



**ALL ABOUT VOLTAGE  
AQUATICS AND  
COMPETITIVE  
SWIMMING**

# WELCOME!

Thank you for  
coming to our  
annual parent  
meeting!



# ABOUT THE TEAM

- Voltage Aquatics is a 501(c)3 non-profit organization. It began as the Idaho Falls Cutthroats in 1997. 8 years ago the team combined with the Poison Darts in Blackfoot and was renamed Voltage Aquatics. After the city of Blackfoot closed its pool, the team ceased operations in Blackfoot.
- Voltage Aquatics is run by a Board of Directors made up of volunteer parents.
- Voltage Aquatics is the only USA Swimming sanctioned club in the Idaho Falls area. We offer training groups for all abilities from learn to swim to national level competitions. We look forward to working with your swimmers.

# VOLTAGE AQUATICS

- Voltage Aquatics caters to ALL athletes. We offer programs for beginners to those that have dreams of Olympic Gold. VOLT wants all swimmers, regardless of their level of commitment and ability, to feel good about what they do as a member of our club. VOLT also recognizes that our athletes have interests outside of swimming and will work with you to find a balance between them.
- Club swimming helps teach dedication, teamwork, commitment, and hard work. The quality coaching staff at Voltage Aquatics is committed to these values. They are eager to work with your child in helping to develop these skills and our coaching staff is well trained in the latest swimming techniques.



# VOLTAGE AQUATICS MISSION STATEMENT



**Mission:** Strengthen our community through positive development of youth. We embrace and inspire all ability levels of swimmers by providing the best possible environment and resources that will emphasize responsibility, dedication, physical fitness and personal excellence necessary for success in competitive swimming and beyond.

**Vision:** Values, Opportunity, Leaders, Team  
(VOLT)

# VOLTAGE TRAINING GROUP BREAKDOWN

The team is split into training groups based on age and ability level

Athletes are placed into groups based on effort/attitude at practice/meets, technique, attendance, and age. Group assignments are discussed and decided by the coaching staff. If you have questions, please ask the coach.

Your child will be placed in the correct training group during their first week of practice

Swimmers are assessed during practice each month, when ready to move into the next training group the coach will notify the swimmer and parent.

Progress takes time – because we only have 3 - 4 training groups for each age group some swimmers might stay in a certain group for a while. Even if they are not moving up in groups quickly rest assured that the coaches are still pushing them to excel within their group.

- ❑ **Swimmers 12 - 19 years old**
  - ❑ Lightning, Senior 1, Senior 2, Pre Senior
- ❑ **Swimmers 9 - 12 years old**
  - ❑ Firebolts 1, Firebolts 2, Firebolts 3
- ❑ **Swimmers 5 - 9 years old**
  - ❑ Sparks 1, Sparks, 2
- ❑ **Learn to Swim options 3 – 8**
  - ❑ Future Champions

# REQUIRED TRAINING EQUIPMENT

- Sparks 1 & 2 & 3 & and Firebolts 3

- Goggles and Caps for longer hair
- Fins

- Firebolts 2

- Goggles and Caps for longer hair
- Fins
- Paddles + buoy (recommended)

- Pre – Senior

- Goggles and Caps for longer hair
- Fins

- Senior 1 & 2

- Goggles and Caps for longer hair
- Fins
- Paddles + buoy
- Snorkel (recommended )
- Socks

- Lightning

- Goggles, and caps for longer hair
- Fins
- Paddles + Buoy
- Snorkel
- Socks

Order equipment at our team store at  
[www.swimoutlet.com/Affiliate\\_StoreDetail.asp?sid=9525](http://www.swimoutlet.com/Affiliate_StoreDetail.asp?sid=9525)

# TEAM EQUIPMENT FOR COMPETITION

- Required Team Equipment:
  - Team Caps
- Optional Equipment:
  - Suit
  - Parka
  - Bag
  - apparel



# VOLT COACHES

Head Coach: Phoebe Murphy

Assistant coaches: Casi Pahis, Liz Grimes, Christine Dustin, Jill Stensby, Kailey Johnson, Kim Dean and Tim Wayland

Coaches Certification (minimum requirements):

1. USA Swimming non-athlete registration
2. CPR
3. Safety training for swim coaches (include first aid and water rescue)
4. Athlete protection ( safe sport training)
5. Concussion training
6. Background check
7. ASCA level I part A and B
8. Previous Swimming experience and continued education through USA Swimming or ASCA

All the Voltage coaches have years of competitive swimming experience and competitive coaching experience.

# COACHING PHILOSOPHY

The Voltage Aquatics Team coaching Philosophy and approach to competitive swimming is simple. We coach the whole swimmer and strive to reach balance in swimming and life. We believe there are 3 main component to being a great competitive swimmer.

1. Technique: We strive to build efficient technique from the bottom up. Technique enables swimmers to train without injury to ensure the best possible performance.
2. Work Ethic: Nothing great happens without hard work is a quote that we live by at voltage aquatics! We strive to teach swimmers that they can accomplish anything they want if they are willing to put the work in.
3. Passion: We believe that in order for swimmers to be successful they must find joy and passion on the pool deck. We strive to create an atmosphere where swimmers are challenged, encouraged, and supported in a safe and fun environment.

# REGISTRATION

We Require you to come to one tryout practice before registering for the team. This will ensure that your swimmer is in the correct training group.

1. Register at [voltageaquatics.org](http://voltageaquatics.org)
2. Scroll down the homepage of the team website until you see the red square that says “ register here”
3. Click on the link “continue or check status”
4. Create a new account
5. Follow the instructions on each page
6. Make sure to click submit on the last page or your registration will not go through

## USA Swimming Registration

Every swimmer will need to register with USA Swimming through [USASWIMMING.ORG](http://USASWIMMING.ORG). Use the link on our team registration page to register with USA Swimming. This should be completed before your swimmer starts practicing. It is your responsibility to make sure your swimmer's usa swimming registration is current and up to date.

# FEES AT REGISTRATION

1. September Dues (or your First month's) practice fees will be charged when you register
2. \$20.00 team admin registration fee. This fee goes towards covering costs of the admin side of the team. Including processing your registration and supporting the team website.

After your registration is complete there will be a link to register with USA Swimming. This membership costs \$ 80.00 for a full membership and will be charged when you register with USA Swimming. There is also a partial membership option for 12 and unders to register with USA Swimming for \$30.00. This Flex Membership only allows you to compete in 2 swim meets that are not a championship meet.

\*This fee is reduced considerably for those swimmers who qualify for free or reduced hot lunch through the school system (letter from school district stating such is required as proof).

# VOLT BOARD (VOLUNTEER)

Christy Taylor (President)

Dananda Stowell (Treasurer)

Andrea Fletcher (Secretary)

Jolene Smith (Meets)

Heather Wolfley ( Meets)

Anna Burton (Fundraising)

Heidi Pierce (Fundraising)

Brenda Daniel (at large)

Stacey Hunter (at large )

- Voltage Aquatics is run by a volunteer parent board
- All Board members are required to register with USA Swimming and complete a background check.
- All Voltage team members can attend board meetings.
- If you are interested in attending a meeting please reach out for a meeting schedule.



# VOLUNTEERS

- Parent volunteers are needed for the team to be successful.
- Parent volunteers are needed for
  - Running meets
  - Fundraising
  - Team activities
  - After and during practice activities



# VOLUNTEERS

- Running meets
  - Pre planning
  - Officials
  - Admin table
  - Timers
  - Hospitality
  - Results and awards
  - Concessions
- Fundraising
  - Swim a thon
  - food nights (culvers/panda)
  - Dominos, Jamba, etc
  - RiaseRigt
- Team activities
  - Alive after five ( senior activities)
  - Kick off party
  - Holiday parties
- After and during practice activities
  - Holiday hot chocolate
  - Psych up week
  - Team breakfasts
  - Donating prizes
  - We are always open to creative new ideas.

# SWIM MEETS

The team attends on average 1 – 2 meets each month. All meets are optional and have an additional cost. The cost of each meet is different based on the hosting team.

## How to sign up for a meet?

- Go to the team website: [Voltageaquatics.org](http://Voltageaquatics.org)
- Click on the swim meets tab to see available events. Or scroll down the home page to see available events (Desktop and mobile will be slightly different. Make sure you are logged into your account).
- Click on edit commitment for the event you are interested in.



# SWIM MEETS CONTINUED

- ❑ Declare “yes” for your swimmer to attend the meet
- ❑ Choose the events
  - ❑ Or leave blank if you want the coaches to pick their events
- ❑ Your account will receive an email every time a meet becomes available for registration
- ❑ Late entries – entries always have a deadline. If you miss the deadline, we are unable to enter your swimmer in the meet.

The screenshot shows a web-based registration form for swim meets. At the top, there's a header with a logo and navigation links. Below that, there's a section for "Important Notes" with a list of instructions for users. The main part of the form is a table with columns for "Event", "Entry Fee", "Coach", "Swimmer", "Coach's Email", "Coach's Phone", "Coach's Address", "Coach's City", "Coach's State", "Coach's Zip", "Coach's Country", "Coach's Email", "Coach's Phone", "Coach's Address", "Coach's City", "Coach's State", "Coach's Zip", "Coach's Country". The table lists several events: 500Y, 100Y, 200Y, 400Y, 800Y, 1600Y, 3200Y, 6400Y, 12800Y, 25600Y, 51200Y, 102400Y, 204800Y, 409600Y, 819200Y, 1638400Y, 3276800Y, 6553600Y, 13107200Y, 26214400Y, 52428800Y, 104857600Y, 209715200Y, 419430400Y, 838860800Y, 1677721600Y, 3355443200Y, 6710886400Y, 13421772800Y, 26843545600Y, 53687091200Y, 107374182400Y, 214748364800Y, 429496729600Y, 858993459200Y, 1717986918400Y, 3435973836800Y, 6871947673600Y, 13743895347200Y, 27487790694400Y, 54975581388800Y, 109951162777600Y, 219902325555200Y, 439804651110400Y, 879609302220800Y, 1759218604441600Y, 3518437208883200Y, 7036874417766400Y, 14073748835532800Y, 28147497671065600Y, 56294995342131200Y, 112589990684262400Y, 225179981368524800Y, 450359962737049600Y, 900719925474099200Y, 1801439850948198400Y, 3602879701896396800Y, 7205759403792793600Y, 14411518807585587200Y, 28823037615171174400Y, 57646075230342348800Y, 115292150460684697600Y, 230584300921369395200Y, 461168601842738790400Y, 922337203685477580800Y, 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# MEETS AND HOW ARE THEY RUN

- We currently host 4 meets per year which other teams are invited to
  - Spook Splash in October
  - Holiday Classic in December
  - IMX meet in April
  - Mashed Potato Dash in July
- Inter squad Meets: Our goal is to host intersquad meets throughout the season.
- In order for times to count each meet must be sanctioned by USA Swimming



# MEETS AND HOW THEY ARE RUN

- Meets are divided into 2 seasons
  - Short course (meters) typically September – March
  - Long course (yards) typically April – August
- Meets are run by volunteers
  - Officials: stroke and turn, starter, ref, administrators
  - Timers
  - Concessions and hospitality
  - Awards
  - And many more
- Meets are an extra fee for entry which is determined by the host team

# WHAT TO EXPECT AT A SWIM MEET

- Sit together as a team
- Check in with a coach on arrival
- Be on time for warm ups ( if you are not going to be on time please text the coach at the meet)
- Bring a chair/blanket, extra clothes, snacks, meals (if longer meet), water and entertainment
- Look at a heat sheet/ write events on kids (if desired). Find a parent or coach to help you out with this
- Check in with a coach before and after each race – it's the best way to learn from your races
- Make sure you have a team cap to race in
- Coaches typically help 8 and unders get to the blocks. For 9 and over swimmers it is your job to come check in with a coach and then get behind the blocks.
- Utilize your best resource.....experienced parents!!!

# HEAT SHEET EXPLAINED

Event Number

#1 Girls 11-14 50 Yard Freestyle

Heat Number

Heat 1 of 4 Finals

Lane Number

8

Heat 2 of 4 Finals

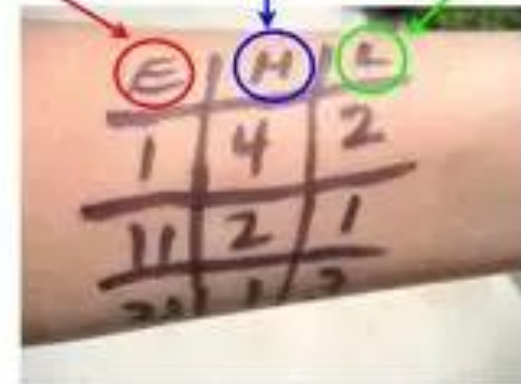
Lane	Name	Age	Team	Seed Time
1	Last Name, First Name	11	Team Name	42.00
2	Last Name, First Name	11	Team Name	39.11
3	Last Name, First Name	11	Team Name	NT
4	Last Name, First Name	12	Team Name	32.04
5	Last Name, First Name	11	Team Name	32.86
6	Last Name, First Name	11	Team Name	37.13
7	Last Name, First Name	13	Team Name	39.59
8	Last Name, First Name	11	Team Name	42.10

NT

Event #

Heat #

Lane #



No Time  
recorded

# USA SWIMMING

- ❑ USA Swimming is the National Governing Body of swimming in the United States
- ❑ Includes swimmers at an age group level to the Olympic level, coaches and volunteers
- ❑ There are more than 2,800 teams
- ❑ USA Swimming Goals
  - ❑ Build a base
  - ❑ Promote the sport
  - ❑ Achieve competitive success
- ❑ Non Profit run by a board of directors
- ❑ Part of the annual USA Swimming registration fee goes to support this organization



# USA SWIMMING

## ☐ USA Swimming Registration

- ☐ Liability insurance required to participate on a USA Swimming sanctioned team
- ☐ All swimmers, coaches, officials, and any adults that work directly with swimmers
- ☐ Splash Magazine

## ☐ House of delegates and Board of Directors

- ☐ Make decisions about rule changes, fees, meets, etc.
- ☐ Annual Meeting
- ☐ Each Local Swimming Committee has votes as part of the delegates
- ☐ Anyone can be on the board
- ☐ Mostly volunteer
- ☐ Are you interested in learning more about the LSC?



# SNAKE RIVER SWIMMING



Our local Swimming Committee  
(LSC)

Mission: “STRIVE TOGETHER,  
THRIVE TOGETHER, helping  
swimmers to achieve success from  
the grassroots level to the elite.”

Vision: “Strive, Rise, Succeed”

# SNAKE RIVER SWIMMING

## **SRS TEAMS**

Voltage Aquatics (Idaho Falls)

Magic Valley Marlins (Twin Falls)

Elko Swim Team (Elko, Nevada)

Boise Y Swim Team (Boise)

Nampa Swim Team (Nampa)

Sawtooth (Boise)

Portneuf Valley Swim Team (Pocatello)

Sun Valley 5B (Sun Valley)

Boise Swim Club (Boise)

Streamliner Aquatics (Meridian)

Caldwell Swim Club (Caldwell)

# SNAKE RIVER SWIMMING

## Regional Board of Directors and House Of Delegates

- ☐ Decide rules and changes regarding our LSC in conjunction with the rules set by USA swimming
- ☐ Meet 2+ times per year
- ☐ Anyone can get involved
- ☐ If you want change regionally this is where it happens

# OFFICIALS AND HOW TO BECOME ONE

- Officials are needed to run any sanctioned meet
- Steps to become an official
  - Take the online course
  - Complete training hours
  - If you want to move on to starter or ref additional training is required
- All officials also register with USA Swimming and must complete a background check and athlete safety training in order to keep our kids safe.

# USA SWIMMING MEET PROGRESSION

- ❑ Beginner meets (invitationals)
  - ❑ Most local and LSC meets
- ❑ Snake River Winter/Summer championships – qualifying times
- ❑ Age group regionals – qualifying times
- ❑ Age group zones – qualifying times
- ❑ Senior zones – qualifying times
- ❑ Futures- qualifying times
- ❑ Jr. Nationals – qualifying times
- ❑ Nationals – qualifying times
- ❑ Olympic trials – qualifying times
- ❑ Olympics – top 2 in trials for individual events



# MOTIVATIONAL TIME STANDARDS

- USA Swimming motivational time standards
  - B times
  - BB times
  - A times
  - AA times
  - AAA times
  - AAAA times

# COLLEGE SWIMMING

- We have many swimmers who swim in College and many get partial to full scholarships
- There are collage swimming programs for a variety of different commitment levels
- If Collage swimming is one of your goals, we can help you achieve it!

## RESOURCES

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[www.voltageaquatics.org](http://www.voltageaquatics.org)

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[www.snakeriverswimming.org](http://www.snakeriverswimming.org)

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[www.usaswimming.org](http://www.usaswimming.org)

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Facebook (VOLT Aquatics)

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Instagram (Voltage Aquatics)