



WELCOME!
Bulldog Aquatic Parents and Swimmers,

This packet contains a brief summary of the information for the upcoming year, please refer to the BAC website regularly for specific practice and event details.

We are excited for the future and are grateful to have your family as part of the Bulldog Aquatic Club!

Sincerely,

Paulette Butterfield, Head Coach

Payton Carnahan, Operations Manager and Swim School Coordinator

Bulldog Aquatic Club Board of Directors

PRACTICE INFORMATION

Practice Schedule

*Please refer to the documentation you have been given or the team website for your child's practice level.

This packet contains information for all levels.

PRACTICE EQUIPMENT

Swimmers at each level need to provide their own practice gear. Their swim level determines what they need.

ALL SWIMMERS - practice suit, goggles

DEVELOPMENTAL - mesh bag and fins

AGE GROUP - mesh bag, fins, snorkel

JUNIOR - mesh bag, fins, snorkel, paddles (pull-buoy, kickboard optional)

SENIOR - mesh bag, fins, snorkel, paddles (pull-buoy, kickboard optional)

PURCHASING PRACTICE GEAR

All team members will be given access to our online team store at:

SwimOutlet.com

Please refer to your swimmer's practice level for the appropriate practice gear

We have posted basic versions of each item on the site.
If your swimmer prefers a different style, that is up to you.

SPECIAL TEAM INFORMATION

PARENT MEETINGS

Please watch the team website for parent meetings.

This is the best way for us to distribute information for new families

TEAM COMMUNICATION

PLEASE make sure you have the following resources available.

TEAM WEBSITE: bacswim.net

(will need your username and password to see most things)

TEAM EMAIL: bacswimoperations@gmail.com

TEAM APPS: **Sports Engine**

(is synced with team website / view your account, etc.)

TEAM REACH (free app)

Group Code: BAC-R-25 (same as last year)

*(basic calendar feature, quick message distribution,
document uploads and photo sharing)*

SOCIAL MEDIA: Facebook & Instagram > Bulldog Aquatic Club

**BAC COMPETITION TEAM
PRACTICE GROUP
ADJUSTMENTS &
MOVE-UP POLICY**

Please understand that we put a lot of thought and discussion into the practice groups. Any changes are for the primary purpose of growing our swimmers.

While there are group skill requirements listed, practice group changes are made on an individual case, based on each swimmer's practice attendance, training habits and meet attendance.

Coaches will periodically evaluate if your child is ready to move up to the next practice group.

While age and relationships are a consideration, we will not move a swimmer up if they are not ready to meet the demands of the more advanced group.

If you have specific questions or concerns about your swimmer, please talk with their primary coach.

PRE - TEAM PRACTICE GROUP

PRE - TEAM

This group will practice from September - May

Entrance Requirements	Ability to <ul style="list-style-type: none">● Pass level 3 swim school OR demonstrate the following:<ul style="list-style-type: none">○ Face submersion, blow bubbles, wall bobs○ Front kick with face in water for 15 feet○ Back kick for 15 feet○ Swim unassisted with arms and legs simultaneously for 15 feet
Typical Age	<ul style="list-style-type: none">● 4 - 12 year olds
Description	<ul style="list-style-type: none">● This beginning practice group is designed to introduce new swimmers to a group class and practice format● A coach will be in the water consistently
Practice Attendance Expectations	<ul style="list-style-type: none">● 2 practices per week will be offered● Sessions will be run monthly
Practice Focus	<ul style="list-style-type: none">● Freestyle and backstroke technique● Introduction to dolphin and breaststroke kicks● Introduction to dives
Equipment Needs	<ul style="list-style-type: none">● Swimsuit● Goggles
Meet Attendance Expectations	<ul style="list-style-type: none">● None
Monthly Commitment	<ul style="list-style-type: none">● Sign up on a monthly to month basis● Each month/session is for 3 weeks● 2 x 30 minute classes per week● \$60 / session
USA Registration	<ul style="list-style-type: none">● USA Swimming registration is not required● There is an option to register to attend meets

BAC COMPETITION TEAM

PRACTICE GROUP REQUIREMENTS

Developmental

Entrance Requirements	Ability to <ul style="list-style-type: none"> • Jump into water over child's head from a height • Tread water • Swim 25 yards freestyle with breathing (1 length of the pool) • Swim 25 yards on back (1 length of the pool) • Demonstrate dolphin kick • Demonstrate breaststroke kick • Demonstrate a kneeling dive
Description	<ul style="list-style-type: none"> • This beginning practice group is designed to introduce swimmers to competitive techniques
Practice Attendance Expectations	<ul style="list-style-type: none"> • Attend 2-3 practices per week • Maintain 60% practice attendance average per month • Attend 12 / 20 practices in a full month
Practice Focus	<ul style="list-style-type: none"> • Freestyle technique • Backstroke technique • Butterfly technique • Breaststroke technique • Dives • Turns for all strokes
Equipment Needs	<ul style="list-style-type: none"> • Swimsuit • Goggles
Meet Attendance Expectations	<ul style="list-style-type: none"> • Attend home meets • Attend designated away meets

BAC COMPETITION TEAM

PRACTICE GROUP REQUIREMENTS

AGE GROUP

Entrance Requirements	Ability to <ul style="list-style-type: none">• Swim all four strokes legally for 50 yards• Use appropriate turns for each stroke• Swim 200 freestyle with breathing and no stopping• Swim a 100 IM• Standing dive from the edge
Description	<ul style="list-style-type: none">• This practice group is for the swimmer who is ready to begin dedicated training.
Practice Attendance Expectations	<ul style="list-style-type: none">• Attend 3-4 practices per week on average• Maintain 70% practice attendance average per month• Attend 14/20 practices in an average month
Practice Focus	<ul style="list-style-type: none">• Dryland training twice per week• Develop focused stroke techniques• IM development• Building endurance• Goal setting• Use of pace clock for training
Equipment Needs	<ul style="list-style-type: none">• Swimsuit• Goggles• Mesh equipment bag• Fins• Pull buoy
Meet Attendance Expectations	<ul style="list-style-type: none">• Attend all home meets• Attend away meets• Attend state meets

BAC COMPETITION TEAM

PRACTICE GROUP REQUIREMENTS

JUNIOR

Entrance Requirements	Ability to swim <ul style="list-style-type: none"> • 6 x 100 freestyle @ 2:00 • 3 x 100 stroke @ 3:00 • 2 x 200 IM @ 4:30 • 1 x 500 freestyle @ 8:00 • Standing dive from the block
Description	<ul style="list-style-type: none"> • This Junior group is for the experienced swimmers who are at an intermediate level of development.
Practice Attendance Expectations	<ul style="list-style-type: none"> • Attend 4-5 practices per week on average • Maintain 80% practice attendance average per month • Attend 19/24 practices in an average month
Practice Focus	<ul style="list-style-type: none"> • Advanced stroke techniques • Building endurance • Goal setting • Race strategies
Equipment Needs	<ul style="list-style-type: none"> • Swimsuit • Goggles • Mesh equipment bag • Fins • Pull buoy • Paddles • Snorkel
Meet Attendance Expectations	<ul style="list-style-type: none"> • Attend all home meets • Attend away meets • Attend state meet • Attend postseason meets for which they qualify (zones, sectionals)

BAC COMPETITION TEAM

PRACTICE GROUP REQUIREMENTS

SENIOR

Entrance Requirements	Ability to swim <ul style="list-style-type: none"> • 8 x 100 freestyle @ 1.30 • 4 x 100 stroke @ 2:00 • 3 x 200 IM @ 3.30 • 2 x 500 freestyle @ 7:30
Description	<ul style="list-style-type: none"> • The Senior practice group is for advanced swimmers who exhibit a dedication to swimming.
Practice Attendance Expectations	<ul style="list-style-type: none"> • Attend practice everyday (Monday - Saturday) • Maintain 90% practice attendance average per month • Attend 35/40 practices in an average month
Practice Focus	<ul style="list-style-type: none"> • Advanced stroke techniques • Building endurance • Goal setting • Race strategies
Equipment Requirements	<ul style="list-style-type: none"> • Swimsuit • Goggles • Mesh equipment bag • Fins • Pull buoy • Paddles • Snorkel
Meet Attendance Expectations	<ul style="list-style-type: none"> • Attend all home meets • Attend away meets • Attend state meet • Attend postseason meets for which they qualify (zones, sectionals, futures, juniors, etc.)

BAC Monthly Team Dues Structure

9/1/25 – 8/31/26

Practice Group	Monthly Dues
Pre-Team	\$60
Developmental	\$80
Age Group	\$100
Junior	\$120
Senior	\$140
Family Max	\$325

Team Registration

- All swimmers must be registered through the team website
 - Current swimmers
 - Currently enrolled in BAC
 - \$25 annual supply fee
 - Returning swimmers
 - Swimmers who took time off and are not currently active
 - \$15 re-registration fee
 - \$25 annual supply fee
 - New swimmers
 - \$25 one time registration fee
 - \$25 annual supply fee
- Why a supply fee?
 - We want to spend more time and resources on the most important part of our team: our swimmers. We want to find new, creative and fun ways to engage them at practice and at meets.
Examples: Swimmer-of-the-Month, Team Days, Birthday prizes, Holiday parties, Time standard achievement awards, Banquet awards, etc.

Discounts

- 2nd child from the same family receives \$10 off monthly dues
- 3rd child from the same family receives \$20 off monthly dues
- FAMILY MAX: Families with multiple swimmers will be assessed a maximum of \$325 / month in monthly dues only. (Does not apply to any other fees).

USA Swimming Membership

- All swimmers must have a current USA Swimming Membership
- Memberships for the upcoming year are valid through 12/31/26
 - Current swimmers
 - BAC will be doing a bulk renewal as a team
 - We will collect ½ of your swimmer's renewal fee in October and ½ in November
 - New swimmers
 - BAC will register your swimmers
 - BAC will charge your registration fee to your account
 - Must be registered in their 2nd month of team membership OR Register prior to participating in a sanctioned meet
- USA Membership types
 - Premium Athlete
 - \$95
 - Only option for swimmers 13 & over
 - For 12 & under swimmers who plan on attending more than 2 meets
 - Access to sanctioned meets at all levels
 - Flex Athlete
 - \$30
 - Only for swimmers 12 & under
 - Eligible for 2 sanctioned meets
 - After 2 meets need to upgrade to the Premium Athlete membership

USA Swimming Membership

- All swimmers are required to have a current USA Swimming Membership
- BENEFITS
 - Meet participation (local, state, regional, national level)
 - Secondary accident insurance
 - Online resources
 - Discounts and offers
- New swimmers
 - BAC will register your swimmers
 - BAC will charge the membership fee to your account
 - Must be registered by their 2nd month of team membership

BAC COMPETITIONS & EVENT INFORMATION

Please refer to the BAC website for 2025 - 2026 competitions and events.

If there are competitions or events your child will be attending, you will need to sign them up to participate through the team website.

dates and meets offered are tentative

If you have questions about a meet being appropriate for your swimmer, please ask their primary coach.

MEET FEES

- Any USA sanctioned meet has individual swimmer fees
- The fees for each meet are determined by the meet host and are available to view on the event page for each meet
- Once a meet deadline has passed, you are responsible for the meet fees, regardless of your attendance at the meet
- BAC charges an \$8 per swimmer fee for attending each meet to help offset the cost of coach travel, etc.
- All meet fees will be added to your account monthly for billing

VOLUNTEER REQUIREMENTS AND OPPORTUNITIES

Bulldog Aquatic Club cannot succeed without the involvement of parents! We ask each family to kindly commit time and items to keep our team moving forward. If you have multiple swimmers on the team, you are only to meet the requirements for the highest practice level that represents your family.

September 1, 2025 – August 31, 2026

Volunteer Level	Practice Level	Requirements	Result
Team Requirement	High School Swimmers (first semester only)	6 Hours	Athlete's banquet ticket paid for if requirement is met
Requirement	Developmental	15 Hours	\$10 charged to your account for each unearned credit
	Age Group	20 Hours	
	Junior	25 Hours	
	Senior	30 Hours	
Big Dawg	Developmental	25 Hours	<u>BONUS AWARD</u> \$20 Bulldog Bucks
	Age Group	30 Hours	
	Junior	35 Hours	
	Senior	40 Hours	
Super Dawg	Developmental	35 Hours	<u>BONUS AWARD</u> \$30 Bulldog Bucks
	Age Group	40 Hours	
	Junior	45 Hours	
	Senior	50 Hours	

VOLUNTEER OPPORTUNITIES

- Hosting Recreational and School League Meets (*High School, Middle School, Summer League*)
- Working at any type of meet
 - Timing
 - Officiating
 - Concessions, Hospitality, etc.
- Donating requested items for team events
- Organizing or working team fundraisers
- Attending parent meetings
- Getting sponsorships or donations
- Volunteer coordinator
- LOTS OF OTHER THINGS WE MAY NOT HAVE LISTED!!!
- If you have an idea, please let us know

TEAM GEAR INFORMATION

BAC is partnering with SwimOutlet for team gear.

SWIMOUTLET TEAM STORE

- Free SwimOutlet+ Membership
- Memberships earn credit on each purchase for future use
- Order at your convenience, not at a required time
- Free 2 day shipping on orders of \$150
- BAC gets team credit for anyone who orders through our team link, not just our swimmers

- You will receive notification of your account being registered with SwimOutlet. If you use the link sent to your email to log-in you will receive a free SwimOutlet+ membership.
- Please refer to your practice level for required equipment.
- Other team branded gear can be purchased through the site.
- Team caps will be purchased directly through a coach for \$15 each.
- You can purchase any and all swim gear needs through the team store site, not just team gear. You can also ask anyone using the site to use our team affiliation and the team can earn additional credits.
- We will also place seasonal t-shirt orders and other special team gear. Notification will be sent by email when we are collecting orders.

BILLING AND FEES

ANNUAL REGISTRATION

- Each August we ask all swimmers to register with the team
- The fee is based on a swimmer's team status
- CURRENTLY ENROLLED
 - \$25 > All currently active swimmers
- RETURNING
 - \$40 > Any past team member who is returning to active status
- NEW
 - \$50 > Any new swimmer to BAC

MONTHLY BILLING

- Billing is automated and will occur monthly on the third of each month
- The form of payment used at registration is charged
- You may change your payment type at any time through your online account (CC or ACH)
- You can view your upcoming charges at anytime through your online account

CANCELLING OR SUSPENDING YOUR MEMBERSHIP

- To cancel, suspend, or pause a membership notification must be given in writing by the 25th of the month to prevent being charged for the upcoming month
- If a swimmer participates in a practice, meet or other team event the swimmer is considered active for that month
- There will be no pro-rating of monthly dues for partial month participation
- Please submit requests to:
 - bacswimoperations@gmail.com