

RED PIRANHA SWIMMING

RPS CLUB HANDBOOK

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RED PIRANHA SWIMMING

WHY JOIN RED PIRANHA SWIMMING?

Red Piranha Swimming is a comprehensive swimming program offering year-round instruction, training, and competition for individuals of all ages and abilities (pre-school to adult). Our quality program attracts individuals from all areas of the Tri-Cities. Anyone from beginner swimmer to potential national champion can join our program.

Red Piranha Swimming welcomes athletes who play multiple sports or participate in several extra-curricular activities throughout the year. We understand that swimming is an extended commitment that can begin very early in life and extend through young adulthood. We do not expect an athlete to commit only to the sport of swimming to be a part of our team. Many athletes want to experience a variety of sports and activities and we try our best to accommodate.

For those who aspire to join competitive swimming at the elite levels, Red Piranha Swimming provides committed and motivated young swimmers with the opportunity to train seriously in preparation for those higher levels of competition. Red Piranha swimmers who strive to rank among the top swimmers in their age categories are provided a specialized training program designed to push the swimmers to their peak performance potential every week. The goal of Red Piranha Coaches is to provide the tools necessary for success in state, regional, and national competition. It is up to the swimmers to grab hold of the opportunity and give it their best shot!

NEW SWIMMER EVALUATIONS & TEAM TRYOUTS

Experienced swimmers interested in joining Red Piranha Swimming are invited to schedule a tryout with an evaluation by one of our coaches. New swimmers can register with our swim club to get placed into our Red Piranha Swim School if we have open spots available. Our tryouts can be set up either at Dobyns-Bennett Pool in Kingsport, The Morristown Landing, or occasionally at Tennessee High Pool in Bristol, TN. In a team tryout, we evaluate the swimmer's skill levels and can provide instructional insight into potential improvement. We will have the swimmer attempt to swim through all the strokes and offer a few key tips for improvement. If the swimmer makes it to the end of the tryout by passing the coach's evaluation, the coach will recommend how to proceed. If interested in joining our swim club, we can place the swimmer into our program according to their age and skill level. We recommend signing up for our swim school prior to trying out for the team if the swimmer has never had prior swim lessons. Check out our website for more club membership registration information. Schedule a team tryout & evaluation soon to dive ahead of the competition!

www.RedPiranhaSwimming.club

Jorge Blasini – (423) 967-4264

RED PIRANHA SWIMMING

WHAT IS IT LIKE TRAINING WITH RPS?

While success in competition is ultimate goal of our program, we want the experience along the way to be as enjoyable an experience as possible for the swimmers and their families. Coaches see firsthand the progress made in the pool by the swimmers and the groups. We believe this sport is a long-term process and success starts with consistency in training. It is important that the final decision concerning the swimmer's roster group level placement is made by the coaching staff. Several factors go into roster group placement. Factors like training with friends in their relative age groups play an important part in long-term success in the sport of swimming. Friends who train well together will progress together and have fun in the process. We will factor in all aspects when making the final decisions for each member's roster group placement.

Having fun at practice while working hard is a crucial aspect of USA Swimming and RPS. The spirit of friendship and community support build [strong team camaraderie](#). RPS believes [planning team building activities](#) like games and relay contests during practice can help produce more harmonious and effective teams. This essential concept easily gets pushed aside or ignored in the pursuit of best times or for winning races. Red Piranha Swimming emphasizes the importance of good sportsmanship and friendly competition in the pool. We like to combine performance training with fun activities. This is the best way to keep the swimmers in the pool without experiencing the dreaded burnout that haunts even the best swimmers. RPS will occasionally encourage team building through games, parties, dinners, or other adventures. We try and schedule team activities well in advance to give everyone a chance to participate. At the end of each season, our team will go to a water park in or near Pigeon Forge. Our traveling swimmers like to get together for dinners and sightseeing at the away meets. Games and relays are a regular part of our practice routine if the groups have been doing a good job keeping up with their training requirements.

RED PIRANHA SWIMMING

RPS's training programs are created to help our swimmers experience success in the sport of swimming; however, consistent attendance & effort at practice is the best method for continued improvement. Occasionally, swimmers hit a plateau stage as they stop growing. This causes an increase in difficulty achieving personal best times at swim meets. This also may cause a swimmer's motivation for the sport to drop significantly if they are not prepared for this to happen. We typically have seen swimmers who continue their training with patience and continued hard work will soon start to see their times drop again. Improving times at every meet does not always happen; but over time, our training programs have shown to get our swimmers who apply themselves at practice ready for the big important meets.

RPS's practices are regimented and are designed to take advantage of the time we have in the pool to get the most out of each day. We like to stay up to date with the latest swimming technology, so our swimmers have as much information in front of them available while they swim rather than blindly going through sets without tracking their progress. We do not expect RPS swimmers to train one way every day, so we mix up the training with variety focusing on all aspects of swimming including sprinting and distance events with all strokes in mind. Overall, we believe accountability at practice produces winners at meets. Our training program can be seen at times as somewhat similar to U.S.R.P.T., but different in many ways. Our S.M.A.R.T. RPS (Race Pace Swimming) Goal System created by our RPS Coaches & Training Managers, Jorge & Marcel Blasini, is so far, from what we have found after extensive research, the best tool for the job. This RPS training system can be at times more tedious than other types of swim practices due to logging times in charts, but it produces results, and ultimately after each competition race, swimmers generally all want best times. We do our best to give our swimmers the necessary tools to succeed so they can achieve realistic S.M.A.R.T. goals in the sport.

RED PIRANHA SWIMMING

RPS COACHING STAFF

Red Piranha Swimming's coaching staff is one of the most experienced in the Tri-Cities. Head Coach & Club Director, **Jorge Blasini**, born in 1951, has over 40 years of experience coaching age group swimmers. Coach Jorge founded the Kingsport Piranhas swim club in 2013 after coaching for the Barracuda Swim Club as the Kingsport site Head Coach from 2006-2013. The Kingsport Piranhas re-branded to Red Piranha Swimming in 2022. Prior to relocating to Tennessee in 2006 due to Hurricane Katrina, Coach Jorge was the Head Coach and Aquatic Director for 23 years at Isidore Newman School in New Orleans, Louisiana where he founded the NU Wave Swim Club in 1985 after coaching with Tulane Green Wave in the early 1980's. He coached Isidore Newman High-School to 13 state championships. Coach Jorge was President of various swimming organizations in New Orleans including Greater New Orleans High School Swim League, Greater New Orleans Summer League Swim Association, and is a lifetime member of American Swim Coaches Association. Coach Jorge is one of the original 400 SwimAmerica franchisees where he started his lessons program in 1989. Coach Jorge Blasini truly has a long history of success in the sport of swimming, and it is an honor to still have him coaching with us here in Tennessee. He and his wife, Cheryl, have 2 daughters, 1 son, and 4 grandchildren.

Kingsport site Head Coach, **Marcel Jorge Blasini**, born in 1982, joined the coaching staff in August of 2016. Coach Marcel is the current team training manager for RPS. As coach Jorge Blasini's son, Marcel, was born into swimming and grew up competing in Louisiana with the NU Wave Swim Club. He is a graduate of Isidore Newman High-School and a veteran of the United States Navy. Marcel graduated Summa Cum Laude from East Tennessee State University with a Bachelor of Science in Sports and Recreation Management with a minor in Coaching. He has one son, Anthony.

Also, occasionally assisting with the swim team in Kingsport is **Nathan Love** who is a Teacher at Dobyns-Bennett High School and the Head Coach of the Dobyns-Bennett Varsity Swim & Dive Team. Coach Love swam for both Indian River Community College in Florida and the University of Tennessee in Knoxville.

Assisting with the coaching in Kingsport and Bristol, TN is **Shana Parsons**. Coach Parsons is level 3 ASCA certified and has coaching experience at Emory & Henry, Patrick Henry High, and the former NETS swim club at TN High. We welcome her experience and enthusiasm. Coach Shana and her husband have one son, Shep, who currently swims with us in Bristol, TN.

RED PIRANHA SWIMMING

RPS TRAINING FACILITIES

Red Piranha Swimming conducts our training at 4 potential locations: Dobyns-Bennett High School, Tennessee High Viking Hall, Kingsport Aquatic Center, and at the Morristown Landing. The DB pool facility is a 25-meter indoor L-shaped six lane pool. The Kingsport Aquatic Center is a 3-pool complex with overlooking bleacher seating, an outdoor summer waterpark, an indoor slide & recreation pool, diving boards, and rock walls. The KAC features an 8 lane 50-meter indoor competition pool, a warm water 4 lane teaching / lap pool, and an outdoor 25-yard lap pool & Jacuzzi. The Y gym is attached to the same building as the KAC but is its own business separate from the KAC. The Y membership will give access to the KAC for swimming within their permitted times. The Bristol location conducts all training at the 6 lane, 25-yard pool located at Tennessee High School. The Morristown Landing is a 25-yard, or 25-meter 10 lane pool attached to a premium sports complex with a full gym, rock walls, and basketball courts.

The training and competition schedule is posted on the website and distributed by E-mail, SMS text, and through the Remind App. Our website has a feature called TeamFeed that is a running timeline of team social posts including pictures, accomplishments, and schedule updates. Our website also has a phone App, OnDeck, that gives access to many website features in a more mobile convenient way. It is important that you have your correct e-mail up to date in your account information on the team website to receive notices, invoices, and practice time or location changes. All emails and phone numbers must be verified through our website manager, TeamUnify, to receive notifications, alerts, and updates. This can be done in the account information page setup when registering for your account.

- Dobyns-Bennett High School located at #1 Tribe Way, Kingsport, TN 37664
- Kingsport Aquatic Center located at 1820 Meadowview Parkway, Kingsport, TN 37660-7480
- Tennessee High Viking Hall pool located at 1112 Edgemont Ave. Bristol, TN 37620
- Morristown Landing pool located at 4355 Durham Landing Morristown, TN 37813

RED PIRANHA SWIMMING

WHICH TEAM LEVEL IS BEST FOR MY SWIMMER?

Red Piranha Swimming has 6 team roster groups. Each group is designed to provide the swimmers with an opportunity to learn and train with other swimmers of the same school age level and experience. **Red Piranha Swim School** is a 10-step developmental stroke school using the national curriculum, [SwimAmerica](#), developed by [ASCA](#) designed for new swimmers 4 & up who want to learn how to swim fast correctly & safely. As the swimmers advance through the swim school, they begin to learn the proper techniques of swimming competitively so they can pursue “legally” competing with the swim team without disqualifying their races. The **Beginner levels 1-5 & Mini Piranhas levels 6-10** are the two groups in our swim school. Enrolling in swim school will require an annual registration fee of \$50. This will open up access to the class session schedules. After graduating from level 10, we encourage signing up as an annual club member for Red Piranha Swimming and continuing with the Red Piranha Swim Team. RPS has four team groups. The **Elementary Blue Piranhas** are for swimmers who are ages 12 or younger & in lower school. The **Junior Varsity White Piranhas** are for swimmers who are practicing at our middle training level. The **Senior Varsity Red Piranhas** are for swimmers who are practicing at a high training level. Elementary, Junior, and Senior Piranhas have the option to compete in all aspects of competitive swimming.

The coach selected **RPS Championship Team** members have shown the ability to commit to swimming in order to compete at an age-group elite level in the sport. Competing at this level requires focus and a strict regimented attendance schedule. Swimmers are selected for this group by qualifying for our LSC's [Southeastern Championship Meet](#) and on a basis of merit. Good Sportsmanship, hard work ethic, and a racing spirit are all great attributes for being selected to our RPS Championship Team. Any roster questions or tryout requests can be sent to Coach Jorge, Coach Marcel, or Coach Shana by email, text, phone, or in person.

RED PIRANHA SWIMMING

RED PIRANHA SWIM SCHOOL

- [SwimAmerica](http://SwimAmerica.org) is our developmental stroke school curriculum for all ages 4 and up. This 10-step program is goal-oriented, technique driven, and strives to prepare swimmers for our year-round competitive swim program. Personalized certificates are given to new members. 10 level advancement gold stickers are awarded to students upon completion of each level to place on their certificates until graduating level 10. New members are evaluated and placed at a level matching their skill level. Levels **1-5** are **Beginner Piranhas**. Levels **6-10** are **Mini-Piranhas**. Classes are 30 minutes for levels 1-5 Beginner Piranhas, 45 minutes for levels 6-8 Mini-Piranhas, and 45 minutes to 1 hour for levels 9-10 Mini-Piranhas. Classes are available in the evenings roughly 5:30-7 pm in Kingsport at Dobyns-Bennett High-school pool. Class registration and scheduling information will be available on the RPS team website. Go to SwimAmerica.org for more information regarding the school curriculum.

BEGINNER & MINI-PIRANHAS

- **RPS School levels are now Beginner Piranha levels 1-5 & Mini-Piranha levels 6-10.** ↑
- **Beginner Piranhas** are for new swimmers ages 4 & up learning how to become acclimated in the water while also learning the basic important fundamentals of the sport of swimming. Every skill taught in the first five levels is necessary for progressing through school, so it is important not to skip the basics. We encourage all new members to pass all level requirements before advancing to the next level regardless of the age of the student. Evaluations will be made prior to placing students at their appropriate level. Swimmers progress through school at their own pace which means some students progress faster than others. RPS does not set time requirements or limits for each level. Class sizes are typically 2-5 swimmers per instructor for levels 1-5. **Beginner Piranhas** will schedule class times through the class registration portal on our website. Competitive swim meet opportunities **do not** become available for levels 1-5 participation until students reach levels 6-10 Mini-Piranhas.
- **Mini-Piranhas**, levels 6-10, are swim team members of all ages 6 and up transitioning from Beginner Piranhas, levels 1-5, swim school. New members are eligible for this group after completing at least level 5 of a SwimAmerica equivalent program, Tryouts, or Summer Swim League. The focus of this group is to learn the necessary skills to become “legal” USA swimmers. In other words, these swimmers are learning how to not get disqualified at swimming competitions. The majority of time at practice is spent working on refining stroke mechanics. These swimmers have started to exhibit positive swim team skills and have shown the ability to understand & follow directions from the coaches. Mini-Piranhas will be introduced to basic team training skills and processes including the development of an endurance capacity and sprint work for team training and competition. Mini-Piranha levels 6-10 will schedule class times through the class registration portal on our website. Optional competitive swim meet opportunities become available for participation as level 6-8 Mini-Piranhas. Mini-Piranha levels 9&10 are encouraged to start participating in local swim meets. Practices range from 45 minutes to 1 hour each day. Their goal is to graduate swim school and move into their Red Piranha Swim Team group according to their age and skill level.

RED PIRANHA SWIMMING

ELEMENTARY BLUE PIRANHAS

- The Blue Piranhas consist of swimmers who are in elementary lower school and have graduated from swim school. These swimmers are expected to dive, turn, and swim all strokes legally without disqualification. Many in this group are advanced swimmers for their age group, well-versed in technique and competition. This is considered a full-fledged training group. It is common for Blue swimmers to have skill levels commensurate with national time standards. Advanced swimmers in this age group who have a great attitude towards swimming and show excellent work habits at practice are encouraged to be leaders of the group at practice. The main goal of the Elementary Blue Piranhas is to work toward qualifying for the RPS Championship Team by achieving one of the LSC [Southeastern Qualifying Times](#).
- The swimmers in this age group should be capable of completing the entire scheduled practice. This consists of keeping up with the group without getting out of the pool due to poor focus, bad attitude, or lack of motivation. Coaches will make several attempts to encourage the swimmers to continue with their training, but if team distracting misbehavior continues the swimmer will be asked to exit the pool and sit out. Parents will be notified of their behavior if it gets to that point. Short restroom visits are allowed during rest intervals if necessary. Elementary swimmers are expected to arrive ready to go with goggles and an equipment bag full of listed training equipment.
- Workouts for the Elementary Blue Piranhas are offered 5 times a week depending on facility availability and usually last one and a half hours (1 ½) each day. They are encouraged to attend 3-4 practices per week and participate in all of our locally scheduled meets. USA Swimming travel meets are highly encouraged as well; they bring a unique experience to swimming.

JUNIOR VARSITY WHITE PIRANHAS

- The Junior Varsity White Piranhas consist of swimmers who are in the middle training ranges of the team regarding skill, endurance, and swim speed. The main goal of the JV White group is to work towards improving their strokes, turns, endurance, speed, and ability to successfully complete training sets. JV White Piranhas who are excelling at swim meets and capable of higher levels of training will be selected by the coaches to move up into the Senior Varsity Red Group if in an agreement with swimmer and their family.
- This group also is designed to allow for MS & HS swimmers who are looking to have fun swimming on a competitive team while maintaining essential healthy fitness or for preparing for the upcoming school swim season. Workouts for the JV White Piranhas are offered 5-6 times a week and last (1 ½ hours) each day.
- Junior Varsity White Piranhas are encouraged to attend the majority of practices and all locally scheduled team swim meets. USA Swimming travel meets are available for these members to attend as well. Travel meets are the great way to experience true swimming competition while bonding with the Red Piranha team members. The good and bad experiences gained in the competitions are the best way to work toward progressing in this sport.

RED PIRANHA SWIMMING

SENIOR VARSITY RED PIRANHAS

- The Senior Varsity Red Piranhas consist of swimmers who are training at our highest levels. Red Piranhas have been selected by the coaches to train with this group. The main goal of the Red Piranhas is to work toward qualifying for the RPS Championship Team by achieving a LSC [Southeastern Qualifying Time](#). This group is not designed for swimmers who are not conditioned, focused, and committed to training with the team at a high level.
- The swimmers in this age group should be capable of swimming a daily practice schedule. Practices are available all year long even through high-school season. Workouts for Red Piranhas are offered 5-8 times a week and usually last (1 ½ - 2 hours) each day. Swimmers 18 & over must complete all required safe sport training through USA Swimming to be eligible to practice or compete.
- Red Piranhas are encouraged to attend 80% of all practices and all locally scheduled team swim meets. USA Swimming travel meets are available for these members to attend as well. Travel meets are a great way to experience true swimming competition while bonding with the Red Piranha team members. The good and bad experiences gained in competition are the best way to work toward qualifying for the RPS Championship Team and overall progress in the sport.

RPS CHAMPIONSHIP TEAM

- The RPS Championship Team is our elite performance group consisting of competitors who have demonstrated a skill level commensurate with that needed to compete at the LSC Southeastern Championships, Futures, Age Group Sectionals, United States Senior National, or Sectional Championships. Swimmers in this group are selected first by achieving [Southeastern Qualifying Times](#) according to their age group. Selection is also merit based on attitude, skill, team dedication, and commitment to the sport of swimming. Championship Team Red Piranhas are seeking to achieve their peak performance potential by giving 100 % focus and effort to every practice. Swimmers in this group should always conduct themselves as RPS team leaders at practice and at team events. Poor behavior & attendance can be a disqualifying factor. All age group swimmers are eligible to qualify for the RPS Championship Team.
- 6-8 (1½-2) hour swim workouts per week are recommended while including Power/Resistance water training each week depending on facility & equipment availability. Age-appropriate strength training should also be a part of this group's training regimen either with RPS or with a preferred certified personal trainer. Shoulders, hips, & core should be a main focus during strength training. Practices will remain with their blue, white, or red color groups unless specific practices are scheduled for this team. These motivated swimmers are expected to attend 90-95% of all scheduled practices to maintain their achieved qualifying times. It is important to understand that "in theory" for every week a swimmer misses practice it takes two weeks to recover their training from the week off. RPS Championship Team members should attend all locally scheduled team meets and make an honest effort to attend travel meets including any qualifying championship meets. Custom RPS Championship Team swim caps will be available as a bulk team order purchase. RPS will provide 1 non-customized cap per Championship Team member per Southeastern meet they qualified for.

RED PIRANHA SWIMMING

SOUTHEASTERN QUALIFYING TIMES



2024 SOUTHEASTERN SWIMMING SUMMER CHAMPIONSHIP QUALIFYING TIMES

*Qualifying times must have been achieved since
September 1, 2022*

| GIRLS | | | BOYS | | 10 & U N D E R | GIRLS | | | BOYS | |
|---------|---------|-----------|---------|---------|----------------------------------|---------|---------|-----------|---------|---------|
| LCM | SCY | CUTS | SCY | LCM | | LCM | SCY | BONUS | SCY | LCM |
| 37.09 | 32.49 | 50 Free | 33.09 | 37.49 | | 37.89 | 33.19 | 50 Free | 33.79 | 38.29 |
| 1:22.39 | 1:12.29 | 100 Free | 1:13.89 | 1:24.49 | | 1:24.09 | 1:13.39 | 100 Free | 1:15.09 | 1:26.19 |
| 2:57.09 | 2:40.09 | 200 Free | 2:41.49 | 3:00.09 | | 3:00.69 | 2:43.29 | 200 Free | 2:44.79 | 3:03.69 |
| 6:05.99 | 6:49.19 | 400 Free | 6:54.69 | 6:32.29 | | N/A | N/A | 400 Free | N/A | N/A |
| 44.39 | 38.29 | 50 Back | 39.19 | 46.19 | | 45.29 | 39.09 | 50 Back | 39.99 | 47.19 |
| 1:34.89 | 1:22.69 | 100 Back | 1:24.49 | 1:40.19 | | 1:36.79 | 1:24.39 | 100 Back | 1:26.19 | 1:42.19 |
| 51.29 | 43.89 | 50 Breast | 45.29 | 53.89 | | 52.39 | 44.79 | 50 Breast | 46.19 | 54.99 |
| 1:51.29 | 1:36.09 | 100 Brst | 1:40.29 | 1:57.19 | | 1:53.59 | 1:38.09 | 100 Brst | 1:42.29 | 1:59.59 |
| 43.89 | 37.39 | 50 Fly | 38.39 | 45.79 | | 44.79 | 38.19 | 50 Fly | 39.19 | 46.79 |
| 1:45.69 | 1:28.89 | 100 Fly | 1:32.99 | 1:49.99 | | 1:47.89 | 1:30.69 | 100 Fly | 1:34.89 | 1:52.19 |
| 3:16.09 | 3:01.99 | 200 IM | 3:04.89 | 3:30.89 | | 3:20.09 | 3:05.69 | 200 IM | 3:08.29 | 3:34.89 |

Events 400 meters and longer are not allowed for bonus swims

| GIRLS | | | BOYS | | 11 & 12 | GIRLS | | | BOYS | |
|---------|---------|-----------|---------|---------|----------------------------|---------|---------|-----------|---------|---------|
| LCM | SCY | CUTS | SCY | LCM | | LCM | SCY | BONUS | SCY | LCM |
| 31.39 | 28.39 | 50 Free | 28.19 | 32.89 | | 32.09 | 28.99 | 50 Free | 28.79 | 33.29 |
| 1:10.49 | 1:01.89 | 100 Free | 1:02.19 | 1:12.89 | | 1:11.99 | 1:02.89 | 100 Free | 1:03.49 | 1:14.39 |
| 2:31.29 | 2:14.19 | 200 Free | 2:17.79 | 2:36.19 | | 2:34.39 | 2:16.89 | 200 Free | 2:20.59 | 2:39.39 |
| 5:15.39 | 5:49.19 | 400 Free | 5:58.99 | 5:24.49 | | N/A | N/A | 400 Free | N/A | N/A |
| 37.89 | 32.79 | 50 Back | 33.79 | 38.99 | | 38.69 | 33.49 | 50 Back | 34.49 | 39.79 |
| 1:20.99 | 1:11.09 | 100 Back | 1:13.39 | 1:26.29 | | 1:22.69 | 1:12.59 | 100 Back | 1:14.89 | 1:28.09 |
| 43.69 | 36.79 | 50 Breast | 38.69 | 46.19 | | 44.49 | 37.59 | 50 Breast | 39.39 | 47.19 |
| 1:36.29 | 1:20.89 | 100 Brst | 1:24.39 | 1:40.29 | | 1:38.29 | 1:22.59 | 100 Brst | 1:26.09 | 1:42.29 |
| 35.09 | 31.19 | 50 Fly | 31.99 | 37.29 | | 35.79 | 31.89 | 50 Fly | 32.69 | 38.09 |
| 1:22.79 | 1:10.89 | 100 Fly | 1:12.89 | 1:27.49 | | 1:24.49 | 1:12.19 | 100 Fly | 1:14.39 | 1:29.29 |
| 2:54.39 | 2:31.99 | 200 IM | 2:37.09 | 3:00.09 | | 2:57.89 | 2:35.09 | 200 IM | 2:40.29 | 3:03.69 |

Events 400 meters and longer are not allowed for bonus swims

RED PIRANHA SWIMMING

| GIRLS | | | BOYS | | 13 & 14 | GIRLS | | | BOYS | |
|----------|----------|-----------|----------|----------|---------------|----------|----------|-----------|----------|----------|
| LCM | SCY | CUTS | SCY | LCM | | LCM | SCY | BONUS | SCY | LCM |
| 29.69 | 26.39 | 50 Free | 24.79 | 27.89 | | 30.29 | 26.99 | 50 Free | 25.29 | 28.49 |
| 1:04.19 | 57.19 | 100 Free | 54.29 | 1:00.89 | | 1:05.49 | 58.39 | 100 Free | 55.39 | 1:01.89 |
| 2:18.59 | 2:02.39 | 200 Free | 1:57.69 | 2:13.59 | | 2:21.39 | 2:04.89 | 200 Free | 2:00.09 | 2:16.29 |
| 4:52.19 | 5:28.39 | 400 Free | 5:20.09 | 4:45.59 | | N/A | N/A | 400 Free | N/A | N/A |
| 10:08.79 | 11:21.99 | 800 Free | 10:47.79 | 9:46.59 | | N/A | N/A | 800 Free | N/A | N/A |
| 19:32.99 | 19:13.39 | 1500 Free | 18:19.99 | 18:49.99 | | N/A | N/A | 1500 Free | N/A | N/A |
| (100 QT) | (100 QT) | 50 Back | (100QT) | (100 QT) | | (100 BT) | (100 BT) | 50 Back | (100 BT) | (100 BT) |
| 1:13.39 | 1:03.89 | 100 Back | 1:01.69 | 1:10.89 | | 1:14.89 | 1:05.19 | 100 Back | 1:02.99 | 1:12.19 |
| 2:38.09 | 2:18.09 | 200 Back | 2:14.39 | 2:33.59 | | 2:41.29 | 2:20.89 | 200 Back | 2:17.09 | 2:36.69 |
| (100 QT) | (100 QT) | 50 Breast | (100 QT) | (100 QT) | | (100 BT) | (100 BT) | 50 Breast | (100 BT) | (100 BT) |
| 1:24.79 | 1:13.99 | 100 Brst | 1:10.79 | 1:21.09 | | 1:26.49 | 1:15.49 | 100 Brst | 1:12.29 | 1:22.79 |
| 3:04.99 | 2:42.09 | 200 Brst | 2:38.69 | 2:57.99 | | 3:08.69 | 2:45.39 | 200 Brst | 2:38.89 | 3:01.59 |
| (100 QT) | (100QT) | 50 Fly | (100 QT) | (100 QT) | | (100 BT) | (100 BT) | 50 Fly | (100 BT) | (100 BT) |
| 1:11.19 | 1:03.39 | 100 Fly | 1:01.79 | 1:09.29 | | 1:12.69 | 1:04.69 | 100 Fly | 1:03.09 | 1:10.69 |
| 2:47.29 | 2:29.29 | 200 Fly | 2:22.89 | 2:40.49 | | 2:50.69 | 2:32.29 | 200 Fly | 2:25.79 | 2:43.79 |
| 2:38.39 | 2:19.59 | 200 IM | 2:15.29 | 2:33.19 | | 2:41.59 | 2:22.39 | 200 IM | 2:17.99 | 2:36.29 |
| 5:34.29 | 4:55.59 | 400 IM | 4:46.99 | 5:25.69 | | N/A | N/A | 400 IM | N/A | N/A |

Events 400 meters and longer are not allowed for bonus swims

13-14 50 Back, 50 Breast, and 50 Fly shall use the corresponding 100 yard/meter event time standards (qualifying and bonus)

| GIRLS | | | BOYS | | O P E N | GIRLS | | | BOYS | |
|----------|----------|-----------|----------|----------|------------------|---------|----------|-----------|----------|----------|
| LCM | SCY | CUTS | SCY | LCM | | LCM | SCY | BONUS | SCY | LCM |
| 28.69 | 25.09 | 50 Free | 22.49 | 25.79 | | 29.29 | 25.59 | 50 Free | 22.99 | 26.39 |
| 1:02.09 | 54.89 | 100 Free | 48.99 | 55.79 | | 1:03.39 | 55.99 | 100 Free | 49.99 | 56.99 |
| 2:15.09 | 1:57.89 | 200 Free | 1:46.59 | 2:02.79 | | 2:17.79 | 2:00.29 | 200 Free | 1:48.79 | 2:05.29 |
| 4:43.09 | 5:14.39 | 400 Free | 4:46.69 | 4:19.59 | | N/A | N/A | 400 Free | N/A | N/A |
| 9:50.59 | 10:59.79 | 800 Free | 10:22.29 | 9:18.69 | | N/A | N/A | 800 Free | N/A | N/A |
| 19:23.19 | 18:32.39 | 1500 Free | 17:53.09 | 18:28.39 | | N/A | N/A | 1500 Free | N/A | N/A |
| (100 QT) | (100 QT) | 50 Back | (100QT) | (100QT) | | (100BT) | (100 BT) | 50 Back | (100 BT) | (100 BT) |
| 1:10.69 | 1:00.69 | 100 Back | 55.49 | 1:04.49 | | 1:12.19 | 1:01.99 | 100 Back | 56.69 | 1:05.79 |
| 2:34.69 | 2:12.59 | 200 Back | 2:02.79 | 2:22.69 | | 2:37.79 | 2:15.29 | 200 Back | 2:05.29 | 2:25.59 |
| (100 QT) | (100 QT) | 50 Breast | (100 QT) | (100 QT) | | (100BT) | (100 BT) | 50 Breast | (100 BT) | (100 BT) |
| 1:22.09 | 1:10.19 | 100 Brst | 1:03.59 | 1:13.79 | | 1:23.79 | 1:11.59 | 100 Brst | 1:04.89 | 1:15.29 |
| 2:58.29 | 2:33.39 | 200 Brst | 2:18.39 | 2:40.89 | | 3:01.89 | 2:36.49 | 200 Brst | 2:21.19 | 2:44.19 |
| (100 QT) | (100QT) | 50 Fly | (100 QT) | (100 QT) | | (100BT) | (100 BT) | 50 Fly | (100 BT) | (100 BT) |
| 1:08.79 | 1:00.49 | 100 Fly | 54.39 | 1:01.69 | | 1:10.19 | 1:01.79 | 100 Fly | 55.49 | 1:02.99 |
| 2:36.79 | 2:16.49 | 200 Fly | 2:02.39 | 2:20.89 | | 2:39.99 | 2:19.29 | 200 Fly | 2:04.89 | 2:23.79 |
| 2:34.59 | 2:14.29 | 200 IM | 2:01.99 | 2:20.79 | | 2:37.69 | 2:16.99 | 200 IM | 2:04.49 | 2:23.69 |
| 5:25.29 | 4:43.79 | 400 IM | 4:19.29 | 4:58.49 | | N/A | N/A | 400 IM | N/A | N/A |

Events 400 meters and longer are not allowed for bonus swims

Senior 50 Back, 50 Breast, and 50 Fly shall use the corresponding 100 yard/meter event time standards (qualifying and bonus)

RED PIRANHA SWIMMING

RPS CLUB MEMBERSHIP FEES

| Red Piranha Swimming Payment Options | Fees |
|---|------------|
| USA Swimming Registration: Premium Annual Plan | \$82.00 |
| Swim Team Membership Savings Option 1 with Annual Commitment Annual Payment of \$1650.00 | \$1,650.00 |
| Swim Team Membership Savings Option 2 with Annual Commitment Monthly Payments of \$150.00 | \$150.00 |
| Swim Team Monthly Membership Option 3 without Commitment Monthly Payments of \$200.00 | \$200.00 |
| Red Piranha Swim School Session Fee (typically 8 classes per session) | \$150.00 |
| Annual Club Registration Fee due at signup for swim school members | \$50.00 |

- ❖ All members will choose a fee payment option when registering for Red Piranha Swimming.
- ❖ Our RPS club annual membership savings plans **Option 1 & 2** are annual agreements which will require a [contractual commitment](#) at registration. This commitment can now be renewed annually without re-registering each year to lock in the monthly discounted price for another year. Once renewed, the payment deductions will continue without having to re-register each year until the club is informed not to renew the membership for another year.
- ❖ If an annual commitment is not preferred, then a month-to-month membership **Option 3** is available. A 15-day notice of intent to withdraw prior to 1st of suspended month is required.
- ❖ Club member accounts will set up their fees to be debited automatically on the first of the month on the credit card or checking account that is designated during registration.
- ❖ Families with multiple active family members will receive club membership discounts: 25% off 2nd member, 50% off 3rd member, 75% off 4th member, & 5th member is free.
- ❖ For your convenience and for more accurate processing, we have an online registration, payment, and billing system. The preferred method of payment will be MasterCard, Visa, Discover, or electronic debit for all payments. There will be an additional \$15.00 processing fee for all transactions paid by paper check. Direct drafts from a bank account are available as well to avoid credit card processing fees.
- ❖ *USA Swimming* is now requiring all members to register with usaswimming.org and create an account separate from our team website. All new RPS members must follow the red box link provided after registering with RPS to get setup with USA Swimming. Refusal to follow their guidelines for registering for the new season will disqualify the swimmer. Returning members should login to USA Swimming either online or with their phone App and keep their accounts current by renewing their memberships to continue swimming before the expiration date. Register for the new year after September 1st to prevent the USAS membership from expiring in December of the upcoming year.

RED PIRANHA SWIMMING

FEE INCREASE & FINANCIAL ASSISTANCE

- ❖ RPS Membership Rates were increased 25% from 2022-23 season due to general inflation, travel cost like gas & hotels, and due to the increases in rental cost at the Kingsport Aquatic Center for lane rentals and pool rentals for hosting swimming meets.
- ❖ Overall, even with the 25% increase in our membership rates, our rates are still more affordable with our savings plans than most other travel USA Swimming clubs in our region.
- ❖ RPS is working on establishing partnerships & sponsors to help keep costs to a minimum.
- ❖ Families who have swimmers who may need financial assistance to swim may be eligible for a scholarship discount from our club membership cost. Proof of income will be required. All financial assistance decisions will be based on [Income Guidelines](#) for the Child Nutrition Programs by the FRAC Food Research & Action Center.
- ❖ Families who qualify for Reduced-Price Meals will receive 50% off RPS Membership Fees.
- ❖ Families who qualify for Free Meals will receive 75% off RPS Membership Fees.

Income Guidelines for the Child Nutrition Programs¹⁴

Effective July 1, 2023–June 30, 2024

| Household Size | Federal Poverty Guidelines | Free Meals Maximum Household Income (130% of Poverty) | | | Reduced-Price Meals Maximum Household Income (185% of Poverty) | | |
|-------------------------|----------------------------|---|---------|---------|--|---------|---------|
| | Annual | Annual | Monthly | Weekly | Annual | Monthly | Weekly |
| 1 | \$15,060 | \$19,578 | \$1,632 | \$377 | \$27,861 | \$2,322 | \$536 |
| 2 | \$20,440 | \$26,572 | \$2,215 | \$511 | \$37,814 | \$3,152 | \$728 |
| 3 | \$25,820 | \$33,566 | \$2,798 | \$646 | \$47,767 | \$3,981 | \$919 |
| 4 | \$31,200 | \$40,560 | \$3,380 | \$780 | \$57,720 | \$4,810 | \$1,110 |
| 5 | \$36,580 | \$47,554 | \$3,963 | \$915 | \$67,673 | \$5,640 | \$1,302 |
| 6 | \$41,960 | \$54,548 | \$4,546 | \$1,049 | \$77,626 | \$6,469 | \$1,493 |
| 7 | \$47,340 | \$61,542 | \$5,129 | \$1,184 | \$87,579 | \$7,299 | \$1,685 |
| 8 | \$52,720 | \$68,536 | \$5,712 | \$1,318 | \$97,532 | \$8,128 | \$1,876 |
| Add for each additional | \$5,380 | \$6,994 | \$583 | \$135 | \$9,953 | \$830 | \$192 |

RED PIRANHA SWIMMING

RPS CLUB SPONSORSHIP FORM

Red Piranha Swimming Sponsorship Application



Red Piranha Swimming

Red Piranha Swimming is now offering an excellent sponsorship opportunity for local businesses in the Tri-Cities Appalachian Highland Area. Advertising with our Swim Club is a great way to raise brand awareness by showing a sense of pride in support of a non-profit organization who provides necessary athletic services for many kids in our local community. We currently practice at Dobyns-Bennett High School, Bristol Tennessee High School, and the Kingsport Aquatic Center. We teach and coach swimming to kids ages four and up who want to learn how to swim and potentially compete. Your sponsorship contributions will help our swim club pay pool rental cost, hire student teachers, purchase team caps, shirts, and pool equipment for training, cleaning, and maintaining our practice pools. Your brand's linked logo will be displayed on our team's RPS website, banners with sponsor's name and logo can be hung at sponsored events, and our swimmers will proudly wear our new team shirts with your brand logos all around town!

2024 SPONSOR LEVELS

(Please check a box to choose a sponsor level coordinated by Olympic swimming meter distances equal to dollar amounts)

☐ **\$ 5,000 5K SPONSOR: SIGNATURE** _____

NAMING RIGHTS FOR AN RPS HOSTED SWIM MEET, BANNERS / SIGNS DISPLAYED AT MEET LOCATION

1 YEAR OF ADS.: RPS WEBSITE LOGO LINK, SOCIAL MEDIA AWARENESS, A FULL-PAGE AD. WITH EVENT HEAT SHEETS

☐ **\$ 2000 AWARDS SPONSOR: CUSTOM LOGO SWIM MEET RIBBONS, MEDALS/TROPHYS**

☐ **\$ 1500 - 1 MILE SPONSOR: SIGNATURE** _____

1 YEAR OF ADS.: RPS WEBSITE LOGO LINK, FULL PAGE LOGO IN EVENT HEAT SHEETS, **8"** LOGO AD. ON A T-SHIRT

☐ **\$ 800 - 1/2 MILE SPONSOR: SIGNATURE** _____

1/2 YEAR OF ADS.: RPS WEBSITE LOGO LINK, **1/2"** PAGE LOGO IN EVENT HEAT SHEETS, **6"** LOGO AD. ON A T-SHIRT

☐ **\$ 400 - 1/4 MILE SPONSOR: SIGNATURE** _____

1/4 YEAR OF ADS.: RPS WEBSITE LOGO LINK, **1/4"** PAGE LOGO IN EVENT HEAT SHEETS, **4"** LOGO AD. ON A T-SHIRT

SPONSOR INFORMATION

BUSINESS/SPONSOR NAME: _____ **PHONE:** _____

BUSINESS/SPONSOR CONTACT: _____ **EMAIL:** _____

BUSINESS/SPONSOR ADDRESS: _____ **CITY:** _____ **ZIP:** _____

HEAD COACH JORGE BLASINI • (423)967-4264 • SWIMKINGSPORT@GMAIL.COM

COACH MARCEL BLASINI • (337)849-8703 • REDPIRANHASWIMMING@ICLOUD.COM

Sponsorship forms are to be emailed or hand delivered to one of our team members. Checks are made payable to **Red Piranha Swimming**. Contact Jorge Blasini for other payment arrangements and tax forms. Please email your business name and logos as you would like them to be displayed on the t-shirt, heat sheet, and website with an active link to your business page. We thank you for supporting our swim club!

Mail forms and checks to PO BOX 1911 Mount Carmel, TN 37645-1911.

RedPiranhaSwimming.club

RED PIRANHA SWIMMING

RPS FAMILY FUNDRAISING

Family Fundraising is a program primarily set up for families to raise money for our Swim Team; however, participation in the Family Fundraising can potentially save money for members as well. Participation in this fundraising program is completely optional. Red Piranha Swimming members will **NOT** be obligated to pay annual fundraising dues in addition to the team membership fees. **Any money raised through fundraising or sponsorships will be split with the team 80/20 allowing 20% credit to go towards the Piranha member's account.**

Supporting team fundraisers such as **Program Ads**, **Splash for Cash**, and finding **Corporate Sponsorships** are all recognized methods of fundraising. We are officially recognized by the IRS as a **501c3 not for profit** which should make it easier for businesses to participate.

Finding local or corporate business sponsorships, donations, heat sheet ads, or website ads are all great methods for fundraising as well. Successful member referrals will count \$50 per referral towards remaining membership fees. It is important to remember that recruiting from other USA Swimming Teams is a violation of [USA Swimming Policy](#).

We are planning on putting together team shirts, banners, and possibly other promotional items with corporate sponsorship opportunities as potential items for sponsors to utilize for their company logos or names. RPS Club Sponsorship Form is available below. Any suggestions for additional team fundraising opportunities are always welcome.

The cost of running a successful swimming program is supplemented by sponsorships, fundraising, and volunteering to work at home swim meets. RPS members are encouraged to promote & fundraise for the team each year. Families can contact Coach Jorge or Coach Marcel for more information on how to participate in these programs. All contributions go toward funding the 501c3 and a portion can be applied toward the membership's balance.

WAYS TO ACHIEVE FUNDRAISING GOALS:

- Red Piranha Swimming's Website Advertisement Submission
- Meet Program (heat sheets) Advertisement Submission
- Team Donation (direct) or (on behalf of a business, or third party)
- Establishing Partner Sponsorships with Team
- Meet Raffle Donation
- Splash-for-Cash support
- Potential Charity Account Set-up at Local or Online Retail Stores
- **Successful Member Referrals:**
 - Credit \$50 towards member's total annual balance per referral.
 - Recruiting *USA Swimming* members from other teams violates our code of ethics policy unless they initiated the conversation with one of our members or coaches first.

RED PIRANHA SWIMMING

RPS MEET STAFF VOLUNTEERING:

Red Piranha Swimming strives to host a minimum of 4 sanctioned meets per year. The success of these swim meets comes from the enthusiastic participation of our family members. Our team's goal is to continually be able to provide our own meet officials to successfully host our swim meets. We try to train new members as often as possible to adequately staff our meets. **Administrative meet positions** include the following: starter, meet referee, 3 stroke & turn judges, and two computer operators. **General meet positions** may include the following: 8-16 timers, 1 head timer, 2 runners, 2 awards, 2 hospitality, 1-2 check-in attendants, and various other jobs. Being able to provide our own meet officials will allow our team the best opportunity for hosting local competition at the KAC. All meet staffing information for each home meet will be made available on our website through the Job-Signup section on the event registration. **Administrative positions will require certified training and experience** which can be obtained fairly easily. Starting August 1st, 2021, we will be **crediting** volunteer work at our home swim meets directly toward membership fee balances. The current rate is **\$10 per session for general positions** and **\$20 per session for administrative positions**. Also, the cost for obtaining officiating certifications can be **credited** towards your annual team membership cost.

Red Piranha Swimming wants to make swim meet volunteering and team fundraising as easy, flexible, and fun for everyone as possible. We could not exist as an affordable family swim club without these essential two components of our program. We Thank You for Your Support and look forward to another successful year in Tennessee!

RED PIRANHA SWIMMING

RPS FAMILY SUPPORT POLICY

The success of both your child and Red Piranha Swimming is only possible with the dedicated efforts of all Piranha families. Parental support and involvement are considered a vital element to the success of our team. The success of our swim meets depends on the enthusiastic participation of our families. The best views in the Aquatic Center for swimming competitions are on the deck so volunteering is the way to go! We must have your support at meets!

Red Piranha Swimming's plan to host a minimum of 4 sanctioned meets per year. In addition, as part of our agreement for the use of the pool at Dobyns-Bennett High School, we need to help staff and run their high school and middle school swim meets. It is imperative that as many families as possible step up and assist when needed. Currently, we are working to increase our number of certified officials and administrative personnel. If interested in pursuing an official's position, you can get more information from Head Coach Jorge at 423-967-4264. If you are comfortable working with computers, you may be interested in information regarding training for the computer and timing system operator positions. Please let us know and we will be happy to assist you. All meet volunteer information will be made available on our website.

Please Remember that it is important that we all work together to maintain the quality program we have. Red Piranha Swimming relies on families and volunteers to successfully run swim meets. Many of the same families volunteer and many have not. This is not unrecognized which is why we credit volunteering. It is necessary that all families contribute their fair share during our home meets. It is easy to learn how to work at the meets and it is important to show our children the value of volunteerism. Please support your swimmer(s) and our swim team!

WEBSITE & METHODS OF COMMUNICATION

All communications from the coaching staff are sent through the website, so it is important that your email information and text messaging numbers are up to date and correct. Team Unify, our website providers, also has a mobile application for IOS and Android users called "On-Deck" which is completely integrated with our website. Our coaching staff uses the On-Deck application system to communicate with team members and to send emergency notifications. It is important to sign-up and validate the service. Validation is achieved by responding to the email or text sent by the app to either your cell phone, tablet, or computer's email address. Communication methods through On-Deck include Instant Notification, SMS, and Email.

| | |
|--|---|
| Red Piranha Swimming's official website | www.redpiranhaswimming.club |
| Head Coach Jorge Blasini's Email & Phone # | swimKingsport@gmail.com (423) 967-4264 |
| Coach Marcel Blasini's Email & Phone # | Marcel@redpiranhaswimming.club (337) 849-8703 |
| Coach Shana Parson's Email & Phone # | MrsParsons@live.com : (423) 383-1094 |
| Facebook Page | @RedPiranhaSwimming |
| Twitter Page | @RedPiranhaSwim |
| Instagram Page | @redpiranhaswimming |
| YouTube Page | Kingsport Piranhas |
| Team Unify's Mobile Application | On-Deck |
| Active Hytek's Meet Application | Meet Mobile |
| Remind App | Class Code: @redpiranha |

RED PIRANHA SWIMMING

RPS SWIM MEET DECLARATION PROCESS

(If you have any questions regarding declaring for meets online, please contact Jorge Blasini.)

➤ **Swim Meet Entry Fees:**

- ❖ Fluctuate depending on which team is hosting the meet.
- ❖ Charge per Individual Events & per Relay Event
- ❖ Swimmer Surcharge & Facility Surcharge per Swimmer
- ❖ Away meets are assessed \$15.00 per day per swimmer participating to help cover the travel cost of sending a coach to the meet.

In order to facilitate our meet entry process & payment of entry fees, all meet entry fees will be billed and charged to the swimmer's account once the entry is finalized. Accounts are established for each family to handle all transactions including meet entry fees and additional charges such as swimsuits, caps, goggles, and other miscellaneous items. Each family will have an online account and access code. This is a service to our members, and we ask your cooperation in keeping your account up to date. For your convenience, we will be accepting MasterCard, Visa, Discover, and ACH for all payments. A more detailed registration agreement will be a part of the on-line registration process. Members will be required to electronically read and sign this agreement.

PLEASE NOTE! Team entries are submitted to the host team a minimum of two weeks prior to the event date so please do not wait until the week of a meet to request changes!

- ❖ If there is a conflict which will not allow a swimmer to participate, the swimmer(s) status must be declared for the meet on the website by the meet entry deadline in order to have your swimmer(s) excluded from a meet entry.
- ❖ Swimmers' meet entry status should be declared with a (committed or declined) status on the meet entry sign-up page to alert the coaches who will be attending the meet and to avoid paying entry fees if not attending the meet!
- ❖ If a swimmer's status is not declared by meet entry deadlines set by the meet signup event page on the RPS's website, a \$25 fee will be assessed per meet for not letting RPS know if a swimmer is attending or not attending a swim meet.
- ❖ Once an entry has been submitted, families will be charged accordingly whether or not swimmers participated. Let the coaches know of any questions about the meet prior to submitting because typically all entries are final!
- ❖ Everyone will be charged meet surcharge fees for our home hosted meets regardless of attendance. All RPS members are expected to attend home meets to either swim or volunteer.

RED PIRANHA SWIMMING

RPS EMPLOYMENT OPPORTUNITIES

Red Piranha Swimming proudly employs Junior Red Piranha Coaches and Swim Instructors for our SwimAmerica developmental Red Piranha Swim School. Responsibilities will include instructing Beginner & Mini-Piranha swim groups and coaching our East Tennessee Summer Swim League (ETSSL) groups. Working as a Swim Instructor or Junior Swim Coach is great experience for swimmers who are looking for part time work, resume or college application highlights, community service, or for a chance to spread their valuable knowledge with eager children. Working with children is a great life lesson. Teaching swimming has been shown to improve the teacher's own swimming skills by developing a higher understanding of the sport. Our Junior Piranha Coaches & Instructors typically have experience training with our program and understand the methods and goals of our swim club. Any motivated and enthusiastic swimmers ages 13 & up who are interested in becoming a Junior Piranha Coach or Swim Instructor are welcome to contact Coach Jorge Blasini, Coach Marcel Blasini, or Coach Shana Parsons for more information and to find out if we are currently accepting applications.

Coaches looking for a full-time or part-time job coaching with RPS, contact Coach Jorge Blasini for information and to see if we are currently taking applications. This includes any high school or college coaches in the area looking to bring a successful USA Swimming club and/or lessons program to your school's pool. Please do not hesitate to contact us; we are always open for conversation.

RED PIRANHA SWIMMING

RED PIRANHA SWIMMER'S PLEDGE

IN PURSUIT OF OUR PEAK PERFORMANCE POTENTIAL, WE PLEDGE TO...

- ◆ Abide by the code of conduct and training requirements expected by our coaches.
 - ◆ Show up to practice each and every day with a positive attitude, ready to go.
 - ◆ Remember that swimming can be fun if we work together to build camaraderie as a team.
 - ◆ Give 100% effort during workouts because swimming at an elite level demands sharp focus.
 - ◆ Seek within ourselves the desire, determination, & discipline needed to achieve our goals.
 - ◆ Understand that the pursuit of excellence requires sacrifice, commitment, & dedication.
 - ◆ Remain confident in ourselves even when we fail because progress is being made.
 - ◆ Accept new challenges & never fear the hardships, disappointments, and obstacles ahead.
 - ◆ Realize that the greater the challenge, the greater the reward.
 - ◆ Support our teammates to help build each other's confidence and team morale.
 - ◆ Be willing to work harder than our competition & be willing to strengthen our weaknesses.
 - ◆ Contribute to building team spirit through being a positive role model in and out of the pool.
 - ◆ Never give up on our individual or team goals as long as I am a **Red Piranha!**
-

RPS CODE OF CONDUCT

IN ACCEPTING A POSITION ON **RED PIRANHA SWIMMING**, I AGREE TO:

1. Commit to the team pledge, team goals, program requirements, & procedures.
2. Attend & conscientiously apply myself while participating at required workouts & meets.
3. Make an honest attempt to attend all team functions including meetings, practices, and meets.
4. Alert the coaches asap for unavoidable circumstances which will require missing attendance.
5. Display proper respect and sportsmanship toward coaches, officials, parents, & competitors.
6. Maintain a healthy lifestyle of proper sleep and nutrition for peak performance potential.
7. Display a positive and supportive attitude toward the program, coaches, and teammates.
8. Refrain from any immoral, inappropriate, or unacceptable behavior such as:
 - Any illegal activity, smoking, or use of any drugs unless medically prescribed.
 - Excessive drinking of alcoholic beverages at any time.
 - Drinking any alcoholic beverages during team travel or prior to competition.
 - Drinking alcoholic beverages at any time for swimmers under the legal age.
 - Violation of curfews established by the coach during travel meets.
 - Violating any Anti-Doping rules set by [WADA](#).
 - Hazing, Bullying, or Demeaning behavior toward others.
 - Any activity which would detract from a positive image of **Red Piranha Swimming**
9. Accept the consequences if I fail to abide by this code of conduct.
10. Understand that I may be suspended or removed from the team for repeated violations.

Signature of Swimmer

Date

Group

Signature of Parent

Date

Group

RED PIRANHA SWIMMING

FACILITY & POOL POLICIES

Kingsport Aquatic Center (KAC)

Code of Conduct

- Adhere to the pool rules and policies.
- Cooperate with the Manager on Duty/Administration Staff.
- No inappropriate language or behavior by parents, swimmers, divers, or coaches.
- No use of alcohol, drugs, or tobacco (vaping), at any swimming & diving practices, parties, or events.
- Encourage good sportsmanship by demonstrating positive support for all swimmers, divers, coaches, and officials at every sporting event.
- Treat facility/event staff, swimmers, divers, and coaches with respect regardless of race, sex, creed, or ability.
- Have respect for the facility and its equipment.

Bathrooms

- Locker rooms and deck bathrooms will be available for swimmers to shower and change in. Please do not sit or stand on sinks or counters. No changing in the bathroom stalls, please leave those open for individuals that need them.
- No cameras or videos are allowed in Kingsport Aquatic Center bathrooms.
- No food, drinks, gum, or glass is allowed in bathrooms.
- Running, horseplay, profane language, and inappropriate behavior are prohibited.

Parking Lot

- All charter buses & vans are to be parked at the overflow lot: the lower lot of the Marriott.
- Any compact cars may be parked in the parking area in front of the Kingsport Aquatic Center waterpark or parked at the overflow lot at the lower level of the Marriott.
- Any buses, vans, or cars parked in undesignated parking areas will be asked to move. If they are not moved promptly, the police may be called to ticket the vehicle, van, or bus.

RPS Members using the KAC

- RPS members will check into the front desk of the KAC before entering the pool area for practice. RPS members must be KAC or YMCA members to use the play areas including indoor slides, diving boards, and the outside water park. Near KAC closing time, please change quickly and exit the locker rooms promptly so the staff can clean the facilities. Be respectful of other swimmers using the lanes. Stay in the rented lanes assigned to RPS during practice time. If using the facilities outside of practice time, represent our swim club by abiding by their rules and using the same behavior and judgement as in practice with the team.
- RPS swimmers will not damage the pool facility or risk injury to oneself or others by hanging on pipes, horse playing, play fighting, towel snapping, or wrestling in the locker rooms. Change and exit the locker rooms promptly. No drawing or defacing school property. No pulling or yanking on locked doors to force them open. No sitting or resting on lane ropes. No using diving boards without permission. No diving off the starting blocks without permission.

RED PIRANHA SWIMMING

Dobyns Bennett High School Indians & Tennessee High School Vikings

- Beginning July 1, 2023, all exterior doors leading into the buildings are to be locked at all times and access to school buildings will be limited to the school's primary entrance. As it stands currently, at any point an exterior door is unlocked, an employee must be physically present at the door to ensure access is limited to only authorized persons with a key or key card. We cannot prop open doors and all exterior doors need to remain locked unless a school employee is physically present.
- Our swim club may be able to temporarily prop open a door with supervision of the coaching staff or a parent at the door, but the exit door will have to shut and be locked immediately after leaving the door. RPS will likely use a doorbell of some kind to ring if entry to the pool is necessary. Swimmers will have to be on time to practice to get in before the doors are shut and locked. Swimmers will have a five minute window after the start of the session or practice to enter the facility before the doors are locked. Please call or text if running late. Parents and kids will not be able to come in and out of the pool facility freely as in the past. Swimmers and parents are not free to walk around the campuses or crawl under, climb over, or around gated areas to gain access to the pool or other areas of campus. Cameras are mounted everywhere, and the security staff and administration will report it to us and hold us accountable for the actions of our members on school property.
- RPS swimmers will not damage the pool facility or risk injury to oneself or others by hanging on pipes, horse playing, play fighting, towel snapping, or wrestling in the locker rooms. Change and exit the locker rooms promptly. No drawing or defacing school property. No pulling or yanking on locked doors to force them open. No sitting or resting on lane ropes. No using diving boards without permission. No diving off the starting blocks without permission.

Practice Notes:

- Drop off swimmers 15 minutes prior to the start of swim practice or class time.
- Parents are allowed in the pool area & can sit in bleachers for practice or swim school.
- After class or practice, 12 & Unders should be escorted out by a parent or guardian.
- Please inform us when missing practice, so we are not waiting for them at the doors.
- Swimmers should have shoes on when entering & exiting the pool facilities.
- Swimmers should know an emergency phone # by memory in case of emergency.

RED PIRANHA SWIMMING

IMX/IMR RPS CHALLENGE

- IM stands for Individual Medley. IM Xtreme & IM Ready
- The challenges must be completed at a single designated practice or meet to get credit.
- All swims must be legal without obvious disqualifications.
- Times are logged and will be used to track progress when repeated in future challenges.
- Swimmers must complete an IMX or IMR in accordance with their age groups.
- Our Swim Club will occasionally host IMX/IMR sanctioned swim meets in either short or long course. High point awards will be awarded to the highest point total participants. This is achieved by having the fastest combined event time for each age group.
- The intentions of this meet format is to attempt to complete the challenging event list for either an IM Ready(IMR) or an IM Xtreme(IMX) event list of 5 or 6 events in the one day meet period. To score in the swimmers age group, the swimmer must complete all events associated with their age for the IMR or IMX. IMX is more challenging than the IMR. Please pick the associated events for your swimmers IMR or IMX.

RPS Practice Challenge Event Lineup:

400 IM, 200 Fly, 200 Back, 200 Breast, 400m/500y Free, 200 IM = 1600m/1700y **IM Xtreme**
100 Fly, 100 Back, 100 Breast, 200 Free, 200 IM = 700m **IM Ready**

RPS IMX/IMR Challenge Swim Meet Format:

IM READY (IMR):

To score as “**IM READY**,” swimmers complete a series of **5 or 6 events** at shorter distances.

8 & Under: 50 Fly, 50 Back, 50 Breast, 100 Free, 50 Free = 300m

9-10 year old age groups: 200 IM, 50 Fly, 50 Back, 50 Breast, 100 Free, 50 Free = 500m

11-12 year old age groups: 200 IM, 50 Fly, 50 Back, 50 Breast, 200 Free, 50 Free = 600m

13-14, 15-16, 17&Up age groups: 200 IM, 100 Fly, 100 Back, 100 Breast, 200 Fr, 50 Fr = 750m

IM XTREME (IMX):

To score as “**IM XTREME**,” swimmers complete a series of **6 events** at longer distances.

10 & Under age groups: 200 IM, 100 Fly, 100 Back, 100 Breast, 200 Free, 50 Free = 750m

11-12 year old age groups: 200 IM, 100 Fly, 100 Back, 100 Breast, 400 Free, 50 Free = 950m

13-14, 15-16, 17&Up age groups: 400 IM, 200 Fly, 200 Back, 200 Breast, 400 Fr, 50 Fr = 1450m

RED PIRANHA SWIMMING

(IMX/IMR NATIONAL USA SWIMMING INFORMATION)

IM Xtreme is a program that allows USA Swimming members to track their times (or coaches to track their team's times) against swimmers across the nation! Just by swimming a specific program of events, you can see where you rank against your teammates, your region and yes, even across the USA!

IM Ready is the little brother of IM Xtreme, tailored toward our younger swimmers. Does 200 yards seem a little much? Then start getting "IM Ready" by swimming shorter distances and keeping track of your improvements.

An **IMR or IMX score** is only established after a swimmer has swum all of the events required for their age group in a sanctioned meet since the start of the current season; both short and long course seasons start September 1 and end August 31 for IMR/IMX purposes. Additionally, a swimmer must complete all the events in the same course (SCY or LCM) to have a score in that particular course.

IM READY (IMR)

To get "IM Ready," swimmers compete in a series of five events at shorter distances.

Once you have swum each event at least once at an official meet, you can log-in to your Deck Pass Account and find out where you rank against all the other swimmers on your club team. You do not need to complete the IM Ready program to participate in the IM Xtreme. It is simply a steppingstone.

9 & Under, 10-year old's:

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

11-year old's, 12-year old's:

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

13, 14, 15, 16, 17, & 18-year old's:

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

IM XTREME (IMX)

Ready to move forward? The next step is IM Xtreme (IMX). The IMX ranking includes a series of five or six events at longer distances. Once you have completed the IMX program, you can find out where your IMX score ranks nationally, within your zone, within your LSC and on your club.

9 & Under, 10-year old's:

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

11-year old's, 12-year old's:

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

13, 14, 15, 16, 17, 18-year old's:

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

<https://www.usaswimming.org/times/imx-imr>