



Pacific Piranha Swim Team Parent Handbook: 2025-2026

IMPORTANT CONTACTS

- Head Coach: Ron Allen swimwithppst.headcoach@gmail.com
- Assistant Coach: Hannah Touchette swimwithppst.coachhannah@gmail.com
- Bronze 1 Coach: Andrea Wernofsky swimwithppst.coachandrea@gmail.com
- President: Jeff Hays swimwithppst.president@gmail.com (2022-2025)
- Vice President 1: Matthew Bullemer swimwithppst.vp1@gmail.com (2024-2026)
- Vice President 2: Bill Touchette swimwithppst.vp@gmail.com (2024-2026)
- Treasurer: Lauren Foresman swimwithppst.treasurer@gmail.com (2023-2026)
- Secretary: Michelle Judson swimwithppst.secretary@gmail.com (2025-2026)
- Safety: David Bolthouse swimwithppst.safety@gmail.com (2024-2026)
- Membership: Elisabeth Lotz swimwithppst.membership@gmail.com (2024-2026)
- Meet Director: Glenn Doherty swimwithppst.meetdirector@gmail.com (2025-2026)
- Volunteer Coordinator: Melissa Jasperson swimwithppst.volunteer@gmail.com (2025-2026)

GENERAL ANNUAL TRAINING SCHEDULE

The competitive swimming year is divided into two seasons :

Season 1: Short course (25 yard competition) September-March

Season 2: Long course (50 meter competition) April-August

Training takes place at the [NORTH KITSAP COMMUNITY POOL](#) and continues throughout the year for all groups. Specific practice times, groups and locations can be found on the PPST Team Unify website under [LOCATIONS AND GROUPS](#). Click on [MEET AND PRACTICE SCHEDULE](#).

PACIFIC PIRANHA TRAINING GROUPS

The training groups presented are made to create a quality learning environment and provide a safe, enjoyable and challenging experience for all. Please note that many intangibles are a part of being a team member and moving from one group to another. Getting along with others, listening and communication skills, desire to learn, good sportsmanship, work ethic and positive attitude are just a few expectations for swimmers. Tangible items to be looked at are stroke technique, competitive times, attendance at practice and meets as well as involvement in team activities. We also take into consideration the different desires for an emphasis on competitive needs and those wanting more of a recreational and social approach.

In general, groups are split into Elementary School ages, Middle School ages, and High School.

Within each group is an introductory group and advanced groups.

Moving from one group to another is best done between seasons. These group standards may very well change as our team grows and progresses, but discuss any concerns or comments with your coach!

- BRONZE 1

Age Range: 6-11

Schedule: 3 days per week offered (1 hour per session)

Minimum Requirements: Be able to swim a minimum of 1 length of the pool of freestyle with good rhythmic side breathing and backstroke – both with good flutter kicks. Athletes should be willing to learn stroke technique and can follow coaches' instructions. Must get along with other swimmers and allow others to learn in a safe and respectful way.

Proper technique for free and back is a main goal as well as turns and dives from the side, leading to starts from the blocks. As the basics are perfected, introduction to breaststroke and butterfly begins. Participation in home meets is strongly encouraged and participation in local meets or a meet in which they have qualified for are an additional goal. All swimmers 7 years and younger should be in this group unless they are advanced (coach and parent discussion).

- BRONZE 2

Age Range: 8-12

Schedule: 4 days per week offered (1+ hour per session)

Minimum Requirements: This group may be a mix of younger swimmers that are progressing quickly and gaining proficiency in breaststroke and butterfly as well as novice older swimmers. Swimmers in this group should have solid freestyle and backstroke technique and will be working on additional strokes and IM. This group should have good diving technique and working on legal turns for all strokes. Swimmers, 11 years and older may be in this group for a short time to gain their confidence and get strokes legal but are expected to work to move to the next level as quickly as possible. Athletes in this group should begin learning how to manage the pace clock and how to take heart rates. Those in Bronze 2 should have higher expectations for swim meet attendance.

- SILVER 1

Age Range: 11-14

Schedule: 4 days per week offered (1+ hour per session)

Minimum Requirements: This is our introductory middle school group as well as younger swimmers that have good stroke technique. This group is focused on stroke refinement for free and back as well as getting legal breaststroke and butterfly strokes. Obtaining all legal turns and starts from the blocks. While the emphasis for this group is stroke technique, training basics are introduced here. Ability to use the pace clock and to take heart rates is important. Participation in meets is encouraged but not required. Ability to follow instructions and work well with others is essential.

- SILVER 2

Age Range: 11-14

Schedule: 4 days per week offered (1.5+ hour per session)

Minimum Requirements: Swimmers in this group should have all the abilities of Silver 1. They should also be able to complete 3 x 200 IM with minimal rest and quality stroke technique. Emphasis on training increases while maintaining proper technique. Advanced

techniques are introduced and implemented. Ability to get practice times, follow sets and take heart rates are a must. For example, given a set of 8 x 100 Free, on a specific, difficult interval time – swimmers are expected to be able to get all their times and heart rates (not memorize, report 😊). Practice attendance is expected to be 60% or better. Attendance at home, local and some travel meets is highly encouraged. Need a recommendation from current coach.

- GOLD

Age Range: 11-14

Schedule: 5 days per week offered (1.5+ hour per session)

Minimum Requirements: Must meet all requirements of Silver 2. This group is geared toward the more competitive oriented swimmers. Advanced training, race strategy and specialty work. Mobility and dryland work is more advanced in this group. Practice attendance requirement is 80% of practices offered. Attendance at team meets and championships qualified for is expected. Should have PNS Silver times and working toward Gold times. Need a recommendation from current coach.

- SENIOR

Age Range: 14+

Schedule: 5 days per week offered (1.5+ hour per session)

Minimum Requirements: This is our introductory High School group. This may be a mix of newer high school age swimmers that need stroke refinement and those interested in fitness. Some here may be on the team a short time in order to prepare for High School swimming. This group will work on rounding out all four strokes, perfecting starts, turns and finishes and work on pacing, etc. Swimmers need to be able to follow the clock and do sets as in Silver 2.

- SENIOR 2

Age Range: 14+

Schedule: 5 days per week offered (1.5+ hour per session)

Minimum Requirements: Need a recommendation from current coach. Ability to train at a high volume and intensity with a variety of endurance and sprint sets. Knowledge of all PPST technique expectations, drills, training demands and energy systems, nutrition, flexibility, strength, etc. Introduction to Psychological Skills Training and mental preparation for races. Dryland/Strength training attendance when offered is highly encouraged. Attendance expectation is 60% of practices offered.

Those in this group should be expected to be role models for younger swimmers on the team. Taking part in local meets and all team activities, including fundraisers, community service and team building is part of giving back to the team.

- SENIOR 3

Age Range: 14+

Schedule: 5-6 days per week (1.5+ hours per session – mornings and dryland expected)

Minimum Requirements: Need a recommendation from current coach. PNS Silver times are a minimum while the expectation should be on making Gold times. Attendance at all team meets and highest-level championships achieved is expected. Attendance expectation is 80% of practices offered. Advanced work on race & film reviews.

Must meet all Senior 2 requirements and be willing to train at the highest level in order to achieve Zone, Futures or Senior National time standards.

ANNUAL AND MONTHLY FEES

- PPST Annual Registration Fee

The annual registration fee is due at the time of registration. This fee is designed to cover the cost of annual administrative fees (bookkeeping, website, PO box, USA swimming club fees, etc):

\$125 per swimmer

- PPST Annual Booster Fee

The annual booster fee is graduated (based on the number of household swimmers a family is registering) and due at the time of registration (goes towards use of pool, coaches, equipment etc.):

1 swimmer - \$125

2 swimmers - \$200 (\$50 discount from \$250)

3 swimmers - \$275 (\$100 discount from \$375)

4 swimmers - \$350 (\$150 discount from \$500)

5 swimmers - \$425 (\$200 discount from \$625)

- Annual USA Swimming Membership Fee (required for all swimmers):

2025-2026 PREMIUM - \$86.00 (Required for all Silver and Gold swimmers; unlimited number of meets per swimmer)

2025-2026 FLEX - \$30.00 (For 12&under swimmers; limited to a maximum of 2 sanctioned meets per swimmer; can be upgraded to PREMIUM at any time)

2025-2026 PREMIUM Transfer - \$5.00 (Athletes transferring from another USA Swimming club must complete and submit the Pacific Northwest Athlete Transfer Form to Pacific Northwest Swimming before completing PPST registration)

- PPST Monthly Practice Fees:

Bronze 1 - \$120*

Bronze 2 - \$130*

Silver 1 - \$145*

Silver 2 - \$165*

Gold/Senior: \$195*

High School Swim: \$95** (3 months maximum)

Seasonal Sports: \$85** (3 months maximum)

Hold: \$30**

*When there are multiple swimmers in a family, the swimmer in the highest group is charged full price and each additional swimmer receives a 10% discount.

*Training fees are a fixed fee and cannot be pro-rated for partial participation each month.

**See definitions under Monthly Billing Groups on the next page.

BILLING GROUPS

The training groups (Bronze 1, Bronze 2, Silver 1, Silver 2, Gold and Senior) are based on an athlete's ability as determined by the coaching staff. Training group fees are related to the amount of pool and coaching time provided to the swimmer.

There are three optional "other" billing groups that a swimmer may select based on the following circumstances and will need to be confirmed with [PPST membership](#):

- High School Swim Rate: Registered PPST swimmers who are currently participating in high school swimming are eligible for a reduced monthly rate during their high school

swimming season and may continue to participate in club swim meets. Athletes under this program may also choose to attend up to 50% of PPST practices offered at their discretion.

- **Seasonal Sport Rate:** Registered PPST swimmers (excluding high school swimmers) who are currently participating in other seasonal sports and are struggling to keep up with attending all weekly practices but still wanting to attend some practices and participate in some meets, may choose to activate this option. Can only be done once a year, and only for 3 consecutive months. Swimmer may attend up to 50% of practices offered in the month. If a swimmer exceeds 50% of the practices, even whilst on seasonal sports, the full monthly dues will be charged to the account.
- **Hold/Pause:** This option is available to registered PPST swimmers who want to “take a break”. While on hold, swimmers may not attend practices or compete in USA Swimming sanctioned events. Hold status is available to swimmers so long as the team is not at capacity. If the team has reached capacity and a swimmer wishes to take a break while still wanting to retain their spot on the team, they will be charged \$30 per month to hold their spot. Note that if you do show up to swim practice while on hold, your account will automatically be charged the monthly practice fee.

Note: If an account is on hold at the start of the swim season in September, families will still be required to re-register their swimmer(s) for the new season and pay the registration and booster fees in order to retain their spot on the team.

Note: Families will still be responsible for meet volunteer sessions while their swimmer is on hold.

Canceling Membership/Changing Billing Status

Very Important! If you wish to cancel your swimmer's membership or change their billing status to one of the options described above, a notice **must be** sent to [PPST Membership](#) and/or [PPST Treasurer](#) **on or before the 25th day of the month** prior to withdrawal/change in billing group. Partial months will not be pro-rated, and any cancellations or requests for changes to billing status can not be processed after the 25th of each month.

Meet Fees

These fees are not included in the fees schedule as they vary from month to month and from swimmer to swimmer. Meet fees are posted to your PPST account in the month of the swim meet and will be included in your monthly invoice.

GENERAL FINANCIAL POLICIES

All members are required to provide a credit/debit card during registration.

Invoices are emailed to members on the 20th of each month. On your invoice you will find:

- Training fees for the upcoming month
- Meet fees for the month that is ending

Payment is due by the 10th of the following month and can be paid in one of three ways:

1. Team Unify Auto Bill Pay.

Your invoice balance will be automatically charged to the card on file on the 1st of the month. \$0.30 per transaction + 2.95% of transaction total. This is a charge implemented by TeamUnify and not the PPST Board of Directors.

2. Team Unify online bill pay.

You will need to go into your Team Unify account and initiate payment. \$0.30 per transaction + 2.95% of transaction total. This is a charge implemented by TeamUnify and not the PPST Board of Directors.

3. Mail a check.

Made out to: Poulsbo Piranhas Swim Team

For attention PPST Treasurer mailed at: PO Box 1284, Poulsbo, WA 98370

Accounts whose payment is not received by the 15th of the month will be assessed a late fee of \$10.

DELINQUENT ACCOUNTS

Timely remittance of monthly dues and fees are critical to the efficient operations of PPST. If an account is 60 days past due, the balance will be charged to the card on file.

FINANCIAL ASSISTANCE PROGRAM

PPST swim club falls under the umbrella of [PACIFIC NORTHWEST SWIMMING](#) (PNS) and coordinates with the [PACIFIC NORTHWEST SWIMMING OUTREACH PROGRAM](#) to offer training and meet fee assistance for athletes who qualify for Free or Reduced Lunch through the National School Lunch Program. Contact [PPST membership](#) or [PPST Treasurer](#) to submit your qualifying documentation.

MANDATORY VOLUNTEERING: MEET SESSIONS

Hosting swim meets are a primary source of funding for PPST. Home meets cannot happen without volunteers! Thus, volunteering at a PPST swim meet is one of the most important financial contributions a member can provide (and it's fun!).

For the 2025-2026 swim season, each swimmer's family is required to volunteer as follows :

- Gold/Senior: 8 sessions
- Silver: 6 sessions
- Bronze: 4 sessions

Families with multiple swimmers will be responsible for fulfilling the number of sessions that correlates to the most advanced training group of their swimmers.

For swimmers that change training groups within the swim season, there will be no change in the session requirements. To complete the required sessions these can be attended at any time during the year by any member of the swimmer's family (older swimmers/siblings, both parents, grandparents etc.). Each person completing a session will count towards 1 session (ie. If both parents volunteer at a swim meet, this counts towards 2 sessions).

Service sessions may be credited by working at PPST hosted swim (home) meets, swim meets where PPST is required to provide preliminary timing support, organizing fundraising events or serving on an approved committee or other volunteer opportunity advertised by the PPST Board. If there is a session deficit at the end of July, or upon withdrawal from the team, the member's account will be charged \$75.00 per session not performed.

WE DON'T WANT TO FINE, WE NEED YOUR TIME!

Volunteer sessions when withdrawing from PPST

Families withdrawing from PPST will be responsible for their unfulfilled sessions. The member's card on file will be charged \$75.00 per session not performed.

Volunteer sessions when joining PPST later in the season

Families new to PPST when the season is already underway, will receive a pro-rated number of volunteer sessions, based on the time of joining. Please discuss this with [PPST membership](#).

SAFE SPORT

USA Swimming's Safe Sport program, Minor Athlete Abuse Protection Policy (MAAPP) is a comprehensive abuse prevention program, which consists of *"a multi-layered approach to keep kids safe, including: required policies and best practice guidelines; mandatory screening, including criminal background checks and employment screening; training and education; monitoring, supervision and mandatory reporting. These measures are informed by experts in the field of child safety and are among the strongest safeguards found in youth-serving organizations."*

For much more information, including training for parents and athletes, please visit the Pacific Northwest Swimming's Safe Sport page or the USA Swimming Safe Sport page. On the PPST website, under the [SAFE SPORT](#) tab, you can find phone numbers to report a concern, more information about our [MAAPP](#), and links to training for parents and athletes.

THANK YOU

If you have a spare moment, please fill out our very short survey [here](#) to let us know how you heard about us.

We are so excited to have you on our team!

Go Piranhas! Swim Fast!!

