senior Sectional meets and achieving Futures or Junior National cuts. If a swimmer has not previously achieved a Senior Sectional cut, they must have at least established a record of qualifying for and competing at Championship and Zone level meets. Must have a history of good practice habits.

Senior Championship

Swimmers in this group work towards scoring in Senior Champs or Zones meets and achieving Sectional cuts. The minimum requirement is an age-appropriate BB time standard and have a history of good practice habits. Must be of high school age.

Senior Varsity (3 day/week or 5 day/week)

Swimmers in this group want to excel at high school swimming or water polo. The 3 day/week program is ideal for those that want to improve conditioning and develop swim technique outside of the high school season. Swimmers in the 5 day/week program additionally want to challenge themselves in the sport and strive to achieve a Senior Champs or Zones cut. All swimmers will be invited to optional Saturday practice with all KING senior swimmers.

TRAINING GROUPS PLACEMENT & CRITERIA

AGE GROUP & NOVICE

Age Group Performance

Swimmers in this group work towards scoring at Regional competitions, Age Group Zones meets, and achieving Sectional cuts. To be considered for this group, swimmers are required to have achieved multiple PNS Age Group Champs cuts.

Age Group 2

Swimmers in this group work towards qualifying for their first high-level meets such as PNS Champs or other Regional competitions. In this group, the athlete will learn good training habits while refining stroke technique and building strength and endurance. Swimmers must meet the USA Silver cuts at a minimum.

Age Group 1

Swimmers in this group are advanced beginners who have mastered the four strokes, starts, and turns. They are focused on developing enjoyment and desire for competition. As a result the athlete is encouraged to experience their first USA Swimming sanctioned meets. Entry criteria for this group is to swim competition legal freestyle and backstroke and nearly legal breaststroke and butterfly.

Novice 2

Swimmers in this group will work to master competition legal freestyle and backstroke skills while also learning the fundamentals of breaststroke and butterfly. The focus is on enjoying the sport and learning to be a good teammate. This group is the ideal entry point for those swimmers who have summer league competition experience and wish to continue the experience year-round.

Novice 1

Swimmers will be introduced to a year-round swim team, develop freestyle, backstroke, starts, and turns. The focus is on building confidence and enjoying time in the pool. Athletes entering this group should be able to swim 25 yards of freestyle and backstroke without stopping or holding on to the side of the pool.

FEES

Annual Registration Fees

The Annual Registration Fee is non-refundable. For swimmers joining KING between August 1 and March 31 of the year, the annual registration fee will be \$200 for Age Group 1 and higher swimmers. For Novice groups the annual registration fee is \$75.

Beginning April 1, 2024, the KING registration fee is \$150 per swimmer with an exception to Novice 1 and 2 which will remain at \$75. For registrations after April 1st, you will pay the full yearly registration fee up front, and a credit of the difference will be applied toward training fees. No discounts on the registration fee will apply.

USA Swimming Fees

After registering with KING, you will be given a URL link where you can register for new members and pay the USA Swimming membership fee. KING will not be collecting the fee or processing USA Swimming membership as in years past.

For new members in Age Group 1 or Novice practice groups, register as FLEX Members.

Transfer Fees

Transfer fees for new KING members joining from other USA Swimming clubs are \$15 per swimmer. This fee must be completed on the USA Swimming Registration website. As with all USA Swimming fees, KING will not be processing for the new members.

Monthly Training Fees

- KING operates on an 11 month billing cycle – September thru July. Training fees will not be charged in August. Members will be billed on the first of every month.
- There will be no refunds for training fees. Exceptions will be made in the event of serious injury or extended illness. Missing practice due to vacations will not be eligible for refund.
- Monthly training fees do not include meet fees, team apparel, team travel expenses, or optional activities outside of the pool.
- Starting in September 2023, KING will discontinue charging \$3.95 for each electronic payment. Going forward, for electronic payments using a credit/debit card, TeamUnify will charge a 3.0% transaction fee. Checks are accepted as long as they are received before the 10th of each month. This new policy will give families the flexibility and opportunity to save significant cost depending on your choice of payment method.

FEES CONTINUED

Multiple Swimmer Discount

This discount only applies to monthly training fees. If you register multiple swimmers under your account, a discount will be applied to your monthly training fees as follows:

- The first swimmer who is in the training group with the highest monthly training fee pays 100%
- The second swimmer in the training group with the second highest monthly training fee is discounted at 10%
- The third and fourth swimmer is discounted 15%
- Training fees are waived beyond the 4th swimmer

Financial Aid

For those that qualify, the King Aquatic Club Boosters may offer financial aid resources. Please contact treasurer@kingaquaticboosters.com.

Membership Cancellation

If you plan to cancel your membership for whatever reason, please send the Team Admin written notice prior to the 15th of the month. If your written notification is not received before the 15th, you will be responsible for paying full training fee for the following month.

PRACTICE LOCATIONS

KING practices at the following locations:

King County Aquatic Center

650 SW Campus Dr
Federal Way

Covington Aquatic Center

18230 SE, 240th St
Covington

Tacoma (Annie Wright School)

827 N Tacoma Ave
Tacoma

Pacific Lutheran University

12180 Park Ave S
Tacoma

Please click or scroll to the site location you are interested in swimming with to see their practice schedules.

MONTHLY FEES & PRACTICE SCHEDULE

KING COUNTY AQUATICS CENTER

Group	Practice Time	Monthly Training	Annual Registration	Annual USA Swimming Registration	Other	Notes
Senior Olympic Cycle	TBD	\$380	\$200	\$89	*	*One time assessment TBD for increased dryland and AM practice pool time
Senior National	TBD	\$380	\$200	\$89		
Senior Championship	TBD	\$360	\$200	\$89		
Age Group Performance	TBD	\$290	\$200	\$89		
Age Group 2	TBD (90 Min)	\$250	\$200	\$89		SAT pool time TBD, will combine all AG2 practices
Age Group 1	TBD (75 Min)	\$185	\$200	\$30	\$14 **	USAS Flex Membership will increase to \$89 if athlete competes in more than one sanctioned meet
Novice 2	TBD (45 Min)	\$150	\$75	\$30	\$14 **	**Swimmingly meets 1/2 times per month on SAT; USAS Flex Membership
Novice 1	TBD (45 Min)	\$100	\$75	\$30	\$14 **	**Swimmingly meets 1/2 times per month on SAT; USAS Flex Membership

PRACTICE DAYS

MONDAY-SATURDAY

- Senior Olympic Cycle
- Senior National
- Senior Championship
- Age Group Performance
- Age Group 2

Age Group 1 & Novice 2

MON/WED/FRI/SAT**

Novice 1

MON/WED/SAT**

MONTHLY FEES & PRACTICE SCHEDULE

COVINGTON AQUATICS CENTER

Group	Practice Time	Monthly Training	Annual Registration	Annual USA Swimming Registration	Other	Notes
Senior Varsity (5 Days)	6:30-8:00PM	\$250	\$200	\$89		SAT bonus swim; TU and TH at TLTC
Senior Varsity (3 Days)	6:30-8:00PM	\$175	\$200	\$89		SAT bonus swim
Age Group 2	6:30-8:00PM	\$250	\$200	\$89		SAT pool time TBD, will combine all AG2 practices
Age Group 1	6:15-7:30PM	\$185	\$200	\$30	\$14 **	**Swimmingly meets 1/2 times per month on SAT; USAS Flex Membership will increase to \$89 if athlete competes in more than one sanctioned meet
Novice 2	5:30-6:15PM	\$150	\$75	\$30	\$14 **	**Swimmingly meets 1/2 times per month on SAT; USAS Flex Membership
Novice 1	5:30-6:15PM	\$100	\$75	\$30	\$14 **	**Swimmingly meets 1/2 times per month on SAT; USAS Flex Membership

PRACTICE DAYS

Senior Varsity (5 Days)

Monday-Friday

Age Group 2

Monday-Saturday

Novice 2

MON/WED/FRI/SAT**

Senior Varsity (3 Days)

MON/WED/FRI

Age Group 1

MON/TUE/WED/FRI/SAT**

Novice 1

MON/WED/SAT**

MONTHLY FEES & PRACTICE SCHEDULE

TACOMA (ANNIE WRIGHT SCHOOL)

Group	Practice Time	Monthly Training	Annual Registration	Annual USA Swimming Registration	Other	Notes
Senior Varsity (5 Days)	6:30-8:00PM	\$250	\$200	\$89		SAT bonus swim; TU and TH at TLTC
Senior Varsity (3 Days)	6:30-8:00PM	\$175	\$200	\$89		SAT bonus swim
Age Group 2	6:30-8:00PM	\$250	\$200	\$89		SAT pool time TBD, will combine all AG2 practices
Age Group 1	6:15-7:30PM	\$185	\$200	\$30	\$14 **	**Swimmingly meets 1/2 times per month on SAT; USAS Flex Membership will increase to \$89 if athlete competes in more than one sanctioned meet
Novice 2	5:30-6:15PM	\$150	\$75	\$30	\$14 **	**Swimmingly meets 1/2 times per month on SAT; USAS Flex Membership
Novice 1	5:30-6:15PM	\$100	\$75	\$30	\$14 **	**Swimmingly meets 1/2 times per month on SAT; USAS Flex Membership

PRACTICE DAYS

Senior Varsity (5 Days)

Monday-Friday

Age Group 2

Monday-Saturday

Novice 2

MON/WED/FRI/SAT**

Senior Varsity (3 Days)

MON/WED/FRI

Age Group 1

MON/WED/FRI/SAT**

Novice 1

MON/WED/SAT**

MONTHLY FEES & PRACTICE SCHEDULE

PACIFIC LUTHERAN UNIVERSITY

Group	Practice Time	Monthly Training	Annual Registration	Annual USA Swimming Registration	Other	Notes
Senior Varsity (5 Days)	6:30-8:30PM	\$250	\$200	\$89		SAT bonus swim; TU and TH at TLTC
Senior Varsity (3 Days)	6:30-8:30PM	\$175	\$200	\$89		SAT bonus swim
Age Group 2	5:45-7:15PM	\$250	\$200	\$89		SAT pool time TBD, will combine all AG2 practices
Age Group 1	5:45PM-7:00PM	\$185	\$200	\$30	\$14 **	**Swimmingly meets 1/2 times per month on SAT; USAS Flex Membership will increase to \$89 if athlete competes in more than one sanctioned meet
Novice 2	5:45-6:30PM	\$150	\$75	\$30	\$14 **	**Swimmingly meets 1/2 times per month on SAT; USAS Flex Membership
Novice 1	5:45-6:30PM	\$100	\$75	\$30	\$14 **	**Swimmingly meets 1/2 times per month on SAT; USAS Flex Membership

PRACTICE DAYS

Senior Varsity (5 Days)

Monday-Friday

Age Group 2

Monday-Saturday

Novice 2

MON/WED/FRI/SAT**

Senior Varsity (3 Days)

MON/WED/FRI

Age Group 1

MON/WED/FRI/SAT**

Novice 1

TUE/THUR/SAT**

UNIFORM & EQUIPMENT

We are a



sponsored team!

KING prefers that you wear a TYR training suit for practice but it is not mandatory. The priority is to make sure the suit you wear is appropriate and comfortable. We do expect that current logo blue silicon KING caps be worn during practices every day except for Funky Cap Fridays and/or special awareness months.

As a FINIS and TYR sponsored team, we prefer you to use FINIS training equipment and wear TYR apparel. During swim meets, a team logo suit and the team blue cap is required.

What do we need for practice?

Click the link below...

<https://www.teamunify.com/team/king/page/information/equipment>

PRACTICE SUIT EXAMPLES



**Surge
Diamond fit**

**Alliance
Splice Jammer**

RACING SUIT EXAMPLES



**Invictus Open
Back**

**Fusion
2 Jammer**

WORK SHARE POLICY

ANNUAL WORK SHARE HOURS REQUIRMENT

GROUP	HOURS
Senior Olympic/ National/ Championship	32
Age Group Performance	26
Age Group 2	20
Senior Varsity / Age Group 1	18

The success of KING-hosted events depends upon the support of our swimmers and their parents. Families working together and sharing the labor required to run team events ensures a more rewarding and successful swimming experience for the swimmers and their families. Work Share Hours may be accumulated through KING hosted meets, team related activities, and non-hosted meets KING is required and approved.

For more information regarding work share please click the following link:

https://www.gomotionapp.com/king/UserFiles/File/KING%20Boosters/Work%20Share/final---king-workshare-policy-2023-2024_017342.pdf

FREQUENTLY ASKED QUESTIONS

Do you have to be fast to join KING?

NOPE!

KING is open to anyone with an interest in swimming who can meet the minimum requirements. Some swimmers may go on to swim in college, compete in national meets, or even compete in the Olympics, but many others will swim to get in some great exercise, compete against swimmers their same age/ability, and have fun!

Who will be coaching my swimmer?

We have a dynamic group of coaches with individual swimming experience and 50+ collective years of coaching experience. Some coaches were born and raised in the King family while others come to us with great knowledge and experience from various parts of the world. Please refer to the "[Coaches](#)" page of our website for more detailed information on each coach.

How long is the competitive swim season?

NEARLY 365 DAYS A YEAR!

There are 2 seasons in club swimming: Short Course* and Long Course**. The Short Course season runs from late August through early March, and the Long Course season runs from April through the end of July.

What are the minimum requirements to join the team?

AT LEAST 5 YEARS OLD

We accept swimmers out of lesson programs around the Y4 level. Your swimmer(s) must be able to swim at least 25 yards of freestyle (with side breathing) and 25 yards of backstroke. Each 25 must be completed without assistance and without stopping. Evaluation by a King coach is required before joining.

Are practice groups sorted solely by age?

NOPE!

At KING, we currently sort by swimming experience, ability, AND age. Research indicates that swimming is second only to gymnastics in terms of hard work. We must be thoughtful and plan long term for our athletes. Pushing them too hard and too fast often results in injuries and burnout. KING avoids this by making incremental increases in workload and intensity at proper stages of development.

*Short Course = 25 yards

**Long Course = 50 meters