



ISSAQUAH SWIM TEAM
2020-21 SEASON
INFORMATION PACKET

WELCOME

Welcome to the 2020-21 Issaquah Swim Team! This packet includes lots of useful information for our upcoming season. So, whether you're a veteran family or brand new to the team, take some time to review the information before we get started in September.

REGISTRATION DATES

Returning Members

- Registration Period: Begins August 2nd
 - Registration before August 12th guarantees a new custom cap from arena.
- Returning families must have met all financial obligations from the 2019-20 season before any new registrations will be accepted.

New Members

- Registration period: Opens August 16th

The registration module can be found on the homepage of istsockeyes.org, or by going through **My Account** on the website.

SEASON START DATES

- First day of practice for **all Senior Groups**: Monday, August 31st
- New Parent Orientation Meeting: Thursday, September 2nd
- First day of practice for **all other training groups**: Tuesday, September 8th
- Dive-in Party*: Sunday, September 12th

UPDATED TEAM STRUCTURE

To address the ever-changing demographic of our team, we have made a few adjustments to the training groups for the upcoming season. The same basic structure is still in place, broken down by age group and grade level.

STEELHEAD	SURGE	SOCKEYES	SENIOR
STH A STH B STH C STH D	Barracudas Marlins Rays Sharks	Age Group Prep Bronze 1 Bronze 2 Bronze 3 Silver 1 Silver 2 Gold	Senior 1 Senior 2 Senior 3 Senior 4

PRACTICE SCHEDULES

IST practice schedules change throughout the season on a planned and predictable schedule as detailed here:

- The first practice schedule runs September through mid-February as we share facilities with high school swim teams.
- The second practice schedule runs mid-February through mid-May. This coincides with the end of high school swim through the start of summer league swim, as we use summer league facilities throughout most of the season. Colman pool also becomes available for our Senior squads.
 - An additional schedule change may come at the end of May depending on the specific date Colman pool becomes available.
- The final practice schedule runs from the end of the school year to the end of the swim season. Additional days of training may be included for anyone competing in championship meets following the official last day of practice.

The availability of these training schedules depends on several factors. IST will release upcoming training schedules as soon as all these factors can be accounted for. This could be anywhere from two to six weeks prior to the schedule change taking affect.

Throughout the season we will post practice adjustments to account for any short-term changes in pool or coach availability. These may take affect for one or more days but are only temporary. If a long-term change is necessary, we will release a new training schedule.

Please refer to the [Training Schedule](#) tab for details on the most current schedule.

PRACTICE SCHEDULES DURING COVID-19

While the above practice schedule plan would be followed during a normal year, IST will start the season under an adapted model to fit with COVID-19 restrictions. Special accommodation to state health regulations means schedules may change on short notice to meet evolving restrictions. Restrictions may increase or decrease as the situation changes throughout the season. IST will do its best to communicate any updates or changes as soon as the information is available.

2020-21 MEET CALENDAR*

All meets listed represent the planned 2020-21 meet calendar. Changes due to COVID-19 restrictions are expected and will be communicated to membership as they arise. Please use the calendar below as representative of typical season, and to set aside time in your schedule for any type of competition as listed here or otherwise.

DATE	MEET	LOCATION	GROUPS
September 2020			
27 th	Sockeye Sprints	Hazen High School	Surge, Sockeye & Senior
October 2020			
24 th -25 th	IST Sockeye Fall Open	Hazen High School	Surge, Sockeye & Senior
November 2020			
1 st	Chinook Pentathlon	Mary Wayte	Surge, Sockeye (Excluding Gold)
15 th	IST Distance Meet	TBD	Gold, Senior 1-4
21 st -22 nd	November AGI	TBD	All Qualifiers
December 2020			
3 rd -6 th	Husky Invite	KCAC	Senior 3 & 4 Qualifiers
5 th -6 th	Fall Divisionals	TBD	All Non-Champ Qualifiers
9 th -12 th	SPEEDO Winter JR Champs	Austin, TX	All Qualifiers
11 th -13 th	PN 14&U SC Champs	KCAC	All Qualifiers (Including Relay-Only Swimmers)
17 th -20 th	WA State SR Champs	KCAC	All Qualifiers (Including Relay-Only Swimmers)
January 2021			
2 nd -3 rd	Pacific Coast All Stars	TBD	11-14 PNS Team Selection
16 th -19 th	WA Open	KCAC	Senior 1-4 Qualifiers
30 th -31 st	Winter Challenge	TBD	Surge, Sockeye & Senior
February 2021			
14 th	IST Time Trial	TBD	Steelhead, Surge, Sockeye (De-Qualifying Times)
14 th	IST Distance Meet	TBD	Gold, Senior 1-4
26 th -28 th	February AGI	TBD	All Qualifiers
March 2021			
6 th -7 th	March Madness	Mary Wayte	Surge, Sockeye & Senior
11 th -14 th	Spring SPEEDO SR Sectionals	KCAC	All Qualifiers (Including Relay-Only Swimmers)
20 th -21 st	Spring Showdown	KCAC	All Qualifiers (Includes De-Qualifying Times)
25 th -28 th	NW Age Group Regionals	KCAC	All Qualifiers (Including Relay-Only Swimmers)
April 2021			
23 rd -25 th	Dick La Fave A-1	KCAC	All Qualifiers
24 th -25 th	Marin Morrison	Hazen High School	Surge (Silver De-Qualifying Times)
May 2021			
14 th -16 th	IST Sockeye Spring Open A-3	KCAC	All Qualifiers
June 2021			
4 th -6 th	Apple Capital	Wenatchee Pool	Surge, Sockeye & Senior
12 th -13 th	LC B-1	KCAC	All Qualifiers
26 th -27 th	LC B-2	KCAC	All Qualifiers
July 2021			
8 th -10 th	Senior Seattle Open	Colman Pool	Senior 1-4 (Qualifying times apply to 14&U)
16 th -17 th	Age Group Seattle Open	Colman Pool	All Surge & Sockeye Qualifiers
18 th	IST Time Trial	TBD	Steelhead, Surge, Sockeye (De-Qualifying Times)

22 nd -24 th	SR LC Champs	KCAC	All SR Qualifiers (Including Relay-Only Swimmers)
23 rd -25 th	SC Summer Divisionals	Mt. Tahoma	All Non-Champ Qualifiers
29 th -31 st	Futures Champs	TBD	All Qualifiers
30 th -Aug 1 st	14&U LC Champs	KCAC	All Qualifiers (Including Relay-Only Swimmers)
August 2021			
1 st -5 th	Western SR Zones	TBD	All 15&O Qualifiers
5 th -8 th	14&U Western Age Group Zones	TBD	PNS Team Selection

Swimmers should attend all meets listed for their training group

Qualifying time standards can be found online under **Swimmers** → **Time Standards** or in the meet announcement

Plan on registering early for meets, as some deadlines are significantly earlier than others

All meet registrations close a MINIMUM of three week prior to the event start date

BOLD meets are IST Hosted events

*List is not comprehensive and subject to change

TEAMWEAR

Issaquah Swim Team has a Team Sponsorship Agreement with arena. Swimmers are expected to wear arena products to all swim meets and utilize arena products at training sessions. Please see the Teamwear Policy for additional information.

We will be utilizing SwimOutlet.com as well as arenawaterinstinct.com for our gear. You can find the link to our Team Store on SwimOutlet [here](#) or on the IST website. Each training group has a category with the required gear. You can purchase it from SwimOutlet and it will ship directly to you. There are also customized and non-customized suits as well as other spirit wear available for purchase. IST earns money on purchases made through SwimOutlet that go directly back to benefit the team.

We highly encourage you to shop there and support IST. IST also earns money on purchases from arenawaterinsinct.com. If you make purchases directly from arenawaterinstinct.com please send an email <mailto:teamwear@istsockeyes.org> with your name, order number, date and amount, and we will let arena know that the purchase was by an IST family.

IST REGISTRATION TEAMWEAR

When you register your athlete with IST for the 2020-2021 season, they will receive the following items at no additional charge:

- (3) IST Team T-shirts*
- (2) IST Swim Caps**

*Team shirts will be provided based on the size you provided for your swimmer during registration. Each swimmer will receive 3 shirts.

**Each swimmer receives two arena IST silicone caps, distributed at the Dive-In. Personalization will be provided free of charge if you register by August 12th. If you would like more than the two provided caps you can purchase additional personalized and/or non-personalized caps. Please see our website for ordering details for additional caps.

TEAMWEAR EXPECTATIONS

Swimmers must wear either a plain navy arena swimsuit (non-technical), or a navy arena suit with the IST logo (non-technical) to all swim meets. All of these options can be found in our Team Store on SwimOutlet.

Caps worn during meets must be arena IST caps and can be personalized.

Please refer to our [Teamwear Policy](#) for additional information including Championship meet requirements.

TRAINING EQUIPMENT BY GROUP

All of the following equipment should be purchased through our team store on SwimOutlet.com.

		Steelhead	Barracudas Marlins Rays Sharks	AG Prep Bronze	Silver	Gold	SR 1	SR 2 SR 3 SR 4
Team Shirts*		X	X	X	X	X	X	X
Team Cap*		X	X	X	X	X	X	X
Team Suit		X	X	X	X	X	X	X
arena Gear Bag		X	X	X	X	X	X	X
arena Kickboard		X	X	X	X	X	X	X
arena Powerfins		X	X	X	X	X	X	X
arena Pull Buoy			X	X	X	X	X	X
arena Snorkel			X	X	X	X	X	X
arena Paddles						X		X
Finis Tempo Trainer Pro					X	X		X

*Team caps and shirts are provided through IST and do not need to be ordered online

IST POLICIES

This is a reminder that there are team policies which are part of your IST Registration Agreement. These policies can be found on the IST website under **Admin** → **Policies**.

By registering with IST for the 2020-21 season, you are agreeing to and acknowledging that you have read these policies.

These documents listed below can be found online [here](#).

- Anti-Bullying Policy
- Code of Conduct
- College Athlete Policy
- Electronic Communication Policy
- Fundraising Policy
- Minor Athlete Abuse Prevention Policy (MAAP)
- Outreach Policy
- IST Team Travel Policy
- IST Team Travel Funding Policy
- Leave of Absence/Suspension of Membership Policy
- Photo/Video Policy
- Resignation Policy
- Teamwear Policy
- Training Fee Payment Policy
- Volunteer Service Hours Policy

VOLUNTEER SERVICE HOURS

To run IST hosted meets and provide other social activities, the board of directors manages a cooperative service program to which all members are obligated.

For the 2020-21 season IST will be hosting eight meets

- **Sockeye Sprints (September 27, 2020) @ Hazen***
- **IST Fall Open (October 24-25, 2020) @ Hazen***
- IST Fall Distance Meet (November 15, 2020) @ TBD
- IST Spring Time Trial (February 14, 2021) @ TBD
- IST Spring Distance Meet (February 14, 2021) @ TBD
- **IST Spring Open (May 14-16, 2021) @ KCAC***
- IST Summer Time Trial (July 18, 2021) @ TBD
- **PN SR LC Championships (July 22-24, 2021) @ KCAC***

Of these eight meets, there are three that are mandatory for members (except Steelhead only families) to volunteer at.

- At least one shift at either the Sockeye Sprints **OR** IST Fall Open
- At least one shift at the IST Spring Open **AND** SR LC Champs

Families with only Steelhead swimmers will have a minimum of 5 volunteer service hours and need to volunteer one shift at either our Spring or Summer Time Trial Meets.

REMINDER

Non-IST Hosted Meet Timing Requirements - If your athlete(s) participates in a non- hosted meet your family may be required to work a shift at the meet

These are required regardless of whether you have a swimmer in the meet and/or met your minimum service hour requirement.

Please refer to our Volunteer Service Hours Policy for detailed information.

REGISTRATION FEE

The IST registration fee covers the USA Swimming registration, IST outfitting fee, and administrative costs.

As a USA Swimming registered team, for insurance purposes, all IST swimmers and coaches must be registered with USA Swimming.

IST offers three levels of registration:

Flex Swim Membership

This program is offered through USA Swimming and currently only available to our Steelhead swimmers. This is a discounted USA Swimming registration fee designed to allow swimmers to experience competitive swimming at a lower upfront cost.

Swimmers are only allowed to compete in two swim meets per season, until they move into our competitive squad and pay for a Premium Membership.

Premium Membership

Previously known as Year-Round or Annual Membership.

Season II Athlete

This is designed for our returning college athletes who have not already registered under the Premium Membership. Returning college swimmers must show proof of USA Swimming registration or apply for Season II registration prior to swimming with IST. For more information regarding returning college athletes, please refer to our College Athlete Policy.

TRAINING FEES

Training Group	IST Registration Fee	USA Swimming Registration Fee	Training Fees (9 Installments) (11 Installments for Steelheads)	Total Training Fee Costs*
Steelheads	\$178.00	\$20.00	\$131.00	\$1639.00
Barracudas	\$178.00	\$79.00	\$174.00	\$1823.00
Marlins	\$178.00	\$79.00	\$200.00	\$2057.00
Rays	\$178.00	\$79.00	\$220.00	\$2237.00
Sharks	\$178.00	\$79.00	\$236.00	\$2381.00
Age Group Prep	\$178.00	\$79.00	\$200.00	\$2057.00
Bronze 1-3	\$178.00	\$79.00	\$220.00	\$2237.00
Silver 1/2	\$178.00	\$79.00	\$252.00	\$2525.00
Gold	\$178.00	\$79.00	\$305.00	\$3002.00
Senior 1	\$178.00	\$79.00	\$252.00	\$2525.00
Senior 2	\$178.00	\$79.00	\$305.00	\$3002.00
Senior 3	\$178.00	\$79.00	\$336.00	\$3281.00
Senior 4	\$178.00	\$79.00	\$352.00	\$3425.00

*The monthly training fees are based on the swimmer's assigned training group and cover the cost of pool rentals, administrative costs, dryland and staff salaries. **All training and registration fees are non-refundable.** Please note that these fees do not cover meet fees, social activities, additional apparel, fundraising fees, travel fees or other additional expenditures.

SPECIAL CONSIDERATION FOR TRAINING FEES

In the event that exceptional circumstances necessitate IST to not be able to implement programming that matches the approved annual budget, adjustments may be made to training fee installments. The adjustments must be approved by the Board of Directors and communicated at least 10 days prior to billing deadlines. Adjusted amounts that exceed budgeted training fees will not accrue to the family maximum.

MULTI-SWIMMER DISCOUNT

IST offers a multi-swimmer fee discount to families with more than one athlete registered with IST. This discount applies to all groups except for Steelheads. Families with multiple swimmers will pay 100% of the cost for the swimmer at the highest fee set, 90% of the cost of the swimmer in the next highest fee set and 80% of the cost of the swimmers in the next highest fee set. In addition, IST has a family maximum training fee amount of \$5000.

FUNDRAISING COMMITMENTS

IST has two required fundraising commitments:

1. Swim-A-Thon

IST's primary fundraising event and every IST athlete is encouraged to participate in and required to contribute financially with a minimum contribution of \$175. Each additional athlete in your family will increase your commitment by \$50 up to a family maximum of \$375. Any portion of each family's fundraising requirement not contributed at the time of the Swim-A-Thon will be billed on the following month's invoice.

2. Brown Bear Car Wash

All IST families are required to either sell or purchase 10 Brown Bear Car Wash tickets, for a total of \$75. The amount owed for the Brown Bear Car Wash tickets will be invoiced the month following registration.

PAYMENT OPTIONS

Members have the option to pay their monthly invoice by secure online credit card and/or ACH Bank processing. All registration fees are paid via credit card and the system requires a credit card to be saved to your account for "On-demand" payments. Once registration is complete, you can set up and switch to ACH payments.

Please review our Training Fee Payment Policy for detailed information.