



South Louisiana Swim Team

Competition Team

2024-2025

- Program Website: www.thedigitalpool.com
- Competition Team Website: www.slst-seahorses.com
- General Email: slst.seahorses@gmail.com
- Administrative requests: slst.office829@gmail.com
- Phone number: 504-256-6554
- Office Hours: Tuesday and Thursday 9:00-12:00pm
- Pool Hours: Monday –Friday 4:00-8:00pm Sat 8-11 am

The **South Louisiana Swim Team** is a comprehensive aquatics program focused on teaching, training, and fostering a love for swimming to all children since 2010. We can teach your child to Swim Safely in our lesson program, develop their stroke technique on our Recreational Team, or prepare them to compete locally, regionally, and nationally on our Competition Team.

Our mission is to teach swimming in safe, diverse, joyful and goal-oriented environment by coaching athletes to be their best selves in and out of the pool.

Our vision is to enhance the SLST swimming environment by acquiring facilities to create space for growth in performance, members and satisfaction.

Core Objectives

- Empowerment
- Leadership
- Collaboration
- Passion
- Performance
- Grit

2024-2025 Staff

Kier Braendel: slst.seahorses@gmail.com CEO, Head Junior team coach, program manager

Sean McGuire: coachsean.slst@gmail.com Head Senior Coach, program assistant

Laura Fox: lefox2006@gmail.com Competition Team Lead assistant: All groups and program assistant.

Layla Hinchman: slst.office829@gmail.com Head Prep team Coach, assistant Little Waves Coach, Recreational team director + swim lesson instructor assistant coordinator

Paige Williams: pwilliamsss4@yahoo.com Social Media Coordinator, Assistant Junior and Senior team Coach and recreational team sub

Kaci McGuire: Assistant Prep team coach, Little Waves Coach + Recreational team substitute

Katie McGuire: Lifeguard Instructor + safety coordinator

Emily Quant: Swim lesson instructor and recreational team coach

Mason Tankersley: Swim lesson instructor and recreational team coach

Bridget Stillman Swim lesson instructor and recreational team coach

Alayna Fulgham-Clay Swim lesson instructor and recreational team coach

Nathan Nuack Swim lesson instructor and recreational team coach

Kody Cancellla Swim lesson instructor and recreational team coach

Timmy Kim Swim lesson instructor and recreational team coach

Team Policies

Training Facilities

- **Crescent City Christian School:** 4828 Utica St. Metairie, La 70001
- **UNO Lakefront Arena**—during the Long Course season only

Training Groups

Little Waves- Our newest competition team group. Our Little Waves swimmers are our youngest athletes who are ready to step in to our competitive track, but are still at the age where participating in multiple sports are of value to physical development. Practices are held twice per week, once with our recreational team and once with our Prep team. Little waves swimmers can swim a 25fr and 25bk without assistance and be nearly legal in breaststroke and butterfly. The focus of the group is on technical stroke fluidity, effort and attitude. Swimmers are also learning how to receive feedback and be coached with a stronger emphasis on technique and racing. These swimmers have a desire to move through our program to its highest levels. Swimmers should be able to swim 8 x 25fr on 1:00 and 8 x 25 bk on 1:00. Swimmers also need to be comfortable trying new skills, learning to dive off of the blocks and attempt flip turns while learning in a group setting. Swimmers in this group are required to compete in a minimum of 2 meets per season and can be intrasquad, AAU or USA Swimming meets. ***Minimum Expectations upon moving to the next group:** 4 x 50 Fr 1:15, 4 x 50 back 1:30 and complete a legal 100IM. Must understand our group warmup and show social and emotional readiness.

Preparatory Competition Team (Prep Team). Our Prep team is the second level of our competition team group. The purpose of this group is just as it sounds. The focus of this group is enhancing swimming ability through constant technical focus and introduction to all the varied concepts of competitive swimming every week. Times, distance, and intervals are introduced but not the focus. The goal is to have a well- trained efficient swimmer that are working to achieve state qualifying times while being prepared to move into our Junior team. Specifically, Prep Team swimmers must be able to swim all 4 strokes legally with a focus on competing a 200yd free and 200-yard IM successfully. Swimmers in this group are also required to compete in a minimum of 2 USA swimming meets per season. Additionally, swimmers need to be willing to learn, capable of understanding terms such as pace, and interval and know the basic swim events. They also need to compete in their season-ending championship meet. Decisions on moving into this group or from this group are based on

physical readiness, technical readiness, and social/emotional readiness. Practice is offered 3 times per week depending on location. Practice minimum is two days per week or one day if a multi-sport athlete. ***Minimum Expectations upon moving to the next group:** Swim a minimal pace Junior set without stopping, ex.: 6x 50s free on :50 intervals. Be able to swim a 200IM legally and 3 x 200 Fr with :20 rest between each swim.. Must know how to do a flip turn and must know the concepts of pace, intervals and have basic knowledge of the pace clock. Has achieved an IMR score. Additionally, swimmers must be respectful to their coaches and respectful to their teammates in a group setting in that they are no discipline issues when moving to the Junior group. Swimmers must also be able to complete the entire practice on a regular basis without complaining, needing assistance or obvious signs of fatigue (sloppy strokes .etc.)

Prep Plus—Prep Plus swimmers are some of our most excited, motivated, and eager swimmers to teach. Swimmers in this group continue to work on fundamentals but learn more drills, increase yardage, and focus more of practice on intervals. Tand is designed for our more advanced prep team swimmers to cross over and swim with our Junior team once per week. We created this group to make the transition between groups smoother and to offer more to the athletes who are close to moving. ***Minimum expectations up moving from Prep Plus to Junior.** Has at least 1 or more state qualifying times, has competed a 200fr and 200IM legally. Can swim a test set of 5 x 100Fr 1: 45 and 3 x 200 Fr 3:30 and has an IMR score of 2000 or higher.

Junior Team- Our Junior team is a more developed swimmer in skill set and maturity. The primary focus is to qualify for the state championships and work towards Age Group Sectional meets. Junior swimmer training is more complex than the lower levels of our team and builds upon the base created in the Swim lessons, Sea babies, and Prep team training groups. Our Junior group has a bell curve of swimmers from age 10 to age 14 and swimmers have achieved time standards of BB to AAAA. One of the main goals of this training group is to produce independent learners, swimmers, and leaders on our team. Our 11-14 swimmers in this group must see and feel success and understand what it means to lead by example before they transition onto our Senior team. Swimmers focus on aerobic development and compete in events that are 100s and 200s of stroke as well as the 500fr. Swimmers must attend a minimum of 4 meets per season (August- March/March-August) in this group. Swimmers are expected to swim a minimum of 3 days a week, with 4 recommended. Success at meets is aligned with attendance and consistency of practice. ***Minimum Expectations to be selected to Junior Plus** Swimmers selected to be a part of the Junior Plus group include factors such as which season-ending meet your child will attend as well as commitment and participation in the previous season including social and emotional development. Swimmers meet performance, age, practice commitment, practice performance, and time standards are all taken into consideration. 13-14-year-olds must have at least two state qualifying times to move up and 15 and overs must have a BB time in one or more events. Swimmers must also be able to hold an endurance pace set repeatedly for a minimum of 6 months of the following: 5 x 100fr on 1:30, 3 x 200fr 1:30 and be able to complete a 400IM. In addition, to move, swimmers must know all pace intervals and all stroke drills when recalled. Social, emotional, and developmentally appropriate growth and maturity are also taken into

consideration as the top-level swimmers in the next group are in high school. We also take into consideration space, upcoming graduates, number of expected years in the training group and more in deciding which group to move in to. In transition from Junior to Senior groups, the child's best interest is always a priority and the coaches' discretion is the ultimate guide.

Junior Plus—Our Junior plus athletes have shown readiness to move on to the Senior team group. These athletes can swim with the Senior team at least once per week to ensure a smooth transition. Athletes must have a strong commitment to the sport with concrete goals for their swimming progress. Athletes must be willing to intentionally work and get faster at each practice and have knowledge of their times/pacing. Swimmers . Swimmers in the Junior plus training group must be able to complete 5 x 100fr 1:20, 3 x 200fr 2:40, compete a 200 of each stroke and a 800, 1000 or 1500 at a swim meet.

Senior Team- Our Senior team is the current top training group of the team. Swimmers must have achieved the expectations of the Junior group to move to this level. Senior swimmers must also exhibit a high level of maturity, work ethic, positive attitude, and commitment to the group, truly exemplifying a leader in all capacities. Our top swimmers are training to get accepted into College Swimming programs and also attend high-level competitions. While these are the ultimate levels of success in our Senior Team, we understand that not everyone is at the same level. Therefore, swimmers in this group **MUST** be respectful of all levels of athletes and not cause a disruption in training or focus during practice so all swimmers can reach their goals. During high school swim season, Senior swimmers must compete in at least 1 SLST team meet. Swimmers are expected to attend at least 4 practices a week, with 5 being recommended

***Group expectations upon completing tenure with the program:** State qualifying time, goals for swimming with a purpose, actively working to achieve highest potential in swimming for the season (State, Sectionals, Juniors, Seniors or College swimming). Upon graduating from SLST, we intend for your child to have a love of swimming that goes beyond the pool and times. And, be prepared for collegiate or professional swimming, if the swimmer chooses.

High Performance training group: This group's goal is to have our top achieving athletes swim together to work on different skills and concepts to have them ready for out of state competition. The goal for each swimmer is to achieve a higher-level qualifying time or be competitive at the meet they attend. The practice day works in tandem with our regular practice and, if accepting enrollment, will be required to practice with their regular training group a minimum of 4 times per week and on Saturdays. This group is not exclusionary, but motivational. It is also to enhance the work already being done in daily practice.

Qualifications for being selected to the practice group are based on the season before.

- Must have achieved at least one Texas Sectional Qualifying Or 3 Age Group Sectional Qualifying times
- Achieved a Zone automatic qualifying time
- Must attend the qualifying meet in the upcoming year, if aged out of the qualifying age group—goal is achieving the next age group time this season.
- Must compete in the State Championships in both Short and Long Course

- Must compete in at least one prelim/final meet each season that is not a Championship meet—if offered by our team
- Must complete and IMX score each season. Exception: If events were not offered for the season, which sometimes occurs in the LC season.

Strength and Conditioning

Developing strength and being conditioned athletes is essential to being the best swimmer you can be.

Our Senior swimmers will be doing strength and conditioning in and out of the weight room 3 times per week. They will also be doing stretching and core workouts 2-3 times per week. There is an additional fee of \$17/ mo. to join in the weight room and a commitment/behavior form must be turned in.

Our Prep team and Junior team swimmers will be participating in various forms of exercises before practices on select days and will be advised to complete workouts at home. We have previously partnered with Cross fit Gris Gris for weekend workouts, but are having scheduling issues in continuing to implement that program. We will be working with our swimmers at practice with at home recommended workouts, as needed to fill in any gaps. If this program or something similar is added, we will let you know.

College recruiter monthly consults

- Add-on fee for eligible athletes, must be approved by SLST Senior Coaches
- Cost :\$27/ month with the option for monthly check-ins and guidance

Conduct of Practice:

SLST's teaching methods are based on the USA Swimming Athlete Development model (ADM). We don't teach only to make your swimmer fast; we also develop and coach the whole child. USA Swimming ADM includes 4 main areas of growth

- Confidence
- Connection
- Character
- Competence

Each of these areas need to be fully developed to become a graduate of the sport.

Each training group's practice formats will alter from day to day and week to week depending on the goal of that season and where we are at in training. In addition, different skills within the 4 Competencies of USA swimming ADM are woven throughout workouts based on the appropriate skill level.

Competitions

Most of our meets are held in Metairie, New Orleans, and Baton

Rouge. We sometimes travel to Biloxi, Slidell, Sulphur, Texas, Florida, Georgia, North Carolina, Tennessee, or Alabama. You will get a copy of our meet schedule in late August after the meet calendar is set at the annual LSI coaches meeting. You are not required to attend every meet, but there are meet minimums per training group.

- Little Waves 2 per season, one can be an intrasquad
- Prep team: 2 per season + any Championship meet qualified for
- Junior team: 3 per season + any Championship meet qualified for
- Senior team: 4 per season + any Championship meet qualified for

Athletes qualified for State/Sectional/Winter Juniors and above

- If a swimmer competing with our Competition Team that qualifies for the State Championship does not participate, they will be removed from the group and sent to the Recreational Team for the remainder of the swim season. Eligibility to the Competition team for the following season will be taken on a case-by-case basis.
- If a swimmer competes at the State Championships and earns a spot in the Top 16 (Consolation or Finals), they are required to compete in those events.
- If a swimmer qualifies and competes at the State Meet, they are required to compete on relays. If they choose not to compete on a relay, they cannot swim in their individual events. This is the TEAM part of our State Championships
- If a swimmer qualifies for a higher-level meet outside of the State Championships, prior to the start of the season that our team is attending, they are required to go.

If you have a conflict or question about whether a meeting is appropriate for your child, just ask! Important meet information will be sent out prior to the meet date 1-2 weeks in advance depending on the meet host). Always read the meet invitation, which is posted on the EVENT page when the meet is listed. The meet invitation gives you specific information such as warm-up times, events offered and location. Closer to the start of the meet, after entries are due, our team will receive specifics or changes and those will be sent to you. I'm a planner too, so these will be sent as early as possible.

Coaching staff present at meets: We designate a set number of coaches based on entries and try to match up coaches along with their training group. But

logistically and financially, we cannot have every coach attend every single swim meet. Therefore, it is the best possible mix of coaches based on availability and need.

Meet protocol: Each meet is run differently, and specific details will be sent to you when we receive it from the host team. This is typically one to two days before a meet and when we receive heat sheets and warmup times. Swimmers are required to participate in warmups and should arrive 10min before they start. Any disagreements with disqualifications or entry events should be discussed with your child's coach. If they are not there, then the coach in charge.

Host teams are now separating athletes and coaches from parents and parents. Specific designated seating/viewing areas will be released as they are received.

Meet registration: Is processed through our competition team website at

www.slst-seahorses.com. When meet information is posted, you will be notified via email through your online account that an EVENT is scheduled. You register by clicking on the EVENTS tab on our website's homepage and scrolling down to the Meet or Event you are looking for. You choose "Yes, will attend" or "No, will not attend". If you choose that you will attend, you may have the option to choose your events if your coach allows. If so, once your events are approved, you will be automatically entered in the meet. After the meet entries are closed you will not be able to enter, scratch or change events. It is okay if you change your decision prior to the "closed" date.

Entry deadlines: All meet entry deadlines are prior to the start of the meet. They are at a minimum due to the host team the Friday the week prior to the meet, some even before. The meet entry deadline is listed on the Registration page for the Swim Meet Event. Entries are closed on the date and time listed. If you request to enter after the deadline, I will not enter your swimmer.

Canceling from meets: If you cancel after the due date, the team can't remove your child from the meet. Regardless of whether you attend, your account is charged the meet fees. No exceptions. Once entries are turned in to the host team, hours of administrative work have been done to make sure they are correct. After the deadline, the process is complete. Changing anything requires tedious and time-consuming work as opposed to a streamlined process. It also puts the burden of hand entering swimmers after their close date. Therefore, meet fees will be charged.

Meet fees: These will be charged to your account on the day before the meet starts. If you do not have a card on file, you will have to venmo or paypal the fee electronically. No cash or checks for meet fees.

Venmo: @la-slst

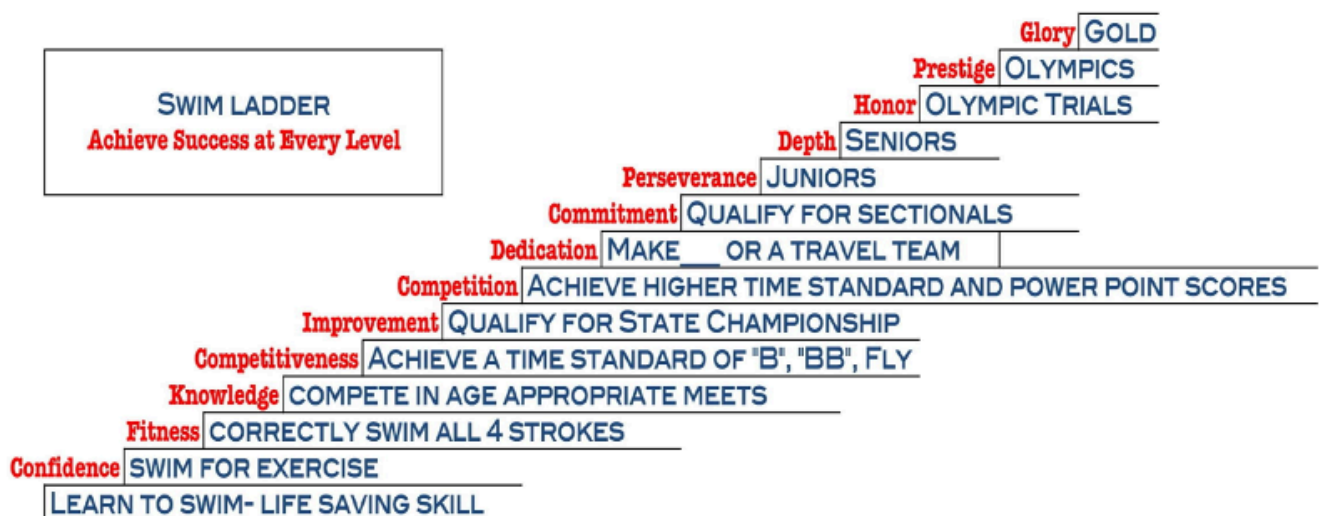
Paypal: slst.seahorses@gmail.com

Meet fees:

- Typically, \$35-\$60 per swimmer based on the number of events you swim and what the host team charges.
 - SLST adds on top of what the host team charges, \$1.00 per individual entry fee.
 - Travel fees
- o \$15 per swimmer for any meet 50 miles or more away
 - o \$50 per swimmer for any Sectional level or higher

Team Performance Goals for our team

Below is our team swim ladder, which outlines the necessary steps to move forward to any level of swimming your child desires. Our goal is for everyone to reach their highest potential and have multiple swimmers get to the TOP. We use time standards as a base for our competitive team and favor times over placements. When competing, places matters pretty much only for the team competition portion of the Championship meets. It is fun and exciting for our team to do well as a whole. But, if each individual child is pushing himself/herself to reach their highest potential while including their teammates, we will reach all team goals with ease.



Competition Age: The age of your child the first day of the meet

Time Standards in order of easiest to hardest to achieve * all of these are updated when new standards come out.

Age Group Motivational Time Standards: B, BB, A, AA, AAA, AAAA are the levels of time standards. Change every 4-6 years. There is overlap with some of these times and meet qualifying times.

State Qualifying times: Somewhat aligned with A times, but also determined by the last years swimmer's performance. Change every 2 years.

Age Group Sectional Qualifying times: Aligned with AA time standards, but set by the Eastern Section of the Southern Zone and changes each year.

Sectional Time Standards: Varying levels of these meets, but similar to AAA-AAAA time standards

Futures: A stepping stone meet between Sectionals and Junior Nationals.

Junior National Qualifying times: Beyond the AAAA time standards

Senior National Qualifying times: Top 10% of swimmers in the country achieve these time standards

Olympic Trials Top 5% of swimmers in the country achieve these time standards **Olympics:** Top 2 finisher in most events. Top 4 or 8 in select freestyle events.

*Swimmers under the age of 8 can qualify for the State Championships, but are automatically able to participate in their season ending Championship

Communication:


From the team

- Primarily via email through the Commit Swimming website. If your account is active, they are sent to you. Make sure our emails aren't in your SPAM folder and that your correct email is listed on your account.
- Also on our Facebook page: www.facebook.com/sltseahorses.com



o And Instagram page

- We have a private South Louisiana Swim Team group on Facebook. Parents can ask each other questions on here too.
- Updates to schedules and pertinent information in a weekly newsletter sent typically on a Monday. Might come earlier or later depending on meet travel schedule
- Meet sign up is alerted to you via email
- Text alerts are sent if your phone number is activated on your account, if last minute information or reminders need to be sent out.
- We post all schedules, events and news on our website
- We also communicate events and last minute alerts on our Facebook page

Group Me

o Senior Athletes--  SLST Seniors

o Junior athletes and parents--  SLST Junior team

o Prep team + Little Wave parents-- Join here:  SLST prep team and Little 

To the Team

- General questions can be made in your child's training group, Group ME. You can also individually message a coach or swim parent through Group ME as well.

- You can also call or text the team at 504-256-6554. Between 10 am and 3pm are the best times to reach us! We do receive a lot of communication and prefer to respond via Group Me or Email. This is the team cell phone. Coaches do not hand out their personal cell phones due to some parents blurred boundaries of contact. If a coach does share their personal number, please do not expect a response during a swim meet, late in the evening, on the weekend or at a meet. Please do your best to communicate through our team channels.
- When emailing, email us directly, do NOT reply to a Commit swimming email, I don't get them. It will be returned within 48hrs-72hrs depending on the time of year.

Tuition and Fees: SLST's Competition team is a year-round swim program which, charges tuition monthly, quarterly, bi-annually or annually. We accept all registration and payments online through our competition team website at www.slst-seahorses.com via commit swimming and STRIPE

- All accounts must have a method of payment set up on accounts. A credit card which is auto-drafted does have STRIPE fees added on to our charged tuition as part of their processing service.
 - You can also pay via ACH/Check, which is a lower fee.
 - Venmo to @LA-SLST as long as it is sent in by the 5th of the month. If I have to request tuition or meet fees for more than two months in a row, this payment option will be canceled.
 - Checks mailed to 3113 Cadiz St. New Orleans, La 70125 by the 5th of the month.
- Auto-drafted and Member Submitted payments are **not** refunded. If there is an exception to this, the refund includes a 15% cc processing fee and \$25 deduction.
- Any payment submitted as a one-time payment online is charged 2.5% cc processing fee.
- Late payments, after the 5th of the month, are charged a \$15 late fee
- We offer a 10% discount for the second child of a family and charge only \$30 per month for any child thereafter, in our competition team groups. All registered checking accounts and credit/debit accounts linked to your account will be charged monthly tuition and meet fees (if applicable) **on the 1st of each month at midnight**. All payments not on automatic draft must be paid by the 5th of the month or a \$15 late fee applies. The fee schedule is below.

Your membership can be put on hold for any reason for up to 2 months per calendar year, as long as you notify Head Coach Kier Braendel at least one week before the first of the month. The on-hold tuition fee is \$30 per month per child and must be paid by the 5th of the month or a late fee will be charged. For the on-hold tuition to go in to affect you must notify me in advance. If you pay your on-hold tuition fee you are able to activate your membership at any time at no cost. If you do not pay your on-hold tuition fee you will be charged the on hold tuition balance plus the Team Membership fee (\$175.00) plus one month's tuition (this is applied to your first month back with us) to your account before you can return to practice. ***You must notify me 1 week prior to the month you would like your membership to be on hold. Anytime after that your account will be adjusted for the following month. This must be done IN WRITING via email, text or letter and will start for the following month.***

Canceling your membership

If you would like to cancel your membership, you can do so at any time throughout the year. You must cancel via email with our drop form, which can be found on the website or by request. Not showing up to class is not considered cancellation. Notification must be given by the 24th of the month for your account to be canceled for the following month, pending no outstanding meet fees. Or, any account changes after the 24th of the month will be applied to the month following. **Example:** You cancel March 23rd and do not have any outstanding meet fees, your tuition payments will be canceled as of April 1st. or You cancel on March 31st, you will be charged for tuition for the month of April and your account will be canceled as of April 30th. If you do not swim from April 1st-April 7th and decide to cancel on April 7th, you are responsible for April tuition and your account will be canceled April 30th. There are NO refunds to prepaid tuition, USA Swimming fees and the Yearly team fee.

month. Outside of this I focus on other equally important areas of the team.

TUITION AND FEES

- **Team Membership Fee:** Upon registration families become a member of SLST at a yearly rate of \$175 for the first child and \$25 per each additional child. New and returning members are charged this fee in September annually. If you join throughout the year, it is charged the first month you make a payment. It is non-refundable. This rate does become reduced when joining later in the season (MAY).
- **USA-S Membership fee:** This fee is \$90 for the 2024-2025 swim year and paid directly to USA Swimming via the USA Swimming website.
- **Transfer fee:** This fee is \$44 and charged if your child has previously been attached to another Louisiana or USA-Swimming team prior to joining SLST. This is in addition to the USA-Swimming fee if re-registering and a one-time fee. If you are already registered for the year, then it is just the \$50 transfer.
- **AAU annual membership:** \$20 per year with our affiliate team. Enables more variable competition opportunities, extra insurance and training for our staff.
- **Weights:** \$17/mo and must sign an agreement or opt out

Tuition Rates for the 2024-2025 Swim year 9/1-08/31

Tuition	Yearly (10%)	½ year (5%)	Quarterly (3%)	Monthly
Senior Team	1350	712.5	363.75	125
Junior Plus	1296	684	349.2	120
Junior Team	1242	655.5	335	115
Prep Plus	1188	627	320	110
Prep Team	1134	598.50	305.55	105
Little Waves	1080	570	291	100
Rec classes 1 day	N/A	N/A	N/A	75
Rec classes 2 days	N/A	N/A	N/A	135
Rec classes 3 days	N/A	N/A	N/S	202
Swim Less- one day	N/A	N/A	N/A	150
Swim Less- two day	N/A	N/A	N/A	285
Adult Swim	N/A	N/A	N/A	\$25/\$20SLS T parent

Equipment + Apparel

Our team opens a store annually at the end of August/beginning in September for a yearly apparel order. All orders are custom and we hold limited stock. This year we opened a store through swimoutlet.com that will offer shorts, sweatpants, mens shorts and PARKAS that you can get personalized. You can also find equipment needed for your child's training group as well as practice suits.

A) **N.O.Vative printing.** They open an online store for us in late August/early September and handle all orders, payments, and sorting. T-shirts, shorts, hats, sweatshirts, tanks and pullovers

C) **Swim Outlet Store** all practice suits, team suits + equipment used can be found here. You can scan the QR code below. This store is open year round.



Team Caps

Each Competition team swimmer receives one silicon cap for the year with their registration. You can add more caps and personalization to this also. High-performance team athletes get two caps, in a different style, with their names on them. If your child is allergic to silicon and needs latex, please let us know. We order a limited amount of latex since it is not a popular style.

Our team caps are purchased through Coach Kier and are \$10.00 for latex and \$20.00 for silicon. We will be ordering caps with the option of adding the last name this year for an extra \$4.00 per cap (minimum of 2 per style). We only order personalized caps once per year in late August/early September. We do keep non-personalized caps on hand throughout the year and charge \$20 cap if you need an additional one.

Equipment--all equipment can be found on our Swim Outlet store so you can choose the correct item

- **Senior Team:** Required: fins + snorkel, stretch band. Optional (we have in stock): buoy, kickboard, paddles
- **Junior Team and Prep Plus:** Required: FINS + Snorkel. Optional (we have in stock): buoy, paddles, kickboard
- **Prep Team:** Required: FINS. Optional (we have in stock): Buoy, kickboard
- **Little Waves:** Required: FINS. Optional (we have in stock) Kickboard

Team Gifts:

Each Competition team swimmer receives training group gift in the fall. This will be a gift a group of athletes receives when the move training groups. Since we are starting this in 2023 each member of the training group will receive one. These will be handed out in October when apparel orders are completed.

- Little Waves --bag tag
- Prep team: Water bottle with SLST Logo
- Junior Team: Lunch bag
- Senior Team: Equipment bag in Navy with SLST logo

Fundraising: Our competition team holds one fundraiser each year. It is a USA Swimming sponsored event called a Swim A Thon. What do you do? Swimmers swim up to 200 laps in 2 hours and receive pledges from families and friends for their swim. We also sell t-shirts and products inline with our annual theme. Additionally, we sell raffle tickets for a 50/50 raffle. All pledges, 50% of the raffle tickets sold and a portion of the products purchased goes towards your annual fundraising obligation. Most of the fiscally strong and active swim programs that send athletes to a wide range of meets have a fundraising obligation. Competition team athletes are expected to fundraise or opt out in one of the ways below, regardless of whether you swim the event. Swimmers who opt out of the fundraising can still swim in the event. If you would like to help with the planning and implementation of this fundraiser, please let us know!

- · Individuals \$250
- · Family \$400

Can participate 3 ways:

- · Opt-out and tuition increases from September -May
 - o Individual \$22.72
 - o Family \$40.90
- **Break up into two payments**
 - o Individual: January \$125 + May \$125
 - o Family: January: \$200 and May \$200
- **PARTICIPATE + EARN money for your swim account.**
 - o Any amount you receive will go to your obligation up to \$400. Any amount collected beyond that 80% gets credited to your swim account.
 - o If the obligation is not met, then the difference will be charged in June.
 - o Individuals only need to fundraise \$250 to meet their obligation but need to raise more than \$400 to earn 80% back

Miscellaneous policies and procedures

Facility Closures

In the case that a facility is closed due to inclement weather or maintenance, we will notify you of a canceled class via email and Group Me. If the closure lasts more than 7 practice days we will implement a plan to add practices to our schedule. If closures are less than we will not make them up.

Hurricane Policy

In the event of a hurricane, if the facility is closed due to safety and either a voluntary or mandatory evacuation is announced by Jefferson Parish (the

parish of our facilities) we will cancel classes. These will not be made up and tuition will be charged.

In the event of an evacuation/lack of practice for more than 7 days, we will coordinate opportunities for athletes to practice with neighboring clubs where you are located or within the city.

If there is a hurricane that puts us out of training for more than 6 weeks and practice options are not available at any alternative site, we will reduce tuition to \$30 per athlete, our on hold rate, for the duration of the time period until we are able to practice on site again. Families who paid in full will not receive a credit or refund.

Extraordinary event policy

If we are required to cancel practice due to an extraordinary event such as a pandemic, we will continue to charge tuition for up to 6 weeks. Then, we will drop tuition to our on-hold rate until we can reconvene at some capacity. Families who paid in full will not receive a refund.

Discipline Policy

Our swimmers are great people, but when groups of friends get together outside of school, things can happen. Here is how we approach discipline on our team.

Here are areas where we will implement our discipline policy.

- Physical altercations between teammates or towards coaches
- Using verbal threats or discriminatory language
- Using sexual innuendos or inappropriate language to a teammate
- Disrespecting a coach when giving instructions during a practice

First time:

- Time and space outside of practice with an opportunity to communicate with coach before getting back in. Can be 1-10min depending on age and situation

Second time:

- Parental call, removal from practice for the day

Third time:

- parental call, suspended from practice for a week

Fourth time:

- parental call + removal from program

All athletes have to read and commit to the USA Swimming and our team's Minor Abuse policies each year. Those are listed separately and reviewed by staff with swimmers.

Our team is expected to become Safe Sport Certified this year as well.

Injury protocol

Swimming is a demanding sport, athletes will get sore, feel uncomfortable and will be pushed beyond their personal boundaries. It is our staff's job to push past limitation while also maintaining the physical and emotional health of our swimmers. And, Although we focus on injury prevention by including stretching and strength and conditioning, bandwork --injuries can occur.

If your child skips laps, sits out of work outs and/or repeatedly complains of a physical issues, we will contact you if it happens:

- Daily for a week
- intermittently over the course of a month.

We will recommend a visit to an orthopedist, physical therapist and or chiropractor to get evaluated and will modify workouts to the injured area until a diagnosis is made, patient is cleared or training plan has been developed.

If your swimmers is diagnosed with an injury

- Send us the doctors note and recovery plan
- Send your swimmer to do modified workouts, if able
- Communicate with your child's coach regarding doctor's orders

Volunteering:

Competitive swimming is a sport like none other and depends on parental support in order to function. We have many different roles where you can fit in to volunteer.

This year we are starting parent/coach-led committees. We hope that these will help to allow parents who want to be more involved to do so and to connect parents to coaches while supporting the team.

Areas where we can use parental leadership

- A) Publicity
- B) Fundraising
- C) Diversity and Inclusion
- D) Time standards, Team Records, Awards
- E) Officials
- F) Volunteers (Timing, Apparel, Chaperones, etc.)
- G) Social

Volunteer required roles

We need parent volunteers in several ways, but two are the most important: Timers and Officials. We need Timers and Officials at each meet whether it is an Intrasquad, Small or Large meet. **The only volunteer requirement we have is to time at swim meets.** All other areas are based on whether you would like to or are able to support the team in different ways.

Timing

We are assigned timers based on the number of swimmers entered in the meet. Therefore, plan on timing at least once at each meet. If you have more than one child, plan to time twice. Occasionally, there are situations where you may not be able to time, just let me know and I will not fill you in to an assignment.

The Process: I will set up a sign-up list through Signup Genius. You are sent a link to follow and will have to set up an account if you don't already have one. The signup will list shifts (a range of event number) with required shifts listed by day and session. If you do not sign up in advance a preferred time, I will fill in all remaining participants the morning of the meet to fill in all assignments.

Randomly, I will select timers who have timed to be put in a raffle for a team gift or gift card as a THANK YOU for timing.

Officiating each team is required to produce volunteer officials to represent their team during swim meets. We encourage certification as a way to become more

involved with the organization and to learn more about the sport. WE ARE IN NEED

OF 1-2 MORE STROKE JUDGES BASED ON THE SIZE OF OUR TEAM

Public Relations

As our team competes and succeeds our children will receive the recognition they deserve. Press releases will be sent to the newspaper periodically to showcase team success. If you do not wish to have your child in any publications or online, please let us know. If you would like to be my go to person to get our swimmers recognized locally in newspapers or online—please let me know!

Team Social Activities

We try to do at least two social activities each swim season and welcome any suggestions. This includes pool parties, movie dates, holiday parties and more. Parents are more than welcome to offer, initiate or plan social events. I only ask that me or a coach is included, that it is an inclusive event (by practice group or age range) and age appropriate.

Other areas of importance to our team

Health and Nutrition

All of our coaches are passionate about healthy lifestyles including nutrition. Please make sure your child has a healthy snack before coming to practice. Also, please make sure your child brings water or rehydrating beverage to practice. I believe what you put in your body has a direct effect on what you think, feel and can do.

SODAS and CAFFEINATED Beverages are NOT ALLOWED during practice times.

If you need suggestion on healthy snacks/drinks I can provide you with suggestions.

Fruits and Vegetables are always welcome 😊

group seminars as needed to ensure safe sport guidelines are understood

Parent education

Mental Health

It is our job as coaches to recognize signs of stress and indicators of a mental health issue in a swimmer. A part of the certification process in becoming an AAU coach is getting certified by the Positive Coaching Alliance. Our team coaches your child through the lens of being a human being before an athlete and will work together with families if swimmers are having issues in the pool, outside of the pool or in general.

Multi-Sport/Multi- Active athletes and School

We have set up our program so our athletes, especially our 12 and under swimmers, can participate in more than one sport or activity. We encourage it because we would prefer well-rounded athletes who when they choose to commit to swimming at an older age have no doubts. We only ask that you are realistic about your expectations for your child in and out of the pool when they are involved in multiple activities. Kids mature and grow after they adapt to stress. So, when they are stressed (not all stress is negative think balancing swim, soccer, piano while in honors at school)—things may not look pretty, but when they adapt that's when we see gains. All Children are different, and their stress-to-adaptation ratio is different lengths of time. We, as coaches, see this when swimmers move training groups, get taller, are balancing a difficult academic year or are having an emotional issue at home or school. Just know, that through consistency and commitment, they will adapt and be better.

Understanding this process will help you a lot as a parent in stressing about your swimmer's performance. For our 13 and older swimmers, to achieve high levels of success it takes more commitment and social sacrifice. At these ages, if your child continues with multiple activities and sports, this is also okay—but they should not be compared to the swimmer who is only swimming. It is unrealistic. **Unrealistic expectations put on swimmers and coaches when consistent commitment is not there only leads to disappointment. Best plan is to make goals for the sport and then discuss what is needed and how we can reach those goals together as a team of athletes, parents and coaches.**

By joining SLST, it is understood that we operate from the tenants of this handbook.