



Team Manual

1001 East Division
Arlington, TX 76011
aisd.net/aisdaquatics

Welcome to Arlington Aquatic Club!

I want to take this opportunity to welcome you to the team. I look forward to meeting you and working with you. Our swim team offers year-round age-group competitive swimming that provides instruction, training, and competition to young people of all ages and abilities.

Each swimmer is placed in a practice group best suited for him/her, so that he/she may enjoy some degree of success in a relatively short amount of time. Membership is year-round and we maintain regular team try-outs throughout the year.

This packet will help familiarize you with our fee structure, practice schedules, ability groupings, and expectations. Also, this and more information can be found on our team website, www.swimarlington.com

Sincerely,

Aquatic Coordinator/Head Coach

Registration:

- A. All AAC team registrations are completed online at www.swimarlington.com
- B. NEW THIS YEAR: USA Swimming registration/fees will be online starting September 1, 2022. This registration will be required for athletes in the Comp, White, Teal, Blue, or Senior groups. More information and directions will be provided by AAC and posted on our website.
- C. No child should be registered with AAC until after completing a tryout and having a coach communicate which practice group is most appropriate to start.

Fees:

- A. Arlington Aquatic Club has monthly training fees that are billed in advance and are automatically drawn from your online account on the first of the month. A late fee of \$10 will be charged if not received by the 10th of the month.
- B. Fees are paid via automatic credit card payments through the team's secure web-based payment processing system. Coaches are not allowed to accept cash or checks.
- C. Monthly practice fees are based on the ability group your child attends. As the time and number of practices increase, the monthly fee will increase as well. Monthly practice fees are as follows (which group your child belongs in is covered later in the handbook):

Practice Group	Monthly Dues
Senior	\$110.00
Blue	\$110.00
Teal	\$ 95.00
White	\$ 85.00
Comp	\$ 80.00
Pre-Comp	\$ 80.00

- D. Discounts are available as follows:
 - a. Arlington ISD full time employees receive a 15% discount toward monthly dues.
 - b. Free & reduced lunch receives a 15% discount toward monthly dues.
 - c. Proof of employment, or approval for F&R Lunch must be provided to the Natatorium Secretary within 10 days of registration, or AAC must retract any discount.

Fees:

- E. Meet Fees are an extra cost. Swimmers will typically attend one swim meet per month. The meets are held on the weekends at a pool somewhere in the DFW area (sometimes athletes compete on a Friday evening). Typical meet fees are \$6-\$15 per event/3-4 events per day. The parent chooses what days to attend. As your swimmer progresses through our team groups, meet attendance and race expectations grow as well.
- F. AAC parents pay all event fees and surcharges for swimmers who register for swim meets. All fees associated with swim meets will be automatically deducted from the credit card account on file. Authorization from collection of these fees is affirmed by commitment to the swim meet. Payment must be received prior to AAC submitting entries to the host team. Refunds for entries are not possible.
- G. There are no multiple child discounts for this team. Each of your children will receive the same amount of time and attention as other swimmers in their group.

New Swimmer Try-Outs:

New swimmers must try-out for the team before registering online. Try-outs are scheduled monthly, as space is available. Once your child has passed the 25-yard safety test to make the team, they are invited to join a practice group based on age/ability. The coaches will determine the groupings and discuss this with parents after the try-out has been completed.

[To schedule an appointment to try out for the team, click on the “contact us” button on the team’s homepage.](#)

[Please do not register online prior to tryouts.](#)

Withdrawal / Inactive Status:

- A. [Families must notify the team by the 20th of the month if their swimmer plans to go “inactive” for the following month. Otherwise, a family is responsible for the next full month’s fees.](#)
- B. [If written notification of intent to withdraw is not provided, the family remains responsible for tuition and fees.](#)

Breaks from Practice:

The program will take scheduled breaks as follows:

- Thanksgiving: Thursday-Saturday
- Christmas: December 23-26
- New Year: December 31-January 1
- Spring Break: Saturday-Saturday
- Memorial Day: Saturday-Monday
- August: Two weeks break for athlete recovery, and annual pool maintenance
- Other routine breaks may occur based on AISD holidays, or for scheduled AISD facility maintenance. These dates will be communicated in advance by email and posted to the team website.
- These are planned breaks. No reduction in fees will apply.

GENERAL INFORMATION:

- A. Audio/Visual Recording-** Use of audio or visual recording devices, including cell phones, to record swimmers or coaches is prohibited during practices.
- B. Medical Inactive Status-** AAC members will only qualify for inactive status if the club member cannot participate due to medical reasons, and documentation is required within 7 days of the occurrence. Swimmers given inactive medical status may not return until the club has been provided with medical documentation stating the swimmers is cleared to return to practice.
- C. Outstanding Balances-** Accounts with an outstanding balance will not be allowed to register for swim meets, could result in removal from practices, and may result in disqualification in future participation with AAC.
- D. Swim Meet Participation-** Swimmers may only represent the club at meets scheduled by the Club and for which there is an AAC coach present.
- E. Meets-** Athletes will typically have one meet per month in the DFW area. Meets are usually over two-day Friday, Saturday and/or Sunday. The meet schedule is on our website with more information. **IF AAC HOSTS THE MEET, AND YOU COMMIT YOUR SWIMMER TO BE IN THE MEET, AAC NEEDS ONE VOLUNTEER PER FAMILY TO HELP RUN THE MEET (timers, runners, concessions, officials, etc.)**

AAC Group Descriptions:

Senior Group 2: Mon-Thurs 5:00-7:00pm / Sat 7:00-9:00am

\$110 per month

- High School, Varsity level swimmer
- Requirements:
 - 80% practice participation required.
 - 80% meet participation/compete in all Championship meets scheduled for the athlete.
 - Ability to perform 10x100 free @ 1:30 PPH, or faster.
 - Recommendation of the coach

Senior Group 1: Mon & Wednesday 5:00-7:00pm / Sat 7:00-9:00am

\$80 per month

- High School, Varsity level swimmer
- Requirements:
 - 80% practice participation required.
 - 50% meet participation/compete in all Championship meets scheduled for the athlete.
 - Ability to perform 10x100 free @ 1:30 PPH, or faster.
 - Recommendation of the coach

Blue Group: Mon-Thurs 5:00-7:00pm / Sat 7:00-9:00am

\$110 per month

- 11 & up advanced swimmer
- Requirements:
 - 80% practice & meet participation / compete in all Champ meets scheduled for the athlete.
 - Ability to perform 8x100 free @ 1:45 PPH, or faster.
 - Recommendation of the Coach

Teal I, or II: 4:45-6:15pm, OR 5:30-7:00pm & Sat 7:00-9:00am

\$95 per month

- 10&under advanced swimmer / 11&Up Intermediate swimmer
- Requirements:
 - Ability to follow instruction, read pace clock, perform all competitive strokes/starts & turns.
 - 50% meet participation
 - Recommendation of the Coach
- Recommendations:
 - 80% practice & meet participation.

White I, or II: Mon/Wed/Thurs 4:40-6:00pm, OR 5:30-6:50pm & SAT 9:00-10:30am

\$85 per month

- 14&Under B/C swimmer, 10&U Swimmers
- Requirements:
 - Follows instruction, beginner knowledge of pace clock, perform all four competitive strokes/starts & turns.
 - Has competed in meets.
- Recommendations:
 - 80% practice & meet participation.

COMP I, II, or III: Mon/Wed/Thurs 4:30-5:30pm -or- 6:00-7:00pm -or- 6:15-7:15pm & SAT 9:00-10:30a **\$80 per month**

- Our first "competitive" group that attends swim meets.
- Performs 50 Free/50 Back & an understanding of butterfly/breaststroke / starts and turns.
- This group has three choices of practice times.

PRE-COMP 1 - 6: See next page for practice days and times

\$80 per month

- Beginner swimmer
- Requirement
 - 25-yard safety swim test – must complete a try out before registration

2023 Practice Schedule

SENIOR 2 * \$110	Monday-Thursday Saturday	5:00-7:00pm 7:00-9:00am	Rebekah Welch
SENIOR 1 * \$80	Monday/Wednesday Saturday	5:00-7:00pm 7:00-9:00am	Rebekah Welch
BLUE GROUP * \$110	Monday-Thursday Saturday	5:00-7:00pm 7:00-9:00am	Rebekah Welch
TEAL GROUP 1 * \$95	Monday-Thursday Saturday	4:45-6:15pm 7:00-9:00am	Daniel Sanchez
TEAL GROUP 2 * \$95	Monday-Thursday Saturday	5:30-7:00pm 7:00-9:00am	Rebekah Welch
WHITE 1 * \$85	Mon/Wed/Thurs Saturday	4:40-6:00pm 9:00-10:30am	Madison Zdrojewski
WHITE 2 * \$85	Mon/Wed/Thurs Saturday	5:30-6:50pm 9:00-10:30am	Kelsey Johnson
COMP 1 * \$80	Mon/Wed/Thurs Saturday	4:30-5:30pm 9:00-10:30am	Kelsey Johnson
COMP 2 * \$80	Mon/Wed/Thurs Saturday	6:00-7:00pm 9:00-10:30am	Madison Zdrojewski
COMP 3 * \$80	Mon/Wed/Thurs Saturday	6:15-7:15pm 9:00-10:30am	Daniel Sanchez
Pre-Comp 1 \$80	Tues/Thurs Saturday	4:30-5:15pm Choose 8:45am -or- 9:45am	Haleigh Brown
Pre-Comp 2 \$80	Tues/Thurs Saturday	5:20-6:05pm Choose 8:45am -or- 9:45am	Haleigh Brown
Pre-Comp 3 \$80	Tues/Thurs Saturday	6:15-7:00pm Choose 8:45am -or- 9:45am	Haleigh Brown
Pre-Comp 4 \$80	Mon/Wed Saturday	4:45-5:30pm Choose 8:45am -or- 9:45am	Haleigh Brown
Pre-Comp 5 \$80	Mon/Wed Saturday	5:35-6:20pm Choose 8:45am -or- 9:45am	Haleigh Brown
Pre-Comp 6 \$80	Mon/Wed Saturday	6:30-7:15pm Choose 8:45am -or- 9:45am	Haleigh Brown

Dates and times are subject to change due to pool conditions, holidays, and meet preparations. Changes to the normal schedule will be posted on the website calendar and emailed to the parent accounts primary email.

All competitive groups have required membership with the USA Swimming League. This membership has an annual registration fee.