



**Welcome SeaWolves!**  
**2023-2024 Season**

# SEAWOLVES 2024 LONG COURSE SEASON

March 18 - July Championship Season

## Evaluations

### Anderson HealthPlex

7495 State Road • Cincinnati, OH 45255

Front Desk: 513-624-1871

**Full program. All Squads available.**

Tuesday March 5                      6:00-7:00 pm

Friday March 8                        6:30-7:30 pm

Evaluations are drop-in based and take about 10 minutes.

Please contact Coach Tammi to schedule a private evaluation if needed.

### Queen City HealthPlex

3131 Queen City Avenue • Cincinnati, OH 45238

Front Desk: 513-389-5600

**Only DEI Squad available for this season.**

By appointment only.

Contact Coach Tammi to schedule.

## Parent Meeting

Tuesday March 19                      6:00 pm                      Anderson HealthPlex

For more information contact:

**Tammi Karn-Morris**

**SeaWolves Head Coach**

513-233-6412

tkarnmorris@mercyhealthplex.com

## About Mercy HealthPlex SeaWolves

Established in 2004, the Mercy HealthPlex SeaWolves provides a year-round competitive program for all ages and abilities. SeaWolves allows flexibility for a swimmer to achieve their goals both in and out of the water. Our experienced and committed coaching staff provides the highest quality instruction and encourages our athletes to be their best.

**New this year is our DEI Squad** for athletes with disabilities who have the desire to swim competitively. Our coaches have a strong background in working with children with disabilities of all types. Each swimmer in this squad is a full member of our team and competes in USA Swimming and Ohio Swimming competitions. To find out if this squad is right for your child, please contact Coach Tammi.

We are a member of both Ohio Swimming and USA Swimming under the team code MHSW-OH.

**Our goal is simple: To provide outstanding training and instill a lifelong love of swimming in a safe, family friendly environment.**

## 2024 Long Course Season

Team fees include 1 team t-shirts, 1 team silicone cap, and training fees for the long-course season: March team clinics through the championship season in July.

Meet fees, USA Swimming registration, team suit and equipment are not included.

Squad	Member Pricing	Non-Member Pricing
DEI	\$350	\$350
Super	\$400	\$533
Blue	\$444	\$576
Green	\$532	\$666
Pre-Senior	\$600	\$732
Senior	\$664	\$800

# SeaWolves Squads

Squads are based on grade, ability and age at the championship meet. Group placement is the coach's decision and may differ from the standard squad descriptions.

## **SUPER SQUAD**

AGES 5-8

Super Squad swimmers work on all four competitive strokes plus starts and turns. This squad concentrates on sportsmanship, technique and building a love for swimming. Dryland training consists of learning how to do standard, age-appropriate exercises correctly and all through FUN!

Swimmers should be able to swim 1 lap unassisted (20 yards for age 5 and 6).

## **BLUE SQUAD**

AGES 9-10

Blue Squad focuses on building confidence through legal swim technique in all four strokes and turns with a concentration on streamline throughout the season. Swimmers start to challenge themselves with new events. Dryland training continues to expand with age-appropriate routines and a mix of games and hard work, concentrating on training the right way.

Swimmers should be able to swim 25 yards unassisted with their face in the water.

## **GREEN SQUAD**

AGES 11-12

Green Squad swimmers learn how to train at a more intense level and continue to accept new challenges. Dryland training builds on the basics with excellent form and an introduction to more advanced age-appropriate workouts.

Swimmers should have prior competitive swimming experience (middle school, summer club) and be legal in at least 3 of the 4 strokes.

## **PRE-SENIOR SQUAD**

MIDDLE SCHOOL

Pre-Senior Squad focuses on expanded training through more complex sets while concentrating on distance and learning strategy. Dryland continues to grow with the swimmer's maturity with an introduction to weightlifting. Mercy HealthPlex Personal Trainers assist our coaches and athletes with proper dryland guidance.

## **SENIOR SQUAD**

HIGH SCHOOL

Senior Squad focuses on endurance, race strategies, leadership skills and achieving your best. Senior Squad swimmers are expected to swim at all championship and required meets. Mercy HealthPlex Personal Trainers assist our coaches and athletes with proper dryland guidance.

## **DEI**

DEI Squad is for swimmers who need a little more support. The squad provides a competitive and inclusive environment for swimmers with disabilities like ADHD, autism, learning, severe anxiety, physical impairment, cerebral palsy or anything that prohibits them from joining a typical team environment. Swimmers follow an Individual Swim Plan with most setting goals using para swimming time standards. Please contact Coach Tammi for more information. DEI squad practices at Queen City and Anderson HealthPlexes.

This is not a swim lesson program, but small group training based on ability and age. Swimmers in this group should be able to go underwater and swim at least 15 feet moving forward.

*The nationally certified Personal Trainers at Mercy HealthPlex assist SeaWolves coaches and athletes with proper dryland guidance.*

# Getting Started

## EVALUATIONS

- **Anderson HealthPlex** evaluations will be held on the following dates
  - Tuesday March 5, 6:00-7:00 pm
  - Friday March 8, 6:30-7:30 pm
- **Queen City HealthPlex** evaluations are by appointment only. Please contact Coach Tammi to schedule.
- Evaluations are drop-in style and take about 10 minutes.
- Bring a suit and goggles, plus a swim cap if you have one! (We provide towels at the HealthPlex.)

*Evaluations and team recommendations will be emailed within 3 days.*

## REGISTER & PAY

**MUST BE DONE PRIOR TO FIRST PRACTICE**

- Review packet and make sure you understand costs and payment options.
- Complete registration form, emergency waiver and information forms. Forms and payment can be given to Coach Tammi or dropped off at the HealthPlex Member Services Desk.
- Once registration is complete, you'll be invited to join our Team Unify website and begin to receive communication, including instructions on how to register for USA Swimming.
- Attend the Parent Meeting on Tuesday March 19, 6:00 pm at Anderson HealthPlex.

## SWIM PARENTING BASICS

- MHSW does NOT host meets so volunteer requirements are minimal compared to other area clubs. We may be asked to provide volunteers for away meets and other volunteer opportunities may be available throughout the season.
- Familiarize yourself with the layout of our Team Unify website, especially the information contained in the following tabs:
  - Parents
  - Events/Meets
  - Locations
  - Help/Training - Review information under "How to Sign Up for a Meet."
- Read through the Safe Sport materials listed on our website. Make sure you understand all information listed on the parent page and read the MAAPP policy for MHSW.
- Attend the Parent Meeting on Tuesday March 19, 6:00 pm at Anderson HealthPlex. We will go over everything you need to know to be a SeaWolves Swim Parent!

## Mercy HealthPlex Membership

You do NOT have to be a member of Mercy HealthPlex to be on the SeaWolves Swim Team. However, there is a price break for members.

If you are interested in a HealthPlex Membership, please call the Front Desk at 513-624-1871 for more information.

## Swim Team Payment Options

Competitive swimmers are encouraged to keep a credit card on file at the HealthPlex for billing ease. We accept checks, but it's easier to pay meet fees with a card on file. We do not accept cash.

Membership at the HealthPlex is not required to be on the SeaWolves Swim team. We offer both member and non-member team fees.

### **ONE-INSTALLMENT OPTION**

Full payment for the entire short course season is due at the time of registration.

### **MONTHLY-INSTALLMENT OPTION**

Dues will be charged on or around the 15th of the month in March, April, May and June.

*Additional payment methods available upon request.*

## Team Apparel and Equipment Requirements

### **APPAREL**

- The team swim cap and the team suit are the only required apparel. One team swim cap is included in team fees. Additional silicone caps can be purchased separately.
- Swimmers are required to wear the team cap at meets.
- Swimmers are required to wear the team suit at meets.

### **EQUIPMENT**

- Full Equipment lists will be available in September.

## Questions?

- Contact SeaWolves Head Coach, Tammi Karn-Morris, at 513-233-6412 or [tkarnmorris@mercyhealthplex.com](mailto:tkarnmorris@mercyhealthplex.com).

# SEA WOLVES

## 2024 LONG COURSE SEASON



# TEAM REGISTRATION

### Swimmer 1

Full Name (with Middle Initial): \_\_\_\_\_

DOB: \_\_\_\_\_  Male  Female Team Level: \_\_\_\_\_

T-Shirt Size:  YS  YM  YL  YXL  AS  AM  AL  AXL

### Swimmer 2 (Members receive 10% off registration for younger child(ren) of the same family.)

Full Name (with Middle Initial): \_\_\_\_\_

DOB: \_\_\_\_\_  Male  Female Team Level: \_\_\_\_\_

T-Shirt Size:  YS  YM  YL  YXL  AS  AM  AL  AXL

### Swimmer 3 (Members receive 10% off registration for younger child(ren) of the same family.)

Full Name (with Middle Initial): \_\_\_\_\_

DOB: \_\_\_\_\_  Male  Female Team Level: \_\_\_\_\_

T-Shirt Size:  YS  YM  YL  YXL  AS  AM  AL  AXL

Parents: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

*Weekly emails will be sent throughout the season with updates and swim schedule changes.*

Can we add your name to our team roster to be distributed to the team?  Yes  No

### SeaWolves Squads Member / Non-member

**DEI Squad** – \$350 / \$350    **Super Squad** – \$400 / \$533    **Blue Squad** – \$444 / \$576

**Green Squad** – \$532 / \$666    **Pre-Senior** – \$600 / \$732    **Senior** – \$664 / \$800

*Registration fees include Sea Wolves swim cap, 2 team t-shirts, and full year training program.*

### PAYMENT - One Installment    Monthly Installments

Cash     Visa     MasterCard     AMEX     Discover     Plex Member Account

Credit Card #: \_\_\_\_\_ Expiration: \_\_\_\_\_

Name on Card: \_\_\_\_\_

### FOR MORE INFORMATION

Tammi Karn-Morris, Head Coach – 513-233-6412 / tkarnmorris@mercyhealthplex.com