



Lynchburg Aquatic Club

at Crosswhite Athletic Club

118 Davis Cup Road, Lynchburg VA 24502

Mission Statement:

The Lynchburg Aquatic Club is committed to excellence through developing stroke technique and challenging swimmers in a positive, nurturing environment for success in both sport and life.

Vision:

We want to build the Lynchburg Aquatic Club, upon the commitment, support, and participation of coaches, parents/guardians, swimmers, and the greater Lynchburg community at large.

The Lynchburg Aquatic Club believes that success in achieving the team's goals is dependent upon the cooperation of all members. We plan on making this a true family team through activities inside and outside of the pool.

2023-2024 Registration

(Season Starts – Monday, August 28, 2023)

Annual Facility Surcharge:

The Crosswhite Aquatic Center is a brand new, state of the art facility and home of the Lynchburg Aquatic Club. In lieu of charging memberships to each individual, and in order to keep the equipment up-to-date, we must charge this fee to each individual/family. The swim team would not be able to exist with its current time and space without the facility, and the facility would not be able to exist without the team. This is a symbiotic relationship, so please remember that when you are paying this charge and you are at the pool, it is partly yours so please treat it with respect and reverence. This surcharge will be used to provide an upgrade to the facility each year and/or ensure that if we go through unexpected mechanical problems or economic downturns, we will be able to keep the doors open to the facility.

Annual Crosswhite Aquatic Center Improvement Fee: \$150.00 per family

Team Registration Fee: \$125.00 per swimmer

****This includes: car magnet, team cap, and team shirt.****

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Training Fees Per Month:

Group	Amount
Senior	\$175.00
High School Prep	\$115.00
Platinum	\$155.00
Gold Group 2 Day M/W or Tu/Th	\$115.00
Gold Group Unlimited	\$145.00
Homeschool Group 2 Day M/W or Tu/Th	\$115.00
Homeschool Group Unlimited	\$145.00
Silver	\$115.00
Mighty Gator 2 Day M/W or Tu/Th	\$95.00
Mighty Gator Unlimited	\$115.00

Discounts:

5% discount if annual dues paid in full.
\$10 discount per month for second family member on team.
\$20 discount per month for third family member on team.
\$30 discount per month for fourth member or more on team.

Break down of yearly invoice will be as follows for all groups:

August (<i>or month joining</i>)	Facility fee + Team Registration + First Month's Swim Fees
October thru May	Monthly swim fees + Meet Fees, etc.

Please carefully read and acknowledge the following financial policies. Families will not be excused from adherence to the financial policies for lack of knowledge of the policies. If you have a significant financial concern or difficulty, please contact Coach Brett Fonder (brettfonder@yahoo.com)

Fees:

Becoming a member of Lynchburg Aquatic Club means fun, fitness, and teamwork. It also means a financial obligation to pay your monthly dues and other charges in a timely manner. The following outlines what you can expect to pay as a Lynchburg Aquatic Club member. All Lynchburg Aquatic Club members must register using a credit or debit card and must agree to use that method or ACH bank withdrawal for automatic billing. There is a processing fee for all ACH and credit/debit card transactions and Lynchburg Aquatic Club will cover that cost.

Lump Sum Payment Plan:

The Lump-sum payment option offers savings for swimmers committing to a 9 month training program. Lump sum fees not paid within 30 days of registering, or October 1, whichever is later, will result in conversion to a monthly payment plan and be subject to late fees.

Monthly Payment Plan:

Lynchburg Aquatic Club allows you to pay your swimmer's fees on a monthly basis. You will be billed via credit card or bank debit on the fifth of each month until your swimmer chooses to suspend their membership. To withdraw from the Monthly Plan, participants must provide written notification to Coach Clyde Smith (coachclyde8@gmail.com) or Daniel Turner (danielturner.realtor@gmail.com) and their lead coach at least 30 days in advance when your swimmer(s) would like to stop. Otherwise, participant(s) will be charged for the upcoming month. All other fees must be paid in full at the time of withdrawal.

Lynchburg Aquatic Club Annual Registration Fee:

Lynchburg Aquatic Club Annual Registration Fee of \$125 is required for every new or returning swimmer. The registration fee covers the cost of a team t-shirt and team swim cap for each swimmer, a car magnet for each family and other administrative costs. This fee is non-refundable.

USA Swimming Annual Registration Fee:

USA Swimming is the governing body of competitive aquatics in the United States. This organization provides our rules and regulations, officials, insurance in case of injury during swim team practice and during swim meets, swimmers' times database, tips, and training advice, the ability to enter the USA Swimming-sanctioned events, and SPLASH Magazine. All new, transfer, or returning members of the Lynchburg Aquatic Club must pay the annual USA Swimming registration fee of \$86. Registration will be brand new this year and will need to be handled by each individual family instead of the club like in years past. The team will share a unique link for each family before registering. More info to Follow!

Meet Fees and Other Costs:

Participation in meets is encouraged but is not required. The meet host typically charges fees for individual swimmer entries (each individual race), and for their participation on relays (1/4 of total relay cost) as well as a meet surcharge fee. These fees differ by meet and can be found in the meet invitation which is posted on our Meets & Events page. Meet fees are finalized, and paid in advance, at the entry deadline posted by the host club. Therefore, these fees are not refundable if a swimmer registers and then decides not to attend, even for illness or injury. Families are also responsible for individual travel costs, a share of team travel costs if swimmer(s) participate in team travel, and coaching fees which pay for our coaches' travel expenses and are charged per swimmer, per day of the meet they attend.

Fee Payment:

All fees, including meet fees and monthly payments, must be paid by credit card, debit card, or ACH from a bank account. There are no additional finance charges for payment made by credit card or ACH. If you wish to change your payment method to ACH, you can log into your account and make the changes after you have registered. On the fifth of each month, your total outstanding balance will either be charged to your credit card or the process to withdraw that amount from your bank account will be initiated.

Changing Programs:

Lynchburg Aquatic Club coaching staff may choose to move a swimmer to a different level group based on his/her swimming ability. Parents may not change their child's group without express permission of the Head Coach. If the swimmer continues to participate at the new level, their fees will be automatically adjusted and invoiced at the new group rate.

Suspension of Membership:

To suspend membership of a Monthly Plan, participants must provide written notification to Coach Smith or Coach Turner and their lead coach at least 30 days in advance when your swimmer(s) would like to stop. Otherwise, participant will be charged for the upcoming month. There will be no exceptions to this policy and members are responsible for informing the Club via e-mail that they are suspending. Lynchburg Aquatic Club will not refund monthly payments for swimmers who do not practice but have not notified the Club in writing that they are suspending membership.

Delinquent Accounts:

Program fees are billed on the 5th day of each month and payment is due no later than the 25th day of the same month. Late payments, including those due to an expired or compromised credit card, will be subject to a \$25.00 late fee that will be automatically applied. Members are obligated to ensure that their credit cards on file are kept up to date. Nonpayment of monthly dues for more than two months will be considered a suspension of membership and the right to swim will be withdrawn until payment is current.

Agreement:

I have read and understand the terms and obligations in this contract and agree to them. I agree that this contract constitutes the full and complete agreement between me and Lynchburg Aquatic Club and that I will comply fully with the terms contained herein. I understand that I am liable for the full amount of this agreement unless I notify Lynchburg Aquatic Club in writing that my child(children) will not continue swimming. I understand that my child's absence from practices does not constitute notification of disenrollment. I understand that Lump Sum Program participants are not eligible for a refund of any fees if the swimmer withdraws before the end of the season unless they are unable to swim due to injury or family move out of the area. I understand that if I am a monthly payer, I must email Coach Fonder and my swimmer(s) lead coach(es) at least 30 days in advance or be charged for the upcoming month. I understand that fees incurred prior to the date of withdrawal will be due and payable in full. This agreement is governed by the laws of the Commonwealth of Virginia.

*****All This Information is Located on Required Registration Page at
www.lychburgaquaticclub.com*****

Group Descriptions

Mighty Gators 1 (4:30 – 5:30pm) / Mighty Gators 2 (5:30 – 6:30pm)

Requirements:

1. Must be able to complete a 25-yard swim on front and on back and comfortably place face in water.

Group Description:

This is a beginner group for children who know how to swim but need further technical training. This group's primary focus is on freestyle and backstroke. Swimmers who participate in this group are generally 5 – 9 years old. Swim meet goal for this group is the SW District 8 & Older Championships.

Group Objectives:

1. Learn basic swimming rules.
2. Learn concepts of head/body position, line, and balance
3. Learn bi-lateral breathing in freestyle swimming.
4. Become competition ready in freestyle and backstroke.
5. Introduce butterfly kick.
6. Learn how to dive.
7. Become competition ready in freestyle and backstroke.
8. Learn how to swim relays.
9. Develop a sense of TEAM and what it means to be a good teammate.
10. Learn about sportsmanship and how to exhibit it at meets.

Criteria to Move to the Gold Group:

1. Swimmer must be able to complete a 100-yard freestyle breathing every 3 strokes and attempting flip turns.
2. Swimmer must be able to complete a 100-yard freestyle kick without stopping.
3. Swimmer must be able to legally complete a 50-yard backstroke.
4. Swimmer must be able to streamline effectively with tight arms, hands forward, and head down.

Practice Options:

- A. 2 Days: Monday / Wednesday or Tuesday / Thursday
 - a. Cost: \$95 / Month
- B. Unlimited: Monday – Thursday
 - a. Cost: \$115 / Month

Gold Group (6:15 – 7:30pm)

Group Description:

This is an intermediate level swim group that focuses on further developing freestyle and backstroke to a more advanced level. This group will also allow for your swimmer to be competition-ready in butterfly, breaststroke, and individual medley. Swimmers who participate in this group are typically 9 – 12 years old. Swim meet goal for this group is the SW District 9 & Older Championships.

Group Objectives:

1. Continue to work on the swimmer's understanding of body line, posture, and position.
2. Learn and understand the concept of drag and how it is affected by body position.
3. Develop a strong base in kicking.
4. Develop stronger freestyle and backstroke with competition/racing starts and flip turns.
5. Introduce breaststroke, underwater pullouts, and turns.
6. Introduce butterfly, long underwater starts, and turns.
7. Introduce individual medley with legal turns.
8. Understand that the process is more important than the outcome at this point in a swimmer's career.
9. Develop an understanding for relay swimming.
10. Continue to understand the importance of team and being a good teammate and sportsmanship.

Criteria to move to the Platinum Group:

1. 4 X 25 underwater dolphin kicks with fins without breathing.
2. 16 X 25 IM order by 4s @ :45 – legally completing all strokes with proper streamlining.
3. 12 X 50 freestyle kick at 1:30 holding under 1:00
4. 8 X 25 butterfly breathing every other stroke @ 1:00 – must complete legally.
5. Complete 100-yard of each stroke legally
6. Complete a 25-yard freestyle without breathing.
7. Complete a 300-yard freestyle kick without stopping.

Practice Options:

- A. 2 Days: Monday / Wednesday or Tuesday / Thursday (6:15 – 7:30pm)
 - a. Cost: \$115 / Month
- B. Unlimited: Monday – Thursday (6:15 – 7:30pm) / Friday (5:30 – 7:00am) / Saturday (8:30 – 10:00am)
 - a. Cost: \$145 / Month

Platinum Group

Group Description:

The Platinum group represents the highest-level of non-Senior swimming in LAC Gators Age Group Competitive Swimming Program. Typically, swimmers in this group range in age from 9 – 14-years old. Meet Goals for this group include Age Group Champs and ISCA Elite Showcase Classic.

Group Objectives:

1. Understand the refining concepts of stroke technique.
2. Skilled and consistent endurance swimming
3. Further develop each of the 4 competitive strokes with their starts and turns.
4. Further understand concepts of IM training and racing
5. Further development of racing start techniques
6. Development of race strategies, including negative splitting
7. Understand the healthy habits of young athletes for optimal performance.
8. Develop the ability to kick 8 – 15m well off each wall.
9. Understand time limitations and how to manage time effectively.
10. Dryland training, focusing on core strength, power, and flexibility.
11. Reinforce concepts of being a good teammate
12. Exhibit strong sportsmanship in practice and in meets.
13. Stronger development of leadership skills within lane, group, and team

Criteria to move to Senior Group:

1. Swim 500-yard continuous freestyle with all turns
2. Swim continuous 200-yards of each stroke legally
3. 20 X 25 freestyle 1 Breath @ :40
4. 20 X 25 underwater kick to 15m @ :40 in a tight streamline
5. Swim legal 400 IM in a swim meet

Practice Options:

- A. Monday – Thursday (4:45 – 6:15pm)
- B. Friday (5:30 – 7:00am)
- C. Saturday (8:30 – 10:00AM)
 - a. Cost: \$155 / month

Bonus Benefit: 67% practice attendance and 1 BB time = entrance into April ISCA Meet

Senior Group

Group Description:

The Senior group will be a combined ability group that will be differentiated at the coaches' discretion. Group members are typically aged 13 and up. Swim meet goals will be Senior Champs and the ISCA Senior Cup.

Group Objectives:

1. Understand the refining concepts of stroke technique.
2. Skilled and consistent endurance training
3. Further develop each of the 4 competitive strokes with their starts and turns.
4. Further understand concepts of IM training and racing
5. Further development of sprint racing
6. Further development of racing start training
7. Development of race strategies, including negative splitting
8. Understand the healthy eating habits of athletes for optimal performance.
9. Learn that time on the clock is an indication of where you are physically, mentally and emotionally during that swim.
10. Understand and actively participate in dedication.
11. Swimmers strive to live up to their potential, not just talk about it.
12. Understand time limitations and how to manage time effectively.
13. Dryland training, focusing on core strength, power, and flexibility.
14. Reinforce concepts of being a good teammate
15. Exhibit strong sportsmanship in practice and in meets.
16. Stronger development of leadership skill within lane, group, and team

Practice Options:

- A. Morning Practices:
 - a. Tue & Thursday (6:00 – 7:00am)
 - i. Lift @ Crosswhite Gym
 - b. Wednesday (5:30 – 7:00am)
 - i. Swim @ Crosswhite Pool
 - c. Friday (5:30 – 7:00am)
 - i. Makeup Practice
 - d. Saturday (9:00 – 10:00am)
 - i. Bootcamp @ Crosswhite Gym
- B. Afternoon Practices
 - a. Monday – Thursday 4:30 – 6:15pm
 - i. Cost: \$175 / month

Bonus Benefit: 78% practice attendance and 1 A time = entrance into March ISCA Meet

Silver / High School Prep

Group Description:

This grouping represents the highest level of non Senior swimming. Typically, swimmers in the group range from 12 – 18 years old.

Group Objectives:

1. Understand the refining concepts of stroke technique
2. Further develop each of the 4 competitive strokes with their starts and turns
3. Further understand concepts of IM training and racing
4. Further development of short course sprint racing
5. Further development of racing start techniques
6. Development of race strategies, including negative splitting.
7. Understand the healthy eating habits of young athletes for optimal performance
8. Develop the ability to kick 8 – 15m well off each wall
9. Understand time limitations and how to manage time effectively
10. Reinforce concepts of being a good teammate
11. Exhibit strong sportsmanship in practice and at meets
12. Stronger development of leadership skills within lane, group, and team

Practice Options:

- A. Monday – Thursday
 - a. 7:30 – 8:30am
 - i. Cost: \$115 / month

Homeschool Group

Practice During the Day!

Do you have a homeschool student? Do you like the idea of having swim practice during the day rather than in the evening? Come join our Homeschool Group!

LAC is now offering a Homeschool practice group practice time

To Qualify: Swimmers must have prior experience in the sport and be able to swim at least 25 yards of the four competitive strokes (with minor exception, i.e. an improper kick technique on breaststroke).

- Summer league experience and/or advancing through a lessons program would constitute sufficient prior swim experience.

Swim meets with the club are strongly encouraged.

Practice Options:

- C. 2 Days: Monday / Wednesday or Tuesday / Thursday (1:45 – 3:15pm)
 - a. Cost: \$115 / Month
- D. Unlimited: Monday – Thursday (1:45 – 3:15pm) / Friday (5:30 – 7:00am) / Saturday (8:30 – 10:00am)
 - a. Cost: \$145 / Month