



TEAM HANDBOOK

ENSWORTH AQUATICS

WELCOME TO ENSWORTH AQUATICS

Program

Ensworth Aquatics is an ancillary program of The Ensworth School dedicated to fostering the positive development of individuals of all ages through a wide range of aquatic offerings. Open to both the Ensworth School community—including students, faculty, staff, parents, and alumni—and the general public, our programs provide opportunities for all levels of swimmers.

Swim School

(6mo to 6 years)
Learn-to-swim classes for children focusing on water safety and foundational skills

Competitive Team

(7 years & Up)
A year-round swim team committed to athletic excellence, personal growth, and team camaraderie

Masters Team

(18 years & Up)
Adult swim training for fitness, competition, and lifelong health

Facility

All Ensworth Aquatics programs are held at the Ensworth Natatorium, located on the Frist Campus of The Ensworth School at 7401 Highway 100, Nashville, TN 37221. Opened in January 2013, the Ensworth Natatorium features:

- A 50-meter by 25-yard competition pool
- A 20 x 40-foot, warm water teaching pool
- Spectator seating for more than 400 people
- Large locker room spaces for the competition pool; separate locker rooms for the teaching pool; and a family changing room.



About the Handbook

The Ensworth Aquatics Team Handbook is a living document designed to guide families and swimmers through all aspects of participation on the Competitive Team. As the team grows and evolves, this handbook will be updated to reflect new needs, revised policies, and changes in team structure. Families are encouraged to use this resource to gain a deeper understanding of our team philosophy, our vision for athlete development, and the expectations we hold for every swimmer and their family.

OUR COMMUNITY

The Ensworth School

Ensworth Aquatics is an ancillary program within the Ensworth School. As a member of the greater Ensworth community, all Ensworth Aquatics programs are driven by the philosophy, Mission and Vision of The Ensworth School.

School Mission Statement

Ensworth is a kindergarten through twelfth grade, coeducational independent school. The School promotes academic excellence and inspires students to be intellectually curious, to use their talents to the fullest, to be people of integrity, and to be contributors to society.

School Vision Statement

We envision a school community dedicated to following the highest principles with the greatest love, as characterized by moral integrity, intellectual vitality, discipline, compassion, humor, and joy.

We envision a school where a deep sense of community and belonging pervades all aspects of school life, where all members participate in a broad array of diverse activities both in and out of the classroom, and where collaboration, integration, and tradition thrive.

We envision a school committed to growth and learning for all members of its community, as reflected in communication that is open, honest, and direct, in decision-making that is inclusive, flexible, and efficient, in school governance that is clear and transparent, in practices that honor the diversity of mind, and in opportunities for faculty development and innovation as fundamental components of their professional responsibilities.

And we envision a school that reaches beyond itself to its broader community, that embraces service opportunities, and that serves as a leader in the national educational community.



OUR COMMUNITY

The Ensworth School

Diversity, Equity, and Inclusion Statement



In order to realize the goals of our Mission and Vision, Ensworth must actively strive to be a diverse and inclusive community of learners that engages collectively In Search of Truth. The presence of different perspectives and life experiences plays a pivotal role in the development of our students, enhancing classroom and extracurricular experiences in meaningful ways. As a school, we are committed to

cultivating an environment in which all members of the Ensworth community experience a true sense of belonging and are empowered to be active participants in the life of the school. These efforts are essential to foster growth of all students in line with their potential, and to equip them for lives of purpose that extend far beyond their time at Ensworth.

Code of Conduct & Code of Honor

As members of the greater Ensworth community, we expect our athletes to adhere to the school's governing code of honor, which states:

I understand that I am expected to uphold the core beliefs of the school's Mission and Vision Statements and to conduct myself in an honest, honorable, and respectful manner, including adhering to all standards established by the high school Disciplinary Code. By choosing to abide by these principles, I will be doing my part to make Ensworth an honest and trusting community.

Ensworth Aquatics is an extension of the Ensworth school; consequently, we hold our athletes to the same standards of respect, honesty, and honor.

Non-Discrimination Policy

Admission and participation in our programs are open to all eligible swimmers who meet our qualification requirements regardless of race, color, ethnicity, or national origin.

OUR SPORT

About Competitive Swimming

Governance



USA Swimming

USA Swimming is the national governing body for the sport of swimming in the United States. All members of the Ensworth Aquatics Competitive Team and Competitive Prep Team are required to hold current USA Swimming memberships in order to participate in practices and competitions. All Ensworth Aquatics activities—including practices and meets—are governed by USA Swimming's Rules and Regulations, including adherence to the USA Swimming Code of Conduct.



Southeastern Swimming

Ensworth Aquatics is a member of Southeastern Swimming (SES), the Local Swim Committee (LSC) that oversees USA Swimming activities in Tennessee, Alabama, and parts of the Florida panhandle. SES is responsible for processing athlete and non-athlete memberships, sanctioning swim meets, and training and certifying officials across the region.

Seasons

Long Course vs. Short Course

Swimming in the United States is typically broken up into two seasons, Long Course (50 meters) and Short Course (25-yards). The Short Course season normally runs from August to March, with Long Course from March to August. Ensworth Aquatics swimmers will train in 50-meter, 25-yard, and 15-meter courses. Competitions will only be held in 50-meter or 25-yard courses.



OUR SPORT

Meets & Competitions

Competition & Time Standards

Ensworth Aquatics participates in a variety of competitions each year. Competitions are typically broken down in the following way:

Intrasquad

A meet with just our team racing each other

Dual/Tri/Quad Meets

Meets limited to one, two, or three other teams. Typically this will be during high school and middle school swim seasons.

Invitational

Meets open to any number of invited teams

Championships

The end-of-season competition where swimmers will compete against swimmers from Southeastern Swimming and various other states. Many championship meets use time standards to determine qualifiers. These meets include:

- Southeastern Swimming Championships
- Speedo Sectionals
- Futures Championships
- NCSA Championships
- Junior Nationals
- Senior Nationals
- US Open
- Olympic Trials

Time Standards for these meets can be found on either the [**Southeastern Swimming**](#) or [**USA Swimming**](#) websites. They will also be listed on our [**team website**](#) under the Competitive Team menu.



OUR TEAM

Competitive Team

The Ensworth Aquatics competitive team was founded in March of 2016. Ensworth Aquatics is an Institution-Owned club registered with USA Swimming that serves Middle Tennessee. As a USA Swimming club, Ensworth Aquatics adheres to [USA Swimming's Rules & Regulations](#), including the USA Swimming Code of Conduct.

Mission Statement

Ensworth Aquatics' mission is to foster an environment where excellence is inevitable by inspiring members to use their talents to the fullest, to be people of integrity, and to be contributors to society.

Vision Statement

Ensworth Aquatics aims to be a leader in the holistic development of student-athletes of all ages and ability levels. We believe that excellence is rooted in the following core values: Honesty, Effort, Enthusiasm, and Perseverance. We envision a team where these core values lead to competitive success at a national level while preparing athletes for collegiate swimming.

Coaching Staff

The Ensworth Aquatics Coaching Staff is dedicated to the positive physical and emotional development of young athletes. We strive to provide families with coaches who care not just about how fast a child swims, but more importantly, about how well they grow as individuals. Our staff includes former nationally and internationally ranked swimmers, coaches who have guided athletes to top national rankings across all age groups, coaches with experience at competitions up to the Olympic level, and—above all—coaches who genuinely care.



OUR TEAM

Joining the Team

Competitive Team

Families interested in joining must schedule a **Placement Evaluation** by contacting Team Administrator, **Cissy Fleet** at eaqadmin@ensworth.com. Evaluations are arranged based on availability of both the swimmer and coach.

A block of evaluation times is offered after the **Williamson and Davidson County Summer League Championships**.

After the evaluation, families will be notified if their athlete is invited to join. Registration is completed online, and all new athletes must also register with USA Swimming after joining the team.

Team Placement & Waitlist Policy

Team placement depends on space availability within each training group. If a group is full, athletes will be placed on a **waiting list** and invited to join as openings become available.

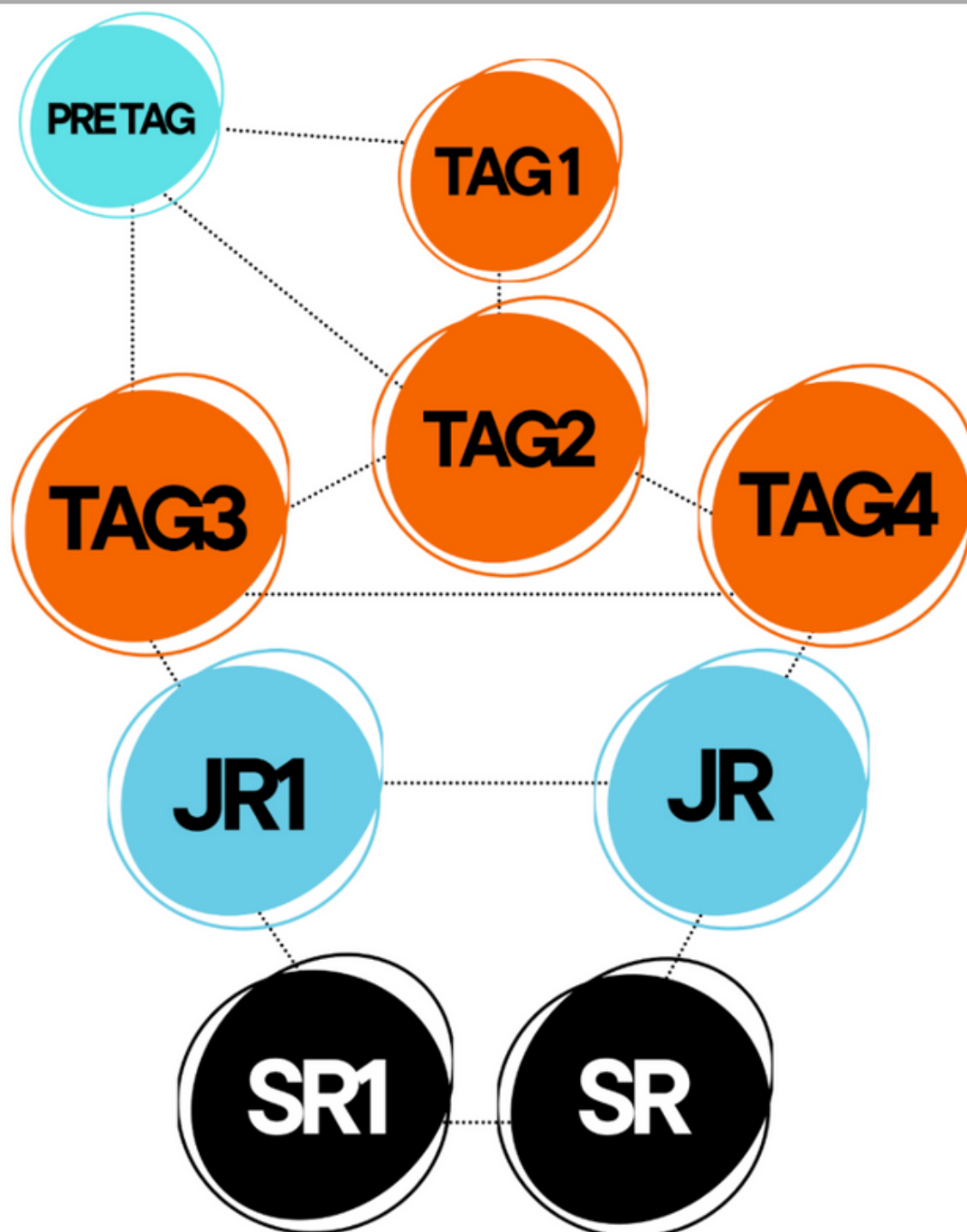
Once invited, families will have **48 hours** to register and pay all required fees. After that, the spot will be offered to the next athlete on the list.

If a significant amount of time has passed since the original evaluation, a **re-evaluation** may be required to ensure the placement is still the right fit for both the swimmer and the group.



OUR TEAM

Training Groups & Progression Chart



OUR TEAM

Ensworth Aquatics Swim School

The Ensworth Aquatics Swim School is designed for **children ages 6 months to 7 years**, introducing them to the water in a safe, nurturing, and engaging environment. Our program builds essential water safety and swimming skills through **age-appropriate instruction and play-based learning**.

The Swim School is structured into **progressive levels called Pre-Tag**, each tailored to the child's age, developmental stage, and ability. We prioritize safety first, followed by the growth of confident, happy swimmers who enjoy the water and are ready to advance their skills.



Pre-Tag Program Overview

Each Swim School Pre-Tag level focuses on key learning goals:

- Building water comfort and safety
- Developing foundational skills like kicking and floating
- Reinforcing progress through playful, age-appropriate instruction

Children are grouped by age and ability to create a supportive environment where they can build confidence and gradually become more independent in the water.

Our ultimate goal is to instill a lifelong love of swimming and prepare each child to confidently advance into our Competitive Team, starting with TAG 1.



OUR TEAM

Competitive Team

The Ensworth Aquatics Competitive Team is for swimmers ages 7 and up who are interested in year-round competitive swimming. Our athletes compete at local, regional, and national meets.

The team is divided into eight levels to ensure swimmers train in the most supportive and competitive environment for their age and skill level. Group placement is based on:

- Age and maturity
- Training skills
- Competition times
- Attendance

Our top priorities are safety, skill development, and consistent, purposeful practice. As swimmers grow, they're challenged to take greater ownership of their training in a positive, fun, and encouraging environment.

Group Placement & Practice Expectations

While objective criteria help guide group placements, final decisions are made at the discretion of the coaching staff. Coaches place each swimmer where they believe the athlete—and the group—will benefit most.

Swimmers must train with their assigned group unless specifically invited to join another by the coaching staff. We understand absences happen due to other commitments. Athletes should return to their regular group's next practice and avoid requesting to swim with a different group.

All group placements and transitions are determined solely by the coaches.



OUR TEAM

Tiger Age Group 1

Meet Participation:

TAG 1 swimmers are expected to participate in home meets. Parents and swimmers may request events through Team Unify, but coaches will make final decisions based on the swimmer's development and seasonal goals.

Skill Requirements:

Swimmers must be able to swim 50 yards of freestyle and backstroke, and demonstrate basic knowledge of breaststroke and butterfly.

We encourage TAG 1 athletes to work toward completing IMR events, which may include:

- 100 Freestyle
- 50 Backstroke
- 50 Breaststroke
- 50 Butterfly
- 100 IM (SCY) or 200 IM (LCM)

Practice Recommendations

2-3 practices per week. 3 practices are offered per week:
60 minutes per practice. Dryland 1-2 times/week.
Equipment Requirement: Cap, goggles, swimsuit, fins, mesh bag

Tiger Age Group 2

TAG 2 swimmers continue to refine their strokes, technique, and kick strength through fun and progressively challenging training sets. They focus on achieving key milestones in both **IMR** and **IMX** events to support well-rounded stroke development.

IMR Events

- 100 Free
- 50 Back
- 50 Breast
- 50 Fly
- 100 IM (SCY) or 200 IM (LCM)

IMX Events

- 200 Free
- 100 Back
- 100 Breast
- 100 Fly
- 200 IM



OUR TEAM

Tiger Age Group 2

Parent Involvement:

Parents help foster independence and responsibility while offering support when needed—especially with gear like swim bags and equipment.

Meet Participation:

Home meet participation is expected. Parents and swimmers can request events through Team Unify, but final entries will be determined by the coach based on the swimmer's progress and seasonal goals.

Practice Recommendations:

3-4 practices per week. We have 4 practice offerings each week; 90 minutes per practice. Dryland 2-3 times/week. Equipment Requirement: Cap, goggles, swimsuit, fins, snorkel, buoy, mesh bag.

Tiger Age Group 3

TAG 3 swimmers are advancing their stroke technique and kicking skills by training with longer and more challenging sets. At this stage, most have completed their IMR events and are now working toward IMX event milestones to support well-rounded development.

IMR Events:

- 200 Free
- 50 Back
- 50 Breast
- 50 Fly
- 100 IM (SCY) or 200 IM (LCM)

IMX Events:

- 400 Free (LCM) or 500 Free (SCY)
- 100 Back
- 100 Breast
- 100 Fly
- 200 IM

Swimmer Responsibility

Swimmers should begin to take full responsibility for their gear and preparation, and start owning their growth as athletes.

Parent Involvement:

Parents play an important role by encouraging independence and supporting strong, positive relationships between swimmers and coaches.

OUR TEAM

Tiger Age Group 3

Meet Participation:

TAG 3 swimmers are encouraged to attend both home meets and nearby travel meets. Event requests can be made in Team Unify, but coaches will finalize entries based on each swimmer's progress and the season plan.

Practice Recommendations

3-4 practices per week. We have 4 practice offerings each week; 90 minutes per practice. Dryland 2-3 times/week. Equipment Requirement: Cap, goggles, swimsuit, fins, snorkel, buoy, mesh bag.

Tiger Age Group 4

TAG 4 swimmers continue to build endurance, refine stroke technique, and strengthen their kick through longer, more challenging training sets. At this level, swimmers have typically completed all IMX events, ensuring balanced development across all strokes as they transition into higher-level training.

The focus in TAG 4 includes preparing to compete and score at Southeastern Championships.

Swimmer Expectations:

TAG 4 athletes are expected to demonstrate independence and responsibility—arriving prepared for practice with all necessary gear and a focused mindset.

Parent Role:

Parents support both the swimmer's development and a strong partnership with the coaching staff.

Meet Participation:

TAG 4 swimmers should participate in both home and travel meets. Parents and swimmers may request events in Team Unify, but final event selections will be made by coaches based on individual progress and seasonal goals.

Practice Recommendations

4-5 practices per week. 5 practices offered per week: 105 minutes per practice, Dryland 3 times / week. Equipment Requirement: Cap, goggles, swimsuit, fins, snorkel, buoy, paddles, and mesh bag.

OUR TEAM

Junior 1

Athletes in Junior 1 will continue developing the skills and training base built in Tiger Age Groups 3 and 4, preparing for potential advancement to Junior or Senior 1.

Expectations for Junior 1 Swimmers:

- Train all four competitive strokes and the Individual Medley (IM).
- Learn to train across various energy systems.
- Attend all home swim meets.
- Take initiative in attending practices consistently—essential for advancement.
- Demonstrate leadership in and out of the water.
- Compete in all strokes to achieve an IM Ready (IMR) score.

Group Movement Considerations:

While Junior 1 does not have mandatory attendance requirements, coaches evaluate swimmers based on:

- Practice attendance
- Demonstrated ability
- Work ethic
- Meet participation

Note: As part of a competitive team, **consistent competition at all levels is expected.**

Junior

The Junior Group emphasizes continued stroke development while increasing focus on aerobic capacity and endurance, preparing swimmers for the physical and mental demands of Senior-level training. **Continued on the next page.**



OUR TEAM

Junior

Expectations for Junior Swimmers:

- Take ownership of consistent practice attendance (5–6 practices per week).
- Train effectively in all four competitive strokes.
- Apply knowledge of energy systems during training sessions.
- Use meet goal times to guide and motivate daily practice efforts.
- Develop strong underwater dolphin kicks in both practices and races.
- Work toward achieving an IM Xtreme (IMX) score in the 13–14 age group.
- Participate in all team swim meets.

Senior 1

Senior 1 is designed for high school swimmers who are not yet ready for the full demands of the Senior Group, including those who:

- Are still building toward the training intervals and expectations of the Senior Group.
- Participate in multiple sports or have other commitments affecting attendance.
- Do not wish to make swimming their primary extracurricular focus.

Expectations for Senior 1 Swimmers:

- Train effectively in all four strokes and IM.
- Understand and apply various energy systems during workouts.
- Consistently attend practice with a positive attitude, aiming to support and uplift teammates.
- Be punctual and take responsibility for both attendance and communication with coaches.
- Maintain at least 60% practice attendance.
- Compete in all home meets, and participate in away meets when possible.

Advancement to the Senior Group:

Swimmers interested in progressing to the Senior Group must:

- Maintain **at least 80% practice attendance** in Senior 1.
- Meet the following training benchmarks:
 - 100 Freestyle on 1:10 (SC)
 - 100 IM on 1:20
 - 100 Kick on 1:40
- Have qualified for Southeastern Swimming Championships and be working toward Sectional qualification.

OUR TEAM

SENIOR

The Senior group is the top group at Ensworth Aquatics. Senior swimmers should be committed to swimming as their **top athletic priority**. Senior-level swimmers must be disciplined enough to prioritize their academics and athletics effectively to be successful at each without having to sacrifice either. The Senior group may be split into two groups depending on the make-up of the group during any given season and the number of coaches available to the group. Any split of the group would still follow the same practice schedule.

Athletes interested in training with the Senior group must:

- Be committed to participating in all scheduled practices and competitions. Athletes are responsible for communicating with their coaches before missed practices. A **minimum attendance of 90% is required**.
- Be able to add to the overall success of the group through commitment, positive attitude, willingness to work hard, and support of teammates.
- Be realistically working to achieve either Futures, Junior National, or National time standards
- Be consistently on time for practice
- Be able to specialize in events as they get older while being willing to train all energy systems and distances during any given season
- Practice Recommendations: All scheduled practices
- Participate in all scheduled swim meets

A Note on Morning Practice & Doubles

There will be times during the school year, holidays, and summer when athletes will be expected to participate in two practices a day. Athletes in the Senior group will be responsible for communicating with coaches about their individual expectations regarding morning practices. Athletes will also be responsible for living up to their individual expectations with regards to morning practices.

During the school year, freshmen and sophomores should attend one morning practice per week (they are welcome to attend both) while juniors and seniors should attend both. Morning practices are in addition to afternoon practice and should not be viewed as a substitute for missing an afternoon.



OUR TEAM

Rights & Responsibilities

Swimmer Rights & Expectations

Every swimmer has the right to:

- Be treated with respect and be free from verbal or physical abuse by coaches or peers.
- Train in a safe environment, with practices conducted to minimize unnecessary risk.
- Have physical limitations respected; coaches will not ask swimmers to train in ways known to be harmful.
- Be supported as both individuals and athletes.
- Receive positive encouragement, recognition for good performances, and constructive feedback when improvement is possible.
- Expect practices to be challenging and the competitive experience to be rewarding.
- Set and adjust personal swimming goals in collaboration with their coach.

Swimmer Responsibilities

- **Respect Others:** Treat coaches, teammates, officials, and staff with kindness and courtesy.
- **Be Coachable:** Listen, follow directions, and stay open to feedback.
- **Be Prepared:** Arrive on time with the right gear and mindset.
- **Give Your Best:** Always put in effort—growth comes through challenges.
- **Support Your Team:** Celebrate teammates and help foster a positive environment.
- **Practice Sportsmanship:** Compete with integrity, win humbly, and lose gracefully.
- **Own Your Journey:** Take responsibility for your progress and behavior.
- **Stay Safe:** Follow all safety rules and speak up about unsafe situations.
- **Represent Well:** Show pride in your team through respectful behavior at all times.
- **Embrace Growth:** Stay curious, resilient, and ready to learn.



OUR TEAM

Rights & Responsibilities

Coaches' Rights & Expectations

Every coach has the right to:

- **Be Respected:** Coaches are professionals and deserve respect from swimmers, parents, and peers.
- **Receive Support:** Coaches should expect full support from Ensworth Aquatics families.
- **Lead Training:** Coaches have the authority to design safe, effective training programs aligned with team goals.
- **Maintain Focus:** Practices and meets should be free from unnecessary parent interruptions.
- **Have Personal Time:** Coaches have lives outside the pool—please respect their time by limiting non-urgent contact.

Coaches' Responsibilities

- **Oversee the Program:** Coaches supervise all aspects of the competitive swim program and guide athletes toward personal growth and improvement.
- **Manage Group Placement:** Coaches assign swimmers to training groups based on age and ability, with group changes made at their discretion when beneficial.
- **Design and Deliver Training:** Coaches are solely responsible for stroke instruction and training plans, which are based on proven methods and tailored to group goals.
- **Lead Meet Participation:** Coaches decide which meets and events swimmers enter, supervise warm-ups, and provide performance feedback. Parents provide emotional support, not technical coaching.
- **Build Relays:** Relay team selection is the exclusive responsibility of the coaching staff.
- **Ensure Safety and Wellbeing:** Coaches prioritize swimmer safety and act as positive role models and technical experts.
- **Inspire Vision:** Coaches help athletes set meaningful goals and develop a path to achieve them.
- **Strive for Excellence:** The coaching staff continuously evaluates and improves the program. Swimmers and parents are expected to trust the process and engage fully in the opportunity provided.



PROGRAM COSTS & POLICIES

Registration Fee

Ensworth Aquatics has an annual registration fee for all new and renewing families of \$170 for the first child, \$145 for the second, and \$120 for each additional child for registration(s) received by **July 15, 2025**. After this date the registration for the first child is \$200, \$175 for the second and \$150 for each additional child. This fee must be paid prior to any athlete joining the team. The fee will not be prorated. The fee goes to cover:

- Team Cap (latex only, for new swimmers to the team)
- Team T-Shirt
- Equipment Needs for the Team

USA Swimming (USAS) registration is a separate registration that must be completed by each swimmer after their registration with Ensworth Aquatics is approved. Information on USAS Registration will be sent directly to each swimmer; it is the swimmer's responsibility to complete this step of the process.

The USAS Renewal registrations for returning members are processed by the team and invoiced to team member accounts.

Competitive Team Training Fees

Training fees are billed monthly from September 1 through July 1. There is no billing in August, and fees are not prorated for missed practices.

Payment Information

- All families are required to set up Auto-Pay via the TeamUnify website.
- Payments can be made by credit card or ACH bank transfer.
- Fees are subject to annual adjustment to reflect inflation.
- A \$25 late fee will automatically be assessed to all past due accounts on the 21st of each month.

Training Fees for 2025-2026

Group	Monthly Fee
TAG 1	\$157.82
TAG 2	\$183.95
TAG 3	\$190.43
TAG 4	\$217.73
Junior 1	\$205.25
Junior	\$232.74
Senior 1	\$244.90
Senior	\$259.75

PROGRAM COSTS & POLICIES

Fees & Discounts

Family Discount

Ensworth Aquatics offers a 10% sibling discount for each additional sibling on the team. The sibling discount will always calculate the highest priced group price as the full price paid, with a 10% discount to each additional group price.

Meet Fees

Details about meet fees can be found in the Meet Invitation, available on both the host team's website and our Meet Page for each specific event. Typical Meet Fees Include:

- **Event Fee:** Charged per event entered (usually \$6–\$15 per event)
- **Facility/Athlete Surcharge:** Covers the cost of using the meet facility (typically \$15–\$30 per swimmer)
- **SES Surcharge:** \$4 fee paid to Southeastern Swimming

Billing & Policies

- Meet fees are billed after the conclusion of each meet.
- Families entered in away meets are billed regardless of attendance or participation.
- Fees for scratched events at away meets will still be charged.
- Ensworth Aquatics pays all away meet fees in advance and cannot absorb the cost of athletes who choose not to attend or participate.

Membership Termination

Ensworth Aquatics operates on a month-to-month membership. Once registered, your membership will automatically continue through the end of August unless you request to terminate it. If you wish to leave the team, you must:

- Submit the [Membership Termination Request](#) by the 15th of the current month to avoid being charged for the following month.
- Follow up to confirm your request has been received and processed.

Important Notes:

- If your notice is received after the 15th, you will still be billed for the next month's dues.
- Your membership will be suspended on the 1st of the month following your final billed month.
- Once suspended, you will be removed from communication lists and will no longer be invoiced.

PROGRAM COSTS & POLICIES

Membership Reinstatement

Returning to Ensworth Aquatics

Swimmers who have left the team and wish to return must meet the following criteria:

- All returning swimmers (unless they left to join another USA Swimming club within the Southeastern Swimming LSC) must complete an evaluation before rejoining—provided space is available in the appropriate practice group.
- Placement priority is given to swimmers who best contribute to the development of a strong and balanced training group.
- Swimmers who previously left to join another USA Swimming club must meet with the head coach. Their return to the team is entirely at the discretion of the head coach.

Membership Suspension

Families requesting a suspension of their account during the summer will be required to have their athlete evaluated prior to the following short course season. No priority will be given to former members. Priority will always be given whichever new swimmers can help to create the best possible training group.



EQUIPMENT GEAR GUIDE

Team Uniform & Suit Guidelines

Ensworth Aquatics is proudly sponsored by Arena.

- **Practice:** All swimmers must wear an Ensworth Aquatics swim cap.
- **Meets:** Swimmers are required to wear both an Ensworth Aquatics cap and an official team suit.
- **Tech Suits:** These may be worn at certain meets but only with prior coach approval. *

Team suits, caps, and other required gear can be purchased through our official supplier, Keifer Aquatics, accessible via the Team Gear link under the Competitive Team menu.

T-Shirts & Spirit Gear

Ensworth Aquatics team shirts come in charcoal, orange, and black. Each swimmer receives one team shirt annually, and championship shirts are available for those competing in postseason meets. Parents are encouraged to purchase shirts and support the team by buying Spirit Gear during online flash sales and at home meet concession stands.

Team Swim Caps

Ensworth Aquatics works to maintain an inventory of swim caps. Latex swim caps cost \$6 each. Silicone caps cost \$14 each. Dome caps (\$30) will be ordered periodically for families who wish to buy them. Athletes who need a new cap at practice or at a meet will have that cap billed to their family account.

Custom caps orders (with swimmer last name) will be available periodically throughout the year.

* As of September 1, 2020, USA Swimming prohibits the use of technical suits for swimmers age 12 and under, except when competing at Sectionals, Futures, Nationals, or other top-tier meets. For details, please refer to USA Swimming's official policy.



EQUIPMENT GEAR GUIDE

Practice Gear & Equipment

All team members must label every piece of personal equipment and Ensworth Aquatics apparel with their name.

Each training group uses specific equipment, and athletes are expected to bring all required gear to every practice. It is the swimmer's responsibility to ensure they have everything they need—no equipment (except team-provided kickboards) may be borrowed at the pool.

Ensworth Aquatics partners with Kiefer Aquatics for all equipment needs. Gear can be purchased through our [online team store](#) or during occasional on-site sales. Be sure to mention you're with **Ensworth Aquatics** to receive a team discount.

Group	Required Equipment
TAG1	Cap, Goggles, Fins
TAG2	Cap, Goggles, Fins, Snorkel, Mesh Bag, and Athletic Shoes for Dryland
TAG3 TAG4	Cap, Paddles, and Pull Buoy, Goggles, Fins, Snorkel, Mesh Bag, and Athletic Shoes for Dryland
Junior1 Junior	Cap, Paddles, and Pull Buoy, Goggles, Fins, Snorkel, Mesh Bag, and Athletic Shoes for Dryland
Senior1 Senior	Cap, Paddles, and Pull Buoy, Goggles, Fins, Snorkel, Mesh Bag, and Athletic Shoes for Dryland

COMPETITION SWIM MEETS

Entering Meets

Ensworth Aquatics utilizes the SportsEngineMotion platform (formerly TeamUnify) for entering into swim meets. All member families will have a SportsEngine account with which they will be able to commit to attend a swim meet. Families will be able to get to the meet either from the [homepage of the website](#) by clicking on the meet in the upcoming events box towards the bottom of the screen or by clicking the **Meets and Events** tab on the right side of the screen. Parents can also utilize the **SportsEngineMotion app** (available in the App Store and on Android) to enter into meets.

Selecting Events

Athletes should commit to compete in the meet by the meet deadline. Depending upon the meet and timing within the season, the Coaching Staff will select the events for the Swimmers OR they may allow swimmers to select events for the swim meets through SportsEngine. Parents and swimmers may utilize the “Notes” section to request events and provide any information regarding meet participation and availability. However, final approval will always be left to the athlete’s coach, and the coaches always maintain discretion to edit, amend, or add events to an athlete’s schedule.

The coaches who work with the athletes have the best understanding of what a child should swim or needs to swim in any given competition. Parents are welcome to ask coaches about an event choice but we ask that parents always support the coaches’ decision to their athlete(s).

Coaches will also select events for athletes who do not choose their own.



COMPETITION SWIM MEETS

Meet Entry Process for Parents

To sign up for swim meets, parents will be given a deadline to commit. This deadline will be shared by email, in our Newsletter, and on social media (OnDeck, Facebook, Instagram). Coaches will also remind swimmers during practice.

Important: It is the responsibility of both the swimmer and their parent to either commit to the meet or decline before the deadline.

How the Meet Entry Process Works

- Parents and swimmers are notified of the entry deadline and select events.
- After the deadline, coaches review, adjust, and finalize entries.
- Coaches will either email the final entries to families or review them with swimmers at practice.
- Coaches then submit the entries to the host team.

Typical Deadlines:

- Away Meets: 2–3 weeks before the meet
- Home Meets: 2 weeks before the meet

Please be sure to respond by the deadline to avoid missing out!

What to Expect at Meets

Swim meets can be large and feel overwhelming, especially for new families. Here are a few key things to know:

Sessions

Most meets are divided into sessions based on age groups. For example, there might be a session for 12 & Under swimmers and a separate one for 13 & Over. The number and type of sessions depend on how many swimmers are attending.



COMPETITION SWIM MEETS

What to Expect at Meets

Warm-Up

Each session begins with a warm-up period. It's very important that swimmers arrive early unless a coach tells them otherwise.

- Some meets have open warm-ups, where any swimmer can use any lane.
- Other meets assign teams to specific warm-up lanes and times.

During warm-up, there is often a controlled warm-up period:

- Some lanes are for pace work (swimming at race speed).
- Others are for starts (practice diving off the blocks).

Following these guidelines helps swimmers stay safe and prepared to race.

Let me know if you'd like this made into a printable handout or email version.

Swim Meet 101

Get answers to frequently asked questions about swimming competitions and how to get prepared.



COMPETITION SWIM MEETS

Guidelines for Parents

Our coaching staff and meet committee work hard to make every swim meet a positive experience for your athlete, whether it's at home or away. To keep meets running smoothly and on time, it's very important to sign up before the deadline and select the correct events during registration.

Late Entries (Deck Entries)

We understand that unexpected situations happen. However, late entries at the meet—called deck entries—are only allowed in rare cases, and only if space is available. These are approved at the discretion of the host team and coaches, and are not guaranteed.

Time Trials

Swimmers may ask to swim a time trial—an extra race to qualify for a higher-level meet. These are only granted in special cases, and must be approved by both the meet referee and coaches. To be considered, swimmers must have made full use of previous meet opportunities. Time trial requests must come directly from the swimmer to their coach. If approved, payment is due when the request is made.

Being a **TEAM** at Meets

Team Seating

Swimmers 12 and older are expected to sit with the team at meets, unless space prevents it. Swimmers 11 and under may sit with their parents.

Team Appearance & Gear

- Wear the assigned meet t-shirt each day (posted in the newsletter and on the website).
- Compete in the team suit and cap. Ask your coach before wearing a different suit.
- Wear Ensworth Aquatics gear (warm-ups, sweatshirts, etc.) to show team unity.
- Participate in the team cheer before each session.

Meet Responsibilities

- **Prepare:** Warm up and cool down properly.
- **Compete:** Give your best effort in each race.
- **Support:** Cheer on your teammates.

Electronics

Mobile devices are allowed but should not be a distraction. Use them to stay focused and motivated.

COMPETITION SWIM MEETS

Volunteering

USA Swimming meets are run by volunteers. Many are parents of current swimmers while others no longer have children in the sport, but they still want to help out. All parents of Ensworth Aquatics swimmers are required to volunteer at meets. We cannot conduct home meets without our parent volunteers.

Volunteers can be:

- **Timers:** People behind the blocks recording times
- **Runner:** Collect timers sheets after each event
- **Head Timer:** Starts 2 watches as a backup for lane timers
- **Marshals:** People on deck who help manage traffic flow during the meet and warmup
- **Concessions:** At meets where Concessions is offered, they run the stand
- **Stroke & Turn Judges:** Officials in white shirts determining whether strokes and turns are being done legally.
- **Referee:** The official in a white shirt who blows the whistle at the start of each race.
- **Starter:** The official in a white shirt who starts each race
- **Meet Director:** The person charged with organizing and administering the meet
- **Computer Operators:** People who run either the Hy-Tek computer or the Colorado Timing System computer that shows the events, names, times, and places on the scoreboard.

Race Day Documents

Psych Sheet

A psych sheet is a document listing all of the entries in each event. The psych sheet does not include lane assignments. It will show the fastest entry first in each event and organize entries by fastest to slowest.

Timeline

A timeline is a document that approximates when each event will begin and provided an approximation of how long the meet will last.

Heat Sheet

A heat sheet lists all of the events within a meet along with heat numbers and lane assignments. This is when you find out exactly when and where an athlete will swim. When looking at the Heat Sheet, it is important to know three things:

- Event Number
- Heat Number
- Lane Number

SWIM MEETS

This information is typically on display on the scoreboard at the pool where the competition is being held. Athletes should be behind the blocks at least TWO HEATS prior to the heat in which they swim. For example, if an athlete is swimming in Heat 8, she/he should be behind the blocks no later than heat 6.

Travel Competitions

Team Hotel Information for Away Meets

When a parent volunteer takes the lead, Ensworth Aquatics will coordinate a block of rooms at a Team Hotel for convenience. While staying together is preferred, families are free to choose other accommodations if needed. Team Hotel details will be shared on the travel meet page of our website and through team emails and newsletters.

Note: Families are responsible for booking their own hotel rooms.

If you're interested in helping coordinate hotel blocks for away meets, please email: eaadmin@ensworth.com.



FACILITY POLICIES

Practice Drop-Off & Pick Up

Parents are welcome to stay and watch practice or use the time to run errands—it's completely up to you! We have an open practice policy and do not require parents to remain on site.

If you choose to drop off and pick up your athlete, please be prompt:

- **Arrival:** No earlier than 10 minutes before practice begins.
- **Pick-Up:** Within 10 minutes after practice ends.

Please note: **Coaches are not responsible for athletes outside of practice times.**

Natatorium Entry & Exit Guidelines

Facility Guidelines

- Use only the designated doors listed below to enter and exit the Ensworth Natatorium.

For Parents:

- Watch practice from the viewing balcony, accessible via the East Lobby stairwell.
- Do not enter the pool deck.

For Swimmers:

- Enter the pool deck through the back lobby via the outdoor terrace or the South side stairwells from the viewing balcony.
- **Do not use the front office or Swim School locker rooms for entry or exit.**

Important:

Facility doors automatically lock shortly after practice ends. Please arrive on time to pick up your swimmer.

Inclement Weather & Facility Closures

Use your best judgment when deciding whether to bring your child to practice during bad weather. **Closures due to weather are determined by Ensworth School.**

If the Natatorium closes, we will notify families as quickly as possible via email and GroupMe. Please note: **These decisions may be made last minute and could result in practice being canceled shortly before or even during the session.**

TEAM POLICIES

USA Swimming MAAPS



MINOR ATHLETE ABUSE PREVENTION POLICY

The Minor Athlete Abuse Prevention Policy (MAAPP) is a nationwide program from USA Swimming focused on protecting young athletes. It outlines rules and safeguards to prevent abuse and misconduct, including mandatory reporting, education, and background screening requirements for all adults involved in the sport.



Ensworth Aquatics is committed to compliance with USA Swimming Minor Athlete Abuse Prevention Policy. Full content of the MAAPP is available on the [website](#), under Mission, Vision & Policies.

Minor Athlete Abuse Prevention Policy **ENSWORTH AQUATICS**

Effective: October 16, 2024



TEAM POLICIES

Team Travel Policy

All Ensworth Aquatics athletes must **read, understand, and sign** the **Team Travel Policy** before participating in any team travel event. [Click here to view the policy that is on our SportsEngine site.](#)

This policy helps promote the values and image of Ensworth Aquatics, while encouraging responsibility, accountability, and appropriate behavior during practices, competitions, travel, and all team-related activities.

Bullying Policy and Action Plan

Ensworth Aquatics athletes are required to read, understand, and sign the Bullying Policy before attending any team travel event. This policy can be accessed through our SportsEngine site, via this [Click here to view the policy that is on our SportsEngine site.](#)



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Contact Information

- Email: eaqadmin@ensworth.com
- Website: www.ensworthaquatics.com

