

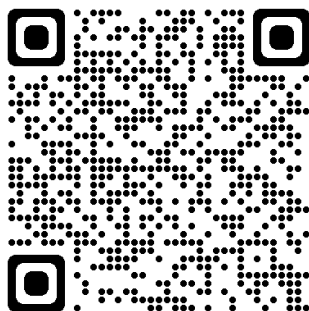


Southern Maryland Aquatics, LLC

2025-2026 Season

September 2, 2025 – May 22, 2026

www.southernmarylandaquatics.com



Welcome to SMDA! We are so glad to have you on the team for the 2025-2026 season. Attached is some vital information to help you have a successful season. Please read through this carefully and keep it somewhere you can refer back if needed.

Coaches

Head Coach- Jeff Carbone

Assistant Coaches- Erin Sellers, Kelly Walter, Kate Rowe, Matt Trollinger, Esther Aubel, Garrett Batchelor, and Emily Hunter

Strength and Conditioning- Erin White

ALL swimmers must be registered with USA Swimming in order to participate.

Practice times and locations

DMWAC (St. Charles HS)

Bronze- M/W/F 5:45-6:45 pm

Silver- M/W/F 6:45-8:00 pm

Lackey HS

Gold- Monday-Friday 5:30-6:45 pm

Elite- Monday-Friday 6:45-8:15 pm

All practice times are subject to change and may need to be adjusted to accommodate the High School Swim season December-February.

Practice Changes

If a practice needs to be canceled or changed (location or time) for any reason, we will notify the team via email and also post in the SMDA Tridents Facebook group.

Program Fees

Registration Fee- \$200 due at the time of registration

Practice Group Fee for the season- Bronze \$1,215.00, Silver \$1,350.00, Gold \$1,620.00, Elite \$1,800.00

Cost of the program is for the entire season September through May. Registration is a commitment for the season. For your convenience, we break the total cost into nine equal monthly payments. Monthly payments will run on the 1st of the month using the card on file. If a payment is declined, you will have the opportunity to edit the payment method and resubmit. The balance must be paid before the next month's charges run. SMDA does offer multi child discounts to siblings for practice group fees (2 swimmers 10% off both, 3 or more swimmers 15% off all) and a discount to the children of USA Swimming active officials (10%). Discounts cannot be combined.

At the end of Spring, we will offer a Summer session for our Gold and Elite swimmers (June and July). Swimmers of all levels are encouraged to participate in the PMSL Summer Swim team of their choice.

Practice Tips

-Arrival: All swimmers should arrive at least five minutes early and be ready to enter the water (or start dryland) at their practice time. Swimmers should be prepared every day with the following:

-Competitive swimwear: For girls this is an athletic fit one-piece swimsuit, for boys this is a jammer or brief. Team suits are for meets only. Do not wear them to practice.

-Cap and goggles: All swimmers will receive two team caps included in their registration fee. Goggle recommendations can be found in the SMDA Team Store.

-Water bottle

-Training fins, snorkel, hand paddles: Required for Gold and Elite groups and can be found in the SMDA Team Store.

-Towel

When Dryland sessions are offered, we recommend swimmers arrive in **athletic wear and tennis shoes** and bring a yoga mat.

Swimmer Behavior

Swimmers should be following the direction of their coaches at all times. When waiting for instruction, they should be above water and paying attention. In our younger groups, swimmers are still learning lane etiquette. However, a swimmer that is disrupting others may be pulled to sit out for a short period of time. If a problem persists, a parent may be required to stay during practice. Repeated incidents may result in a behavior plan, suspension, or removal from the program.

Parents at Practice

Parents may choose to drop off and pickup OR stay and observe practice. This is completely your choice. If you drop off, please be prompt in picking up your child. For safety reasons, we recommend that you come inside to pick up your swimmers under the age of 10. The parking lot is usually busy. If you stay to observe, you must remain in the stands above the pool and not on the deck. This is a Safe Sport rule. If a parent has a concern with practice or a coach we ask that you reach out to the head coach CoachJeff@southernmarylandaquatics.com or GM Jessica@southernmarylandaquatics.com.

Changing Practice Groups

If a coach feels that your swimmer needs to be moved to a different practice group (either up or down) they will discuss this with the head coach and the parents. The final decision on practice level is up to the head coach. A swimmer may not attend a different practice group unless they have been given prior coach approval.

SMDA Team Suit and Fan Apparel

All swimmers participating in meets should have a team suit. The team suit can be found using the QR code on the front of this packet or by clicking the SwimOutlet banner on our website. We are using the same team suit as last year. There is also various fan apparel and gear available in the team store. In addition, the 2025-2026

team shirt will be available to purchase at the beginning of the season. I will send that link out via email and post it to social media.

Swim Meets

Regular participation in swim meets is how we measure progress in the swimming world. Performance at practice can be very different than performance during competition. Bronze level swimmers may participate in meets but it is not required. Silver and Gold groups must participate in at least 50% of the meets our team attends. Elite swimmers are required to participate in at least 75% of the meets our team attends. Please see the *tentative* meet schedule for dates, locations, and eligibility.

Swim Meet Declaration

Parents will declare their swimmer(s) entries in Commit for each meet. Please pay close attention to the dates and times of each meet session and plan ahead. Once our entries have been accepted by the host team, we cannot change them or add swimmers.

Meet Fees

Entry fees are determined by the Host team and can vary. This information will be available in the entry file and that you will review prior to declaring your swimmer(s). Once the entry period ends, SMDA will submit and pay the Host Team for all of SMDA's athletes. You will be charged for your swimmer(s) entries at that time using the card on file. We cannot offer refunds in the event of absence (sick, out of town, missed event, etc.) because the team has already paid for your entries. SMDA also charges \$10/swimmer per meet to offset the cost of coaches' time and travel.

Meet Schedule

Please review the *tentative* meet schedule. This is a list of meets that SMDA plans to attend at this time. This schedule may be edited as the season progresses. Please pay careful attention to the eligibility for each meet. Many meets have age or time standards (either faster or slower than) using the USA Swimming Motivational Time Standard chart. I have attached that as well to help.

Spectators

Meets can appear chaotic, loud and for some, a little overwhelming. It's very important that athletes arrive in their SMDA team shirt 20 minutes prior to their warmup. For parents, finding a place to sit together as a team helps bring a sense of unity. We encourage parents to wear SMDA spirit wear and cheer for all of the Tridents swimming during a meet. Please note- Parents are not allowed on the pool deck or in swimmer locker rooms during a meet.

What to bring to a meet

1. Wear your SMDA Team shirt (included in registration fee)
2. Bring or wear your SMDA team suit, personalized cap and goggles
3. At least 2 towels (one for the deck, one to dry off after your shower)
4. Deck safe footwear (crocs/slides/flip flops)
5. Healthy snacks and plenty of fluids

Parents Tips for Meets

1. Make sure your swimmer eats well the night before and goes to bed early.
2. Be on time. Nervous athletes only get more anxious when they are rushed. You need to arrive 20 minutes before our warmup time. Please account for parking.
3. Make sure your swimmer puts on his or her team suit as soon as they enter the building.
4. If possible, using a "Heat Sheet" or entry list, mark your swimmer's forearm in sharpie with all their events (E), heats (H), lane (L) and (S) stroke assignments. At minimum have the event numbers written down on their forearm. It looks like this:

E H L S

12-1-3-50 Free

16-4-4-200 Back

27-3-6-100 Breast

5. **Parents are NOT allowed on deck for any reason.** This is Safe Sport policy. A parent breaking this rule can cause the entire team to be disqualified from the meet. If we are notified that a parent from our team is in violation of this, we will have to ask you to leave.
6. Have your swimmer check in with the coach as soon as they arrive.

Volunteers

Occasionally SMDA will be asked to provide timers for a meet. We expect that parents are willing and able to help out whenever possible. Meets cannot run without volunteers. This season, parents will be required to fulfill one volunteer shift per swimmer. More info will be forthcoming. Volunteer shifts may include timing at meets, helping during events, distributing gear orders, etc. We will track volunteers throughout the season and ask may use that list to assign jobs as needed.

Meet Mobile

We encourage all parents to download the app Meet Mobile. This app is used at most meets to update with results, often close to real-time. There is a yearly fee for the app of about \$10, but this is completely worth it. You are able to "favorite" your swimmers and teams and get a notification when their times come in. Most summer swim teams also use this app.

Social Media

You should be following Southern Maryland Aquatics on both Facebook and Instagram.

This is where we post official news, updates, meet shout outs, and featured photos. Current parents are also asked to join our parent Facebook group- SMDA Tridents. This is where all parents can chat amongst themselves, share photos, swap suits or gear, organize carpools, etc. When we have team events (media day, Thanksgiving practice, end of season banquet, etc.) we will create a private event in the parent group for you to RSVP.

Please be aware- we do post photos to Instagram and Facebook throughout the season to highlight SMDA swimmers. If you have an issue with this, please let me know ASAP so that I avoid taking a photo of your child.