

STAR
AQUATICS

Swim Team Handbook

Helpful hints on understanding swimming.



**Changing the Definition of
Swimming in the Triad!**

Dear STAR Families,

One of our goals as a USA Swim Team is to make your swimming experience as enjoyable and beneficial as possible, not only for your swimmer but for your entire family. It is my hope that this handbook helps in reaching that goal.

This booklet provides information about swim meets, meet entries, time standards, contact information, ways to improve your child's swim experience, our expectations from parents and swimmers, policies, and more. There is also a glossary of frequently used terms with definitions, as well as web addresses of helpful sites, such as USA Swimming and North Carolina Swimming.

I recognize that the success of the STAR program depends largely on the growth of our swimmers and the experience that they and their parents have while with STAR. That is why this handbook has been created. Swimming can be overwhelming if you are new to the sport and can still be overwhelming when you are joining a new team. This handbook is a tool to help ease that transition and make the experience more enjoyable for everyone involved. If you have been with STAR, this will hopefully help you when you have new questions or decide to get more involved in the sport.

Take the time to read through this handbook. It should help to provide you with some instant knowledge of the world of swimming. Please let us know if you have any questions.

Thank you for giving us the opportunity to work with your swimmers and for being a part of the STAR Family.

I look forward to seeing you at the pool!

Jay Dodson
Head Coach
STAR Aquatics

Table of Contents

STAR's Goals for Parents	4
Practice Guidelines	5
General Meet Guidelines	6
The Swim Meet	7
• When You Arrive	8
• What you need to know	9, 10
National Time Standards.....	11
Code of Ethics for Swimmers	12
Code of Ethics for Parents	13
10 Commandments for Swim Parents.....	14, 15
Terms and Definitions	16, 17
Online Meet Entry	18
STAR Athlete Progression	19, 20, 21
STAR Financial Information	22, 23
STAR Team Store.....	24
STAR Swim School Information	25

STAR'S Goals for Parents

- We realize that swimming takes commitment not only from the swimmer but from the parents as well. In order to run a successful program, every parent needs to pitch in. Some may be able to help more than others and all help is appreciated and needed. Please take the time to get involved as there will be numerous opportunities to participate. If you have some ideas on how you can help that we might not have thought of, please bring this to our attention. We can all contribute to make each child's swimming experience a positive one.
- We encourage all swimmers to go to as many meets as possible. The meets are for ALL skill levels and nobody should be discouraged from going. The heats are set up so that swimmers compete against other swimmers with similar times. Neither you nor your child should ever consider not going to a meet because you are concerned about times. Winning means improving the swimmer's time!
- Remember that your role as parents is to support the kids and the coaches. Regardless of your experience as swimmers or athletes, you should allow the coaches to coach during practice and at the meets.
- Always be positive and patient. Swimmers may drop loads of time and then taper off. This can be particularly true of kids going through puberty. They will drop more time with hard work and persistence -- HARD work ALWAYS pays off. Don't lose faith. Patience is a key word in swimming.
- **Always promote good sportsmanship. Remember to have your swimmer shake hands with their competitors and congratulate them on their swim, as well as thank their timers and the volunteer officials.**
- Allow your child to proceed at his or her own pace. If you bug them to practice they will resent it and get frustrated. Help them to understand the benefits of practice, but remember that it is about them not you.
- Communication is key. If you have any questions, please discuss them directly with the coaches. Make sure that you do this before or after, but NEVER during practice.
- Always be a positive role model. Positive attitude breeds positive attitude!

Only a very small percentage of children will ever swim in college and even fewer in the Olympics. Remember that your kids swim to have fun and to learn life lessons.

Practice Guidelines

- **Equipment that you need:**
 - practice suit (wearing your team suit to practice will wear it out)
 - STAR cap, either latex or silicone (silicone is easier to put on)
 - goggles
 - water bottle
 - sneakers, shorts and a tee shirt for dry land training
 - Refer to the equipment list provided for your child's group level.
- It is important that swimmers are on their best behavior at all STAR practice facilities. Inappropriate behavior cannot be tolerated as it will have negative ramifications on all swimmers.
- Please notify coaches of any special needs that your child may have.
- Believe it or not, parents can be discouraging and distracting to kids during practice. Please observe from a distance and do not provide instruction to your child during practice.
- It is important that kids arrive on time for practice. With school and carpooling, this is not always achievable, but try your best.
- Children of all ages should be on their best behavior at practice. Profanity and rudeness are not tolerated. All members of STAR, parents and children alike, should be made to feel welcome.
- If you are unsure about how much your child should be swimming, ask the coach and talk to your child. Age Group kids need to spend an amount of time in the water that both swimmer and coach are comfortable with.

“Do right. Do your best. Treat others as you want to be treated.”

-- Lou Holtz

General Meet Guidelines

- If you have registered for a meet and you cannot compete, please notify a coach as soon as possible. You can call and leave a message on a cell phone or call another STAR parent that is at the meet. Emergencies happen, so please notify us if they do.
- Meets may still run even under poor weather conditions, so check the STAR website, the host team's website, or call a coach.
- Meet information can be found on the STAR website at www.staraquatics.net. Families are encouraged to stay for the entire session and cheer on other swimmers.
- Meet results are published on the ncswim.org website. Individual swimmer's results can be found by going to USAswimming.org and clicking on times/time standards tab, then #2 (individual times tab) and then entering the swimmers information and the events you are interested in. If you have a smart phone you can download the "[Meet Mobile](#)" app for live results as the meet progresses (for a fee).
- **Swimmers are required to wear STAR caps and encouraged to wear the STAR team shirts to the meets.**
- Parents' attitudes positively and negatively reflect on STAR Aquatics and the swimmers at the meets.
- Participants typically swim either 3 or 4 events per day, depending on the meet.
- Swimmers must be at the meet when warm ups begin (preferably 15 minutes before warm up begin). If you are late to warm-ups you may miss your first event due to safety reasons and sportsmanship. Please communicate with a coach on deck if there are events beyond your control.

We recognize that parents will want to discuss the meet, results, etc., with their children, but we ask that you please do so after the meet. The coaches will talk to the kids before and after they swim. Limit your discussions during the meet to a few words of parental encouragement.

Web Addresses:

STAR -- www.staraquatics.com

North Carolina Swimming -- www.ncswim.org

USA Swimming -- www.usaswimming.org

Swim Meet Checklist

Swimmers

Team Suit	
Spare Suit (in case one rips)	
Goggles -- TWO PAIR (in case one breaks)	
TWO Swim Caps (in case one rips)	
Minimum 3 Towels	
Flip Flops (floors are slick)	
Change of Clothes	
Warm up Suit or Sweats (need to be warm)	
Water Bottle	
Healthy Snacks	
Toiletries Optional	

Parents

Foldout Chairs (if allowed in facilities)	
Healthy Snacks (if allowed in facilities)	
Sharpie	
Highlighter	
Ball Point Pen	

NOTE TO PARENTS

- The team will always try to sit together, so as you arrive at the meet, looks for other STAR families.
- Always try to make room for other STAR families.
- DON'T BE LATE. Swimmers need to be on deck at least 15 minutes before warm ups begin.

When You Arrive at the Meet

1. Purchase a Heat Sheet. This will show you the order of events, entry times, heats and lanes of all of the swimmers. Costs vary between \$7 and \$15 dollars. Find your child's events and use a highlighter to highlight them.
2. With either the Sharpie or the pen, indicate your child's individual heat information somewhere on your swimmer, usually the arm or leg. On the preferred location write the events for that day. Below are two examples of how to write the events.

	Event	Heat	Lane
50 Back	15	2	5
50 Breast	21	1	3
50 Fly	33	1	6

15	50 Back	H2	L5
21	50 Breast	H1	L3
33	50 Fly	H1	L6

This will help you, your swimmer, the coaches, and the meet officials know exactly where your child is supposed to be and when. Most meets DO NOT HAVE CLERKS OF COURSE, so it is imperative that you know when your child is going to swim and that they are ready at least 2 events before.

3. In addition to the individual events, swimmers may be chosen to swim in a relay. Coaches will announce these after warm-ups and swimmers are expected to participate. If you are unable to swim in a relay, notify the coaches by the Wednesday before the meet. Do not leave the meet without checking to be sure you are not on a relay!
4. When you arrive, remember to try and sit with the rest of the team. Please be unbiased when making room for other STAR families as they arrive.
5. Get ready for warm-ups. The coaches will tell you what lanes you are to warm up in. The team will stretch and warm up together.
6. After warm-ups, get your swimmer to sit with friends and relax. Make sure they know the first event that they will be swimming.
7. Before and after he/she swims, the swimmer should warm up and then go directly to the coaches first for immediate insight on the race. After talking with a coach, they should proceed behind the blocks.
8. Swimmers should warm down after they swim, but not play in the warm down pool.

What you need to know at the meet!

- Most meets are broken up into two or more sessions. Depending on the meet, your child will swim in either the morning session or the afternoon session. You will need to know this information so you will know when to be at the pool. This should be posted in the meet information, which is located on the Meets page of the www.staraquatics.com website.
- Make sure that you have good directions to the pool. Many facilities are not clearly marked, so you need to know where you are going. Carpooling with parents who have attended a meet at a particular location is recommended. Directions to commonly used facilities are available on the STAR Aquatics website.
- It can be chaotic when you arrive, so be patient. If you are swimming in the afternoon session, the morning session will most likely still be there when you arrive. Find where the STAR families are sitting. Go to the STAR section and wait for the morning STAR families to finish.
- The team will not have an assigned area, so it is possible that you may not be able to sit with other team members. Word of advice...GET THERE EARLY!
- Some Pools can be extremely hot or cold...be prepared for both. Some parents wear sweats with shorts and a T-shirt underneath. SWIMMERS also need to also be prepared for these temperature differences.
- The pool deck gets soaked with all of the swimmers passing back and forth so be careful when walking around. The tile around the pool deck can be VERY SLIPPERY.
- Most sessions (morning/afternoon) last about four hours. Many times the sessions will fall right in the middle of traditional meal time. The coaches recommend that you have a full meal 1.5 hours prior to the meet and a healthy snack at the meet.

Suggestions: Cheerios, fruit, crackers, honey, trail mix, power bars, peanut butter, Nutella, and lots of water

- Depending on how many heats in each event, there can be some lag time in between events. Books, crossword puzzles, cards, and music can all help pass the time. Make certain that if your child brings an electronic game that they put it away when they aren't using it. Other peoples stuff tends to blend in. Coaches cannot be responsible for swimmers' electronic devices.

What you need to know at the meet (continued)

- As your swimmer's event draws near, they should warm-up and then report to a coach approximately 10 minutes before they swim and be behind the blocks no less than 5 heats before they are to swim. Some heats may take additional time if, for example, the event is a 200 IM as opposed to 50 back. **PAY ATTENTION!**
- It is the swimmer's responsibility to be at the block ready to swim.
- The results of the events will be posted at a central location shortly after the events are finished. They are usually posted with girls in one section and boys in another.
 - The results are printed from fastest time to slowest time and the disqualified swimmers are listed at the bottom.
- If your swimmer gets DQ'ed, don't be upset. It happens to everyone! The coaches will review with them why they were DQ'd, but they may not know right away. Encourage your swimmer to use this as a learning experience.
- Dinner and other events may be planned for the team when meets are out of town. Parents and swimmers are encouraged to attend these events if possible.
- Your swimmer does not have to sign-up to swim both days, although it is encouraged.

Code of Ethics...for swimmers

- I will encourage good sportsmanship from fellow swimmers, coaches, officials, and parents at all times.
- I will remember that swimming is an opportunity to learn and have fun.
- I will remember that practices and meets are equally important.
- I deserve to swim in an environment that is free of drugs, tobacco, and alcohol; and expect everyone to refrain from their use at all swimming practices and meets.
- I will do the best I can at each and every practice, remembering that all swimmers have talents and weaknesses the same as I do.
- I will treat my coaches, other swimmers and coaches, meet officials, other officials, volunteers, and fans with respect at all times; regardless of race, sex, creed, or abilities, and I will expect to be treated accordingly.
- I will concentrate on swimming, always giving my best effort.
- I will at all times control my temper.
- I will always exercise self-control.
- Conduct during swim meets towards the sport of swimming and all meet officials shall be in accordance with appropriate behavior and in adherence to US Swimming Rules. □ While traveling, I will conduct myself so as to be a credit to myself and to my swim team.
- I will be a team player
- I will respect the facilities that we use and leave them cleaner than I found them. □
I will have a positive attitude and thus a positive influence on my teammates, coaches, and the STAR program.

Code of Ethics...for parents

- I will encourage good sportsmanship by demonstrating positive support for all swimmers, coaches, meet officials, other parents, and volunteers at all times.
- I will place the emotional and physical well-being of all swimmers ahead of any personal desire for my child or our team to win.
- I will support the coaches, meet officials, and volunteers working with my child in order to encourage a positive and enjoyable experience for all.
- I will remember that my child swims for her/his benefit, not mine.
- I will make sure that my child arrives on time for meets, practices, and other team activities.
- I will remember that my child will learn based on the example that I set for them.
- I will ask my child to treat other swimmers, coaches, meet officials, other parents, and volunteers with respect.
- I will always be positive and support the decisions of the coaches, and in doing so support the team.
- I will not coach my child in or out of the pool; that is the coach's role.
- I will not get into arguments with parents, swimmers, volunteers, or coaches from my swim team or from any other swim team.
- I will not use abusive or insulting language. I will treat everyone with dignity. □
I will not criticize meet officials and volunteers, understanding that mistakes will be made.
- I will praise my child for their effort rather than the result of a race or meet.
- Alcohol, illegal drugs, and unauthorized prescription drugs shall not be possessed, consumed or distributed before, during or after any practice or meet or at any other time at any STAR Aquatics' swimming facility or at any other swimming complex.

10 Commandments ... for Swim Parents

1. **Thou shalt not impose your ambitions on thy child**

Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing. The nice thing about swimming is that every person can strive to do their personal best and benefit from the process of competitive swimming.

2. **Thou shalt be supportive no matter what.**

There is only one question to ask your child after practice or competition – “Did you have fun?” If meets and practices are not fun, your child should not be forced to participate.

3. **Thou shalt not coach thy child**

You are involved in one of the few youth sports programs that offer professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support and a safe place to return to at the end of the day. Love and hug your child no matter what. The coach is responsible for the technical part of the job.

You should not offer advice on technique or race strategy or any other area that is not yours. And above all, never pay your child for performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

4. **Thou shalt only have positive things to say at a swimming meet.**

If you are going to show up at a swimming meet, you should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Please remember that “yelling at” is not the same as cheering for.

5. **Thou shalt acknowledge thy child's fear.**

Your child's first swimming meet, 500 free, or 200 IM can be a stressful situation. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event if your child was not ready to compete in it. Remember your job is to love and support your child through their entire swimming experience.

6. Thou shalt not criticize the officials

If you do not care to devote the time or don't have the desire to volunteer as an official, please don't criticize those who are doing the best they can.

7. Honor thy child's coach

The bond between coach and swimmer is a special one, and one that contributes to your child's success as well as fun. Don't criticize the coach in the presence of your child, as it will only serve to hurt your child's swimming.

8. Thou shalt be loyal and supportive of thy team.

It is not wise for parents to take their swimmer and jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems -- even teams that build champions. Children who switch from team to team are often ostracized for a long time by the teammates they leave behind and are slowly received by new teammates. Often swimmers find that switching teams does not improve their performance.

9. The child shall have goals besides winning.

Most successful swimmers are those who have learned to focus on the process and not the outcome. Giving an honest effort regardless of the outcome is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does that make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life!

10. Thou shalt not expect thy child to become an Olympian.

There are 250,000 athletes in USA Swimming and we keep a record of the top 100 all-time swimming performances by age group. Only 2 of the swimmers listed in the 10 & under age group will make it to the top 100 of the 17-18 group. There are 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about 0.0002%. Swimming is much more than just the Olympics. Ask your coaches why they coach. Chances are, they were not Olympians, but still got so much out of swimming that they wanted to pass the love for the sport on to others. Swimming teaches self-discipline and sportsmanship; it builds self-esteem and fitness; it provides lifelong friendships and much more. Most Olympians will tell you that these intangibles far out-weigh any medal they may have won. Swimming builds good people, like you want your child to be, and you should be happy your child wants to participate.

Terms and Definitions

Age Group Swimming (AG) -- USA-Swimming designation for the younger swimmer program. (12 and Under)

Blocks -- the starting platforms.

Bulkhead -- a movable platform that is inserted in the pool to change the length.

Circle Swimming -- swimmers staying to the right of the black line so that multiple swimmers can swim in a lane.

Clerk of Course -- a holding pen sometimes used to organize younger swimmers and get them in position for their race.

Cut -- slang for qualifying time.

Deck-Seeding -- assignment of heat and lane done on deck during the meet. Usually for 400 or greater distance events. Will be listed in the meet information.

Distance events -- events over 400 meters.

DQ -- Disqualification.

Dryland Training -- exercises out of the water to build endurance.

False Start -- swimmer is disqualified for leaving the block before the official has started the event. Swimmers must immediately assume the starting position and remain motionless on the "take your mark" command.

Finish -- the last part of the race inside the flags.

Freestyle Relay -- relay consisting of four swimmers, each swimming freestyle.

Gutter -- the area that catches water around the pool.

Individual Medley (IM) -- Individual event where one swimmer swims all strokes in following order: Fly, Back, Breast, Free.

Long Course -- Events swum in a 50 Meter pool. Long Course competition takes place in the summer for year round swimming.

Middle Distance -- term used to describe events 200 - 400 meters.

Medley Relay -- relay that consists of four swimmers and all strokes swum in the order of Back, Breast, Fly, and Free. Each swimmer will be designated to swim a particular stroke by the coach.

National Reportable Times -- Short and long course standards to give recognition to the nation's top 10 swimmers in each stroke, gender, distance, and age.

Negative Split -- Swimming the second half of the race faster than the first.

Open Water Swims -- long events happening in open bodies of water.

On Deck -- When the announcer calls "on deck" that means the next event to swim needs to start getting ready.

Short Course -- Events swum in a 25 Yard pool. This is the fall and winter season for year round swimming.

Split -- the time of a swimmer for a lap or a section of a race.

Streamline -- the position that swimmers use when starting or pushing off the wall to reduce resistance

Time-trial -- taking a time in a non-meet environment.

Touch Pad -- an electronic pad on the finish wall of a meet that registers the time when a swimmer touches it..

USA Swimming -- National Governing body for competitive swimming in the United States.

Warm Down -- non- rigorous swimming after an event to get rid of excess lactic acid build up. This is important to help a swimmer's body to recover and prepare to swim well the next day, so please allow them to do it properly even at the end of a session or meet.

Star Online Meet Entry

STAR uses an Online Registration system for Swim Meets. A meet calendar and entry deadline schedule are available on-line on the STAR website. Each meet will be listed on the home page and specific information is posted as soon as it becomes available. Please read the complete Meet Information document that is posted for each meet. Reminder emails regarding approaching deadlines will be sent. Sign up early to make sure your child is able to swim. Meet fees will be appear on your monthly invoice. If you have questions about this process, please talk to your group coach or an experienced STAR parent. Below is a step-by-step for Meet Entry.

1. Go to www.staraquatics.com
2. Log into your account. Each Meet will be listed on the home screen under the "Meets" tab in the middle of the page. You can also see the meets at the bottom of the home page under the Events.
3. Click on the meet name. This will take you to the event information page. General information about the meet will be listed on this page. Complete Meet Information (including fees) is located on this page as soon as it is available. Answers to most questions will be in the Meet Information.
4. Determine the appropriate sessions/events for your swimmer. Note the Entry Limit section for the maximum number of individual events that are allowed per session/meet
5. You will select to "Attend/Decline" from the homepage or from the meet page. Click on the days/sessions the swimmer can attend. If needed, you may enter comments in the "Notes" box regarding sessions the swimmer can attend and any other information you feel is pertinent. The coach will enter the swimmer in the events that you have discussed **or** that he/she thinks are most appropriate.
6. Then click "SAVE Changes" at the bottom right corner.
7. The meet fee will be equal to the fees charged by the host club for the whole session or meet as well as STAR's \$5 Travel Fee. Meet fees will be charged on the first of the month with your regular billing. STAR covers the cost of all relays.

Changes and Late Entries

Up until the initial entry deadline you can "un-commit" your swimmer for the meet by selecting "Edit Commitment" on the meet page or homepage. **NOTE:** After that time you will be charged for the meet even if your child does not attend. For most meets, there will be a "late registration" period during which time you may enter with a \$5 late fee applied. **IMPORTANT:** The host team may NOT have room for the late entrants in which case your child will not be able to swim. Do all you can to enter early.

STAR Athlete Progression

Competitive Programs

- **Dolphins**
 - 5 - 9 years old
 - Commits to 1 - 3 Practices per week
 - Competitive Only -- attends at least 3 STAR sponsored or local swim meets
 - Can swim 25 yards of back and free
- **Piranhas**
 - 7 - 10 years old
 - Commits to 1 - 3 Practices per week
 - Competitive Only -- attends at least 3 STAR sponsored or local swim meets ➤
Can swim 25 yards of 3 of the strokes
- **Sharks**
 - 8 - 10 years old
 - Commits to 2 - 4 Practices per week
 - Competitive Only -- competes in STAR sponsored and local swim meets and season end championship meet
 - Can swim a legal 50 of all 4 strokes
- **Junior Development**
 - 11 - 12 years old
 - Commits to 2 - 4 Practices per week
 - Competitive Only -- Option to compete in local meets and season end championship meet
 - Knowledge of all strokes but still may need development in some areas.
- **Junior Competitive**
 - 11 - 12 years old
 - Commits to 3 - 5 Practices per week
 - Competitive Only -- competes in STAR hosted and travel meets and season end championship meet
 - Can swim a legal 200 IM and is proficient in all 4 strokes
- **Senior Development 1** ➤ 13 - 14 year old
 - Commits to 2 - 4 practices per week
 - Competitive Only -- Option to compete in local meets and season end championship meet
 - Can swim a legal 200 IM and is proficient in all 4 strokes
- **Senior Development 2**
 - 13 - 14 year old
 - Commits to 4 -6 practices per week
 - Competitive Only -- competes in meets as scheduled with coach
 - Can swim a legal 400 IM and complete interval based training sets

- **Senior 1**
 - 15 - 18 years old
 - Commits to 2 - 4 practices per week
 - Competitive Only -- Option to compete in local meets and season end championship meet
 - Can swim a legal 200 IM, is proficient in all 4 strokes, and can complete interval based training sets
- **Senior 2**
 - 15 - 18 years old
 - Commits to 5 - 7 practices per week
 - Competitive Only -- competes in meets as scheduled with coach
 - Can swim a legal 400 IM and complete interval based training sets
- **Senior Sectional**
 - Minimum age of 14 and at least 1 Senior Sectional Time
 - Commits to a minimum of 7 practices per week (2 of them weights/strength training)
 - Competitive Swimmers Only (competes in meets as scheduled with coach)
 - Can complete a legal 200 of each stroke and 400 IM
- **National Team**
 - Minimum age of 15
 - Commits to 9 practices per week (includes 2 weight/strength training)
 - Competitive Swimmers Only -- competes in meets as scheduled with coach
 - Can complete repeat 200s of stroke and 400 IMs

Seasonal Program

- **Age Group**
10 & Under Swimmers
- **Senior**
11& Over Swimmers

STAR Aquatics Family Financial Outline

I. Registration Fee

The Registration Fee of \$155 (Male) & \$175 (Female) for competitive swimmers is non-refundable. Included in the Registration Fee are each swimmer's USA Swimming Registration Fees, a latex STAR cap, Team t-shirt, Team Suit and a STAR car magnet. The Registration Fee of \$35.00 for Seasonal, Masters, Home School and Swim School Swimmers is also non-refundable and includes a latex STAR cap, t-shirt and STAR car magnet. Registration Fees will be collected soon after the completion of your online registration or on the first of the month following your registration with regular billing. Any potential STAR swimmer is welcome to try the STAR program for no more than one week before the online registration form must be completed and the fees paid.

II. Dues

Dues will be collected through Credit Card or ACH Draft according to your Online Registration. Competitive Swimmers are encouraged to commit to 3 consecutive months. **Dues already paid are not refundable.** Regardless of the months that you swim, your dues must be paid according to the payment option that you choose on the online registration. All of STAR's Programs are month-to-month programs where if the swimmer decides to stop participating, you must complete the online *Change & Cancellation Request Form* located on the STAR website stating your intention by the 15th of the month before you plan to stop. **Any dues not paid by the 21st of the month will be charged a late fee of \$15. If your account becomes 30 days overdue, your swimmer's status with STAR will become "inactive" and he or she will not be able to participate with STAR until the account is brought up-to-date. Any account 60 days overdue will be referred for collection.**

STAR Aquatics offers a 10% discount for each additional swimmer after the first in each family with the 4th swimmer's monthly dues being Free.

Payment will be charged or drafted on the 1st of every month starting the month before your swimmer begins his or her participation with STAR. **Checks will not be accepted for payment. If your debit or credit card expires during the season, or if your credit card number or bank account information changes, it is your responsibility to update this information in your account on the STAR Aquatics website prior to the next scheduled payment.** Regardless of the payment plan that you choose, STAR Aquatics requires dues payments to be made in advance of the receipt of services.

III. Change in Location, Change in the Number of Days You Swim each Week & Cancellation

If a swimmer wants to change the number of days he or she swims each week, they must have approval from their Site Coach and complete the *Change & Cancellation Request Form* on the STAR website. The change in the fees charged for the practice time will not go into effect until the first billing period after the change form is completed, assuming it is done by the 15th of the month prior to the next charge date.

If a swimmer elects to change locations more than once, there is a \$35 charge for the move. Moves from one location to another must be approved by both site coaches as well as the teams Head Coach.

NOTE: All Swimmers will be charged throughout the season unless they notify STAR by completing the Change & Cancellation Request Form located on the STAR website that they wish to stop their participation. This notification must be received by the 15th of the month prior to the month they would like to stop their billing. This includes stoppages for breaks needed for other sports and activities.

IV. Volunteerism and Fundraising

A Swimmer's parent or guardian will work during swim meets in which said Swimmer participates if requested by STAR or its swim meet coordinator, may find someone to work in their place or may be required to pay the fee to hire someone to fill in the vacant position.. Every time a parent or guardian volunteers, one chance is earned for the end-of-year drawing for monetary and other prizes. Fundraisers will be offered to raise money for the team so additional equipment can be purchased for each and every location, coaches can attend advanced training, additional incentives can be given to the swimmers, and STAR can offer the most successful experience for each and every swimmer involved with the team. Every fundraiser will have a specific purpose, and you will be informed of "why" the fundraiser is being offered and "what" will be purchased with the funds.

Star Online Store

STAR LOGO MERCHANDISE AND EQUIPMENT AVAILABLE AT

WWW.STARAQUATICS.COM UNDER THE STORE TAB.

- Equipment needed at practice ranging from fins, kickboards, pull buoys, paddles, mesh bags, water bottles, silicone caps, and more are all available through the store.
- Your swimmers level will dictate which items will be most frequently used to enhance their swimming experience. Please consult with your site coach or the STAR Store to determine what will be needed in practice.
- Additional items available from the STAR Store include, but are not limited to: polo shirts, T-shirts, fleece sweatshirts (hooded and crew neck), parkas, towels, and personalized caps. Orders of special items will occur throughout the year.
- There is also the option of having items embroidered when applicable.
- If you have questions or need more information, please contact Nanette Stevens at nanstevens@triad.rr.com.

STAR Aquatics Swim School

This lesson program is for children ages 3 - 12. The Little STARs (ages 3 - 6 and potty trained) and Big STARs (ages 7 - 12) will have similar practice goals but will be taught differently based on their age and level of understanding. Each age group is divided into six levels as outlined below.

Level 1: This student is a beginner, probably a little nervous in the water. This student has no swimming experience. The goal of this class is to help the swimmer become more confident and relaxed in the water. Class goals are pool safety, confidence in the water, total body submersion, and blowing bubbles. All of this is done via assistance from the instructor.

Level 2: This class is for the beginner swimmers who are comfortable in the water. These swimmers are often fearless and need to learn to safely play at the pool. This class will focus on the following skills: floating, kicking, breathing and big arms. Students will also learn to get themselves to the side of the pool. Class goals are pool safety, confidence, front and back float, kicking, big arm scoops, and swimming independently to the side.

Level 3: This student is comfortable in the water. They can swim with ease on their stomach 15 feet. This class will focus on combining kicking, arm pulls and body position to create a proper foundation for freestyle and back stroke. Class goals are pool safety, confidence, endurance, breathing, and proper technique for free and back stroke.

Level 4: This student is able to swim freestyle and backstroke at least 40 feet. This class will focus on building endurance and stroke technique. This class will also introduce students to diving and flip turns. Class goals are build endurance, developing good technique and body position, rotary breathing, and introduction to diving and flip turns.

Level 5: This student is able to swim freestyle and backstroke for 25 yards. This class will focus in proper body position in order to develop a full competitive freestyle and backstroke. This class will also introduce swimmers to flip turns, diving, and advanced stroke techniques for competitive swimming. Class goals are body position, breathing, turns, diving, blocks, and time clock.

Level 6: This class will introduce swimmers to breaststroke and butterfly. It will also introduce them to competitive swimming. Swimmers will become familiar with diving from the starting blocks and using the time clock. This class helps to build swimmers endurance in all four of the competitive strokes. Class goals are technique, breathing, blocks, turns, diving, butterfly, breast, time clock, starts, and typical meet information.

Email swimschool@staraquatics.net for more information.

