



Copley Aquatics, LLC
2024-25
www.copleyaquatics.com

Welcome!

We are a USA Swimming sanctioned competitive age group swim team. We swim year-round at our home pool, Copley High School's Simmons Natatorium. Our values align with those of USA Swimming.

Our Vision: To inspire and enable our members to achieve excellence in the sport of swimming and in life.

Our Season

Swimming is a year round sport! We do take breaks throughout the year, however, you can think of swim season like school seasons. We take a break in August and March. The season begins in September and goes into the beginning of Spring (short-course season). We will take two weeks off in the Spring then resume with our stroke clinic and regular practices throughout summer.(long course season) We post monthly calendars on the Commit Swimming team website. You can view the USA Swimming schedule for our region at www.lakeerieswimming.com

Registration

To start, we do an evaluation for each swimmer or may invite them to a practice so we can help place your swimmer in the correct group. The coach will help you complete team registration for the group.

USA Swimming registration can be completed before the group evaluations. All team members must register and keep current with USA Swimming as a Premium member to not only swim in USA Swimming sanctioned meets but also to be covered by our insurance.

Please use this link to register:

<https://omr.usaswimming.org/omr/welcome/F0888C16D05642>

New members need to use the "Add a New Member" option (same link as above) to add a new member. *Go past the Add Family Member* option to find it. Parents are not required to register. The add a new member button will ask you to register a child or yourself. Directions can be found here: [USA Swimming](#) You will select "Premium" Or Full- Price Membership. Once you are a USA Swimming member please send an email to admin@copleyaquatics.com to be added to our team management software, Commit Swimming.

Tuition

You will enter your information directly into the website once you are added by the administrator. When initially joining the team, your first tuition payment will include our club admin fee of \$150 and your first monthly payment. Your admin fee is only paid once and when you initially join the team.

Monthly tuition must be made by the first of each month. If you join during the month, your first payment will be prorated.

Tuition payments and USA Registration fees are *non-refundable*.

Please inquire about a multi-swimmer family discount.



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Equipment & Team Apparel:

Each swimmer is given a welcome swag bag to include 2 caps, a team tee and car decal. Your child should have a competitive team suit to practice in (one piece) for girls and a jammer or brief for boys. Baggy shorts or two-piece suits are not acceptable. Goggles and swim caps are also required. Caps protect the hair and keep hair out of the way. Each swimmer will be given two team caps: 1 CAQ logo navy latex cap at registration and a white silicone logo cap for meets. Please do not wear your meet caps for practice. Swimmers should have a back-up of both in their swim bags. Kick-boards, pull buoys, fins and hand paddles are available for team use at the pool but may be limited in sizes.

*Additional team caps can be purchased for \$5; please ask a coach for these.

We are affiliated with [Swim Outlet](#) and have the opportunity to earn a team commission with sales through our link. Even when you add other items, if you use the link to shop we can earn credits which can be redeemed for team equipment, caps, etc.

Suits and equipment : <https://www.swimoutlet.com/collections/caq/>

Competition:

Our meet schedule will be listed on our website and app through Commit Swimming. When we register for meets, the team pays all the entry fees up front to the host team and you will be invoiced for your swimmer's individual fees. The meet packet will be shared with each swimmer registered for a meet and contains vital information on fees, start times, parking, etc. as they vary from event to event.

We also occasionally host and compete in a developmental league meet which is great for younger swimmers. These meets are required for level 1-2 swimmers and optional for all levels. The meets provide a fun atmosphere and help sharpen the skills of our swimmers. At the meets, the kids sit as a team with coaches and cheer each other on. Swimmers wear the "uniform" of team suit, cap and team apparel during any meet, home or away.



Training Groups

Level 1

This group is designed for the beginning swimmer who is ready to move into competitive swim team. Swimmers must be able to complete 25 yds of freestyle and backstroke during an evaluation.

Practices will emphasize instruction of competitive swimming language, swim etiquette, and practice expectations of all four strokes through drills and fun water activities. Proper stretching, diving, competitive starts and turns will be taught. We offer Rec League meets within our USA Swimming Community and host one at our pool once a quarter. These are required for level 1 swimmers. Suggested Age Range: 6-9 year olds

Schedule/Frequency: Level 1 practices 2x's a week. Tuition: \$80

Level 2

This group is designed for the emerging competitive swimmer that has the knowledge and ability to compete in 25-50 yards of each of the four competitive strokes.

Practices will emphasize instruction on all four strokes through drills. This group continues with teaching all four strokes and will consist of a small amount of interval training and endurance work. Suggested Age Range: 7-10 year olds

Schedule/Frequency: Level 2 practice is 3 x's weekly Participation in our Rec meets is required and USA Swimming sanctioned meets are strongly encouraged. Tuition: \$90

Level 3

This group levels up in commitment and competition. Practices emphasize competitive stroke technique, starts and turns and an understanding of the race strategy. There is increased focus on conditioning and endurance work including stroke rate and heart rate.

Swimmers will learn strength, mobility and flexibility exercises in each practice. Regular attendance at practice and participation in local and out-of-town meets is required.

Suggested Age Range: 9- 12 +/- This could include older/ middle school students that are new to swimming. Schedule/Frequency: The commitment for this group is 4 days per week. Attending at least 80% of practices is required to maintain a spot in this training group.

Equipment: Swimmers should have their own snorkel/nose plugs and tempo trainer. Fins, paddles and buoy are suggested. Tuition \$110

Level 4

Swimmers in this group have an advanced level of competitive swimming experience.

Workouts emphasize drill and stroke technique refinement as well as an increased endurance conditioning and speed. Dryland program and injury prevention with goal setting and an understanding of time standards and racing is key in this group. Regular attendance at practice and participation in local and out-of-town meets is required.

Suggested Age Range: 11- 14. Schedule/Frequency: This group practices 5 days a week and swimmers must attend 80% or 4 practices to maintain their spot in this group.

Required equipment purchase: snorkel (nose plug) fins, tempo trainer, fins, hand paddles and buoy. Tuition \$125



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Senior Group:

You must be placed in this group by the Head coach for athletes 14 and above. These swimmers will be committed to practicing 6 days a week and this may include 2/ a days, including weight room & dryland work. This group includes a more specific season plan and will be coached by only our Senior level coaches. Equipment will be used regularly in practice and is a required purchase. This swimmer will have a bag with fins, paddles, buoy, nose plug, snorkel and tempo trainer. Participation in meets and following a competitive track is required. A swimmer must maintain 90% attendance to be in this group. Tuition \$150

Changing group levels: Coaches will determine when a swimmer needs to advance based on skill level, attendance & attitude, and age/developmental factors. This tends to happen as a natural progression and we will always discuss this with parents.

Head Coach & Club Owner:

Amanda Hinton: *Coach Hinton is in her 5th season as the Head Coach of boys and girls High School teams and in her 3rd year as the Middle School Club team Head coach. Coach Hinton is the Natatorium Director for the School. In addition to USA Swimming Head Coach certification, she is certified as a Lifeguard Instructor and CPR with AED & First Aid instructor, Certified Level 1 U.S. Masters Swim Coach.* email: copleyaquatics@gmail.com

Meet entry questions: admin@copleyaquatics.com

Help with registration: info@copleyaquatics.com (Holly Kulick)

Natatorium phone: 330-644-4835, Club phone: 216-626-6104

Stay in touch:

on Instagram @copleyaquatics



Please use this as a checklist and return to a coach once complete. May be emailed to Amanda.

Parent Name: _____

Email: _____

Phone: _____

Mailing address:

Swimmer's Name: _____

Swimmer's Age: _____

Training Level: _____

Anything the coaches should know about your swimmer:

Checklist:

- Followed us on Instagram @copleyaquatics
- Link for team suit and equipment

Volunteering:

- Meet Runner
- Timing
- Concessions
- Ticketing
- Fundraising