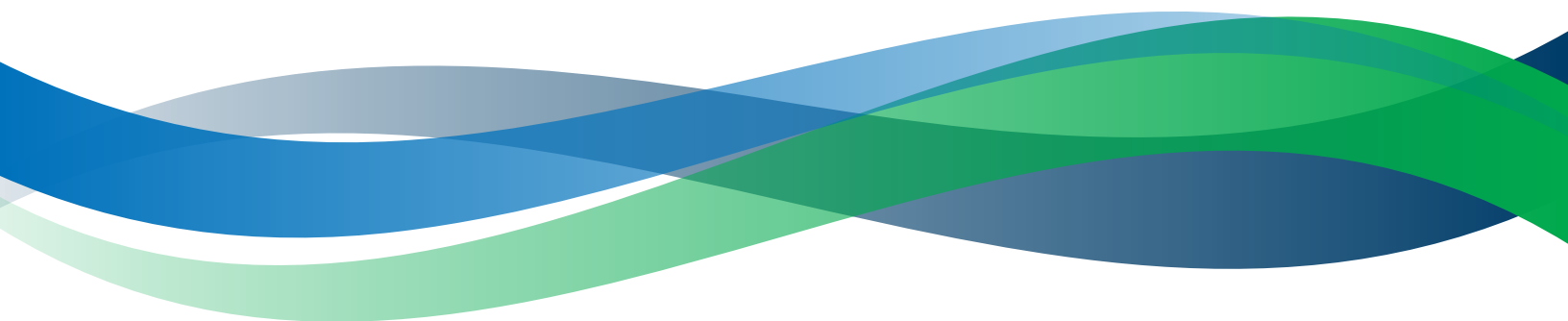




2025–2026



MERCYHEALTH
HealthPlex



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.

Our SWAD 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.

2025-2026 Full Year Team Fees

Team fees include 1 team t-shirt, 1 team cap, USA Swimming registration, and training fees for the full short course and long course seasons: Fall through Summer Championships.

Meet fees, practice equipment, team suit, and travel fees are not included.

Squad	Member Pricing	Non-Member Pricing
SWAD	\$600	\$900
Super	\$1150	\$1450
Blue	\$1250	\$1550
Green	\$1450	\$1650
Pre-Senior	\$1550	\$1800
Senior	\$1650	\$2000
Pre High School Sep, Oct, Nov	\$500	\$900
Pre & Post High School Sep, Oct, Nov, Feb, Mar	\$1100	\$1400

Team dues are divided into six monthly payments, scheduled from October through March.

Alternative payment plans are available. Please contact Coach Tammi for more information.

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.

SWAD SQUAD

SWAD 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.

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.

DRYLAND TRAINING

LINDSAY JOHNSON, CNC, CPT
TEAM TRAINER AND NUTRITIONIST

Coach Lindsay is a Certified Nutrition Coach through Precision Nutrition and a Certified Personal Trainer through the National Academy of Sports Medicine.

Getting Started

EVALUATIONS

- **Anderson HealthPlex** evaluations will be held on the following dates
 - Monday, July 28: 6-7 pm
 - Tuesday, August 5: 6-7 pm
 - Friday, August 8: 6-7 pm
 - Wednesday, August 20: 6-7 pm
 - Friday, August 22: 6-7 pm
 - Tuesday, August 26: 6-7 pm
- 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.)

REGISTER & PAY

A CREDIT CARD ON ACCOUNT IS REQUIRED PRIOR TO THE 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.

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. Swimmers and parents must complete Safe Sport Training within the first six months of joining the team.

We're a Safe Sport Recognized Club!

The Sea Wolves are proud to be officially recognized by USA Swimming as a Safe Sport Club, demonstrating our commitment to providing a healthy, positive and abuse-free environment for all athletes. Through strong policies, education and open communication, we prioritize the safety and well-being of every swimmer in our program.

This recognition reflects our dedication to creating a team culture where all athletes feel supported, respected and empowered to thrive—both in and out of the pool.

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

Sea Wolves swimmers must keep a credit card on file at the HealthPlex. Team fees are broken down into six payments billed monthly October through March. We do not prorate fees. Any unpaid fees will be charged at the end of the season.

Registration closes October 15. Our fees include the summer long course season.

Team Apparel 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 caps along with a wide variety of Sea Wolves apparel and merchandise can be purchased in the Anderson HealthPlex ProShop.
- Swimmers are required to wear the team cap at meets.
- Swimmers are required to wear the team suit at meets.

Questions?

- Contact SeaWolves Head Coach, Tammi Karn-Morris, at 513-233-6412 or tkarnmorris@mercyhealthplex.com.