



**Cottage Grove Aqua Lions  
Swim Club  
Handbook  
2019-2021**

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## **Welcome**

Welcome to the Cottage Grove Aqua Lions Swim and Water Polo Club (CGAL). We are pleased that you and your swimmer have decided to join us! We look forward to a long and successful association. The material in this handbook is an overview of our team and its philosophies. It also contains information that will serve you and your swimmer(s) well in the coming year. Take time to read this handbook, if you have any questions, please feel free to contact any of the Board Members, or your child's coach for more information.

## **Mission Statement**

CGAL offers children an affordable opportunity to participate in competitive swimming and water polo programs by coaching them to their individual potential in a POSITIVE team experience.

## **Team Philosophy**

The CGAL training philosophy is more than just diving into the pool and swimming laps in preparation for competition. We use a scientific approach toward the training of our athletes. CGAL is a competitive team offering year around instruction, training, and competition to young people. Professional coaches interested in helping develop successful people as well as successful swimmers designed the Aqua Lion program. To this end, the following team objectives have been set forth:

1. To provide physical fitness, proper conditioning, development of self-esteem and a positive self-image through the lifetime sport and recreational activity of swimming and water polo.
2. To provide an environment for self-improvement and goal achievement through hard work, dedication, self-discipline and perseverance.
3. To promote the ideal of honesty, integrity, good sportsmanship and team loyalty through competition at all peer and ability levels.
4. To provide a quality instruction and training atmosphere; from a learn to swim program to the level of state, regional, national and collegiate quality swimmer and water polo player.
5. To develop a family oriented club with community involvement and support.
6. To participate in state, regional, and national swimming events as sponsored by United States Swimming and the United States Olympic Committee.

Although we are a "Team", swimming is also a very individual sport. It enables each and every swimmer to progress at his or her own rate in both individual skills

and team levels. CGAL believes strongly in the “Team” concept. All members of the team and their families should support and share in the glory of all team swimmers in good times and bad. This constant support creates an atmosphere that encourages the physical, emotional, and intellectual growth that swimming provides. It is our goal to develop both great swimmers and confident men and women who can be proud of themselves through a positive swimming and water polo experience.

### **The Club**

CGAL is a member of United States Swimming. It is a non-profit club staffed by unpaid volunteers (other than the coaches). Our training center is at the Warren H. Daugherty Aquatic Center, 1440 S. 8th St, Cottage Grove, OR. Our website is [www.teamunify.com/wzoscgal](http://www.teamunify.com/wzoscgal).

### **Team Structure**

In keeping with the philosophy of providing a quality swimming program for young people of all ages, abilities, and interest levels, CGAL offers several levels of professional instruction and training. The coaching staff will determine the level with parental agreement. Below is a guideline. **Practice times and schedules may change at coach’s discretion.**

### **Pre-competition**

This level is designed to start young swimmers into the sport of swimming while allowing opportunity to participate in other activities. Emphasis on teaching the fundamentals of the four competitive strokes by means of drills and games that makes swimming fun. Schedule: 2 lessons/week 2:30-3:15pm on Wed. and 8:45-9:45am on Sat. plus novice swim meets.

### **Bronze**

This group is for swimmers who can legally perform the four competitive strokes and are ready to learn more advanced stroke techniques. Your child will be working harder and will need your encouragement as a parent. Swimmers begin to see the rewards of their efforts, the individuals improvement is our primary objective. Training schedule: 3 one hour workouts/week, your choice of the three days M-F 3:00-4:00pm. Swimmers may compete in US sanctioned swim meets.

### **Silver**

This group is a transitional level in which swimmers move from primary stroke instruction to actual competitive training. Careful attention is given to stroke technique. But an equal emphasis begins to be placed on learning how to train. Swimmers are introduced to water polo at this level. Regular attendance is strongly encouraged in order to achieve the maximum benefit from training. Training schedule: 5 one hour workouts/week. M-F 3:30-4:30pm.

### **Gold**

This group constitutes the first level of the CGAL program at which training is emphasized. Swimmers at this level are provided a strong conditioning background that will prepare them to compete at the higher levels of swimming. This group provides committed and motivated young swimmers an opportunity to train seriously and set goals for state and regional competitions. Training schedule: 5 two hour workouts/week M-F 3:30-5:30pm, optional Saturday practice from 7-8:30 am. Plus comprehensive meet schedule.

### **Senior**

This group is the highest level within the CGAL structure. Swimmers with the necessary background, talent and desire are provided an individualized training program designed for success in Regional and National level competitions. There are requirements set by the head coach to join and remain on the Senior Team. Training schedule: 8-11 workouts/week M-F 3:30-5:45pm, Tue & Thurs 6-7:30am, Sat 7-8:30am.

### **Parents and Coaches**

The coaches of CGAL are a team and dedicated to providing a program for youth that will enable them to learn the value of striving for self-improvement to the optimal level. The coaches of CGAL are trained to guide and direct the children in their swimming development. The parents will aid this process by actively participating in CGAL club activities and positively encouraging their swimmers. It is the job of the coaches to offer instruction and constructive criticism in the development of a swimmer and the parent's to provide the love and encouragement that bolster the swimmers confidence.

## **Parent Responsibilities**

### **Registration Forms**

**Registration forms for new members are to be completed before your child gets into the water. After two weeks appropriate training fees are due.**

Registration forms for returning swimmers **must be** completed and returned every year. Your completed forms are due **prior** to the swimmers entering the water. These stipulations are necessary in compliance with the laws of US Swimming and insurance purposes.

### **Timing at Meets**

It is vitally important for all parents to participate in all meets whether hosted by CGAL or by other clubs. When your swimmer goes to a meet you should plan to assist with timing. Not only is this job simple, but also is a great way to meet other parents and it gives you the best seat in the house! If you are unfamiliar with the duties of a timer, check with another parent or the head timer. Unfortunately, swim meets are often delayed when no parents are available to perform this duty. Please do your part to keep the meets running efficiently. Most meets will have signup sheets posted at the starting blocks or assigned lanes listed in the heat sheet.

### **Equipment**

Parents and swimmers are responsible for the purchase of all personal equipment needed. CGAL logo gear is offered through our treasurer. All swimmers are recommended to have:

- Practice suits (1-2)
- Meet suit (authorized by coach)
- Goggles

### **Family Time Commitment**

CGAL is a non-profit team, operated entirely by the efforts of parents. Family participation and income from fundraising are necessary for the club to continue providing the best experience and training to our swimmers. Please note that as a member of this club you may be called upon to volunteer your time or donate items to be used at CGAL fundraising events and club hosted swim meets. Your time is much appreciated and needed to make this club a success.

### **Training Fees**

CGAL has two seasons, short course season (fall/winter) and long course season (spring/summer). CGAL requires a seasonal commitment. This will allow your child the opportunity to experience all that CGAL has to offer.

Pre-Comp is a punch card pay system, \$47 for 8 punches, and \$7 for drop-ins.

You have a choice of making your payment.

1. One seasonal payment per 6 month season.
2. Six monthly payments. The first payment is due at registration and following payments are due on or before the 1<sup>st</sup> of each month.

When your registration information and your membership fee have been received, you will be emailed a password that will give you access to your CGAL membership information on the team website, [www.teamunify.com/wzoscgal](http://www.teamunify.com/wzoscgal). You can pay by sending a check in the mail, or drop it off at the pool in the CGAL drop box. Make checks payable to CGAL. Mailing address is Cottage Grove Aqua Lions, PO Box 665, Cottage Grove, OR 97424.

### **Seasonal Monthly Registration Schedule**

	Bronze	Silver	Gold	Senior	Collegiate
Monthly	\$50	\$65	\$75	\$85	\$40
Seasonal	\$285	\$370	\$425	\$485	N/A

- First time athletes joining CGAL during a season will have their registration prorated.
- Club members participating in other athletic programs may attend two workouts a week for a monthly fee of \$30 and still be eligible for swim meets. Swimmers must pay their individual meet fees.
- Collegiate athletes are swimmers who will be training with CGAL during the summer portion of the long course season. Swimmers returning from college will pay bronze level dues while training during this time. Collegiate athletes cannot compete in USS sanctioned meets unless they are registered with USA swimming.
- Those families with more than one swimmer (except Pre-Comp) are eligible for discounts off registration fees. The swimmer at the highest level will pay 100% of their dues, 2<sup>nd</sup> swimmer will pay 80% of their dues, any additional swimmers in the same family will pay all costs associated with swimming (meet fees, USA registration, etc.), but do not pay club dues.

- Families that are qualified for free and reduced lunch or who qualify for food stamps will receive 35% off total club dues. (Please provide proof of qualification to the club treasurer for a discount).
- Multi swimmer discount and free and reduced lunch discounts cannot be combined.
- If paying for a full season (6 months) you will also receive a 5% discount.
- Failure to remain current in dues and fees may result in temporary or permanent suspension of your membership.

### **Meet Entry Fees**

These fees are included as part of your monthly/seasonal registration for all groups except bronze and silver. Bronze and Silver groups are responsible for both club dues and meet fees. The club must pay to participate in USS sanctioned meets; if you register your swimmer and do not attend you will be billed accordingly.

\*championship meet fees are slightly higher.

\*\*there are no meet fees for dual or inter squad meets.

### **Terms and Conditions for Participation**

1. Registration forms for new swimmers are to be completed before your child gets into the water. After 2 weeks, appropriate training fees are due. Returning swimmers must fill out registration forms and return every year.
2. When a swimmer is moved from one group to another, he/she must pay the monthly fees for the highest group in which they participate starting the following month. If paid seasonal rate the difference between the two groups will be due the following month.
3. Training fees are paid as explained in this handbook.
4. Should a swimmer decide to discontinue participation in the program with CGAL, the monthly or season training fee is nonrefundable.
5. All swimmers who are members of CGAL are encouraged to participate at their highest level of achievement in championship meets (including relays).
6. CGAL runs entirely through the effort of parents. All families are encouraged to contribute their time and fundraising effort to the club.
7. Parents and swimmers agree to abide by the rules and regulations stated in the South Lane School District drug free policy.
8. CGAL members will be listed in the roster published to all member families and may be photographed at team functions for public publication.



### **Codes of Conduct**

1. At all club functions, including practice, social gatherings, and meets, we expect each swimmer and his/her parents/guardians to behave in such a way that their actions reflect positively on the club.
2. Sportsmen like behavior and respect for officials, coaches, parents, volunteers, and swimmers are to be maintained at all times.
3. No interference with the progress of or causing harm to another swimmer during practice or at any other swim function is permitted.
4. Damages to person or property are the responsibility of the swimmer and the parents/guardians.
5. Any swimmer who is found to use alcohol, drugs or tobacco is subject to suspension from the club.

Swimmers not complying with the terms of this contract are subject to disciplinary action including, but not limited to suspension of swimming privileges or expulsion from CGAL. By signing the swimmer registration form, swimmers and parents are agreeing to the above terms and conditions and codes of conduct of the Cottage Grove Aqua Lions Swim and Water Polo Club in exchange for the privilege of participating in the activities and swimming program of the Cottage Grove Aqua Lions Swim and Water Polo Club.