

ATOM Training Groups, Pricing & Membership Guide

Which ATOM Training Group is Right for my Athlete(s)?

ELECTRONS

These are our entry level groups. Swimmers MUST be able to swim 25 yards unaided of freestyle and backstroke. Athletes in this group will focus on learning legal breaststroke, butterfly, starts, turns, streamlines, and most importantly we will be HAVING FUN! There are opportunities for competitions with this training group and we welcome any athlete who has a passion to race.

Electrons 1 Designed for the busy family that is only able to practice one day per week.

Electrons 2 Doubles the number of practices from one to two per week, without doubling the price.

Electrons 3 Increases the number of practices from two days per week to three. It helps athletes physically prepare to advance into the Neutron or Proton training groups.

NEUTRONS

Neutrons, is for athletes whose skills have graduated beyond Electrons and can swim a 50 of legal butterfly. Athletes in this group are primarily in grades 3-6, but can include younger/older athletes as well. Neutrons will spend 75% of practices focussing on technique and 25% on conditioning. In this group there is more organic application of technique and stroke drills built into the workouts. A primary focus of this group is to strengthen an athlete's love for the sport of swimming!

Competitions are available for Neutron swimmers and ATOM encourages participation, but participation in swim meets is always up to the parent and athlete(s).

PROTONS

Protons, primarily consists of athletes grades 5-8 and swimmers must be able to legally compete a 200IM (in practice or at a meet). Protons is where we begin to emphasize conditioning and competition more with the athletes. It is in this age group that we focus on improving cardiovascular health by increasing aerobic capacity. Technique and drills are still strongly emphasized but there is a larger focus on conditioning to prepare athletes for our Uranium group. We also begin to introduce athletes to simple dryland exercises to help with body awareness, flexibility, and injury prevention. Even though the workload for this group is increasing, ATOM will always put the love and joy for the sport of swimming above all else.

URANIUM

Uranium athletes may be in Middle school or High school and/or have permission from the head coach to register for this training group. In this group there is a strong focus on conditioning with a good balance of individualized technique work. Athletes are encouraged to compete in USA Swimming sanctioned meets, participate in at least 9 hours of practice per week, and have consistent attendance. Athletes in this group are also expected to do more outside of the pool – such as community service, reading books together as a team & various team building activities.

PLUTONIUM

Similar to Uranium, Plutonium athletes must be in High School (or beyond) and have expressed permission from the Head Coach to register for this group. Swimmers are expected to participate in larger USA Swimming sanctioned meets, have consistent practice attendance, and act as an ATOM ambassador to the community.

ATOM Pricing Breakdown

Electrons (1 practice/wk)	\$50/month				
Electrons (2 practices/wk)	\$90/month				
Electrons (3 practices/wk)	\$110/month				
Neutrons	\$120/month				
Protons	\$130/month				
Uranium	\$150/month				
Plutonium	\$160/month				
USA-S Membership Fees	<table border="0" style="width: 100%;"> <tr> <td style="text-align: center; width: 50%;"><u>Option 1: Premium</u></td> <td style="text-align: center; width: 50%;"><u>Option 2: Flex</u></td> </tr> <tr> <td style="text-align: center;">\$89/yr Paid directly to USAS (\$70 goes to USAS and \$19 goes to IES)</td> <td style="text-align: center;">(12&U athletes ONLY) \$40/yr Paid directly to USAS (\$30 goes to USAS and \$10 goes to IES)</td> </tr> </table>	<u>Option 1: Premium</u>	<u>Option 2: Flex</u>	\$89/yr Paid directly to USAS (\$70 goes to USAS and \$19 goes to IES)	(12&U athletes ONLY) \$40/yr Paid directly to USAS (\$30 goes to USAS and \$10 goes to IES)
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Annual Team Admin Fee	\$25/athlete				
Other Fees	Meet Fees (all additional fees for meets are set by the host team) 3.9% electronic payment fee				
Penalties	\$10 Late Payment Fee \$10 Returned Payment Fee				
Discounts/Reductions	Family: Multi-Swimmer Discount				
1st & 2nd Swimmer(s)	3rd Swimmer - 5% 4th+ Swimmer(s) - 10%				

PAYMENT PROCESS/OPTIONS

All families must have a credit card linked to their Commit family profile. You may choose to use this as your primary payment option but there will be a 3.9% fee added to each transaction. You may also choose to pay via cash or personal check to avoid these additional fees. If this is your preferred payment option then payment(s) need to be received no later than the 10th of the month or your account will automatically be charged and a late fee will be assessed.

ATOM Guide to USA Swimming Membership

PREMIUM MEMEBRSHIP

Year-round membership valid until December 31st of that season.

- Benefits:
 - Year-round participation in USA Swimming sanctioned meets and the ability to qualify and participate in LSC Championships, Sectionals, Zones, Futures, Junior Nationals, National Championships, U.S. Olympic Team Trials – Swimming and the Olympics.
 - Eligible to be selected for the National Junior Team and National Team Development Programs.
 - Eligible to be selected or qualify for USA Swimming national and regional camps.
 - Times are stored in the USA Swimming SWIMS database, allowing athletes to qualify for competitions, monitor improvement, and participate in recognition programs.
 - Eligible to serve on national and local committees.
- Requirements if 18 and over:
 - Annual completion of Athlete Protection Training (APT)
 - Current background check (National Team and National Junior Team athletes)

FLEX MEMBERSHIP

Introductory membership for athletes 12 and under, geared towards practice and participation with any USA Swimming club.

- Includes two (2) sanctioned swim competitions per membership year. Flex members may not compete at or above the LSC Championship meet.
- If an athlete wishes to swim more than two (2) meets per year, the athlete will need to pay the difference to upgrade to a Premium Membership. The difference must be paid before the Flex Membership has expired.

OUTREACH MEMBERSHIP

Many people do not have the discretionary income that they once had for extracurricular activities due to an unforeseen job loss that has adversely impacted income in a negative way. Outreach membership plays a vital role in bridging the gap. USA Swimming outreach membership offers qualified individuals the opportunity to become a USA Swimming year-round athlete member at a reduced fee.

- Please Contact Coach Grow if you have any questions about qualifications for an Outreach Membership.