



Southwest Aquatic Center Competitive Club Handbook

2025–2026 Season

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Alamo Area Aquatic Association (AAAA)

1. Mission, Vision & Values

Mission

The Alamo Area Aquatic Association fosters a supportive and inclusive environment for swimmers of all ages and abilities. We are dedicated to promoting personal growth, athletic development, and a lifelong love of swimming.

Vision

To become a premier San Antonio-based age-group program known for long-term athlete development, community impact, and competitive achievement.

Core Values

- Growth — We believe in learning, consistency, and long-term development
- Team — The Alamo Area Aquatic Association is a united group working toward shared goals
- Integrity — We do things the right way, on deck and off
- Belonging — Every athlete matters, and every family is part of our community
- Excellence — We strive to be our best, regardless of starting point

2. Club Structure & Staff

Institution-Owned Club

The Alamo Area Aquatic Association is an institution-owned USA Swimming club operated by Southwest ISD. All coaches, administrators, and volunteers must comply with district policies and USA Swimming membership/credentialing requirements.

Club Leadership

Head Coach: Nathan Coppock

Assistant Coach: Will Fussell

Club Administrators: Kristin Libardoni, Elyse Fulmer-Echevarria

Organizational Model



1. District Administration
2. Head Coach
3. Coaching Staff
4. Athletes & Families

3. Training Groups

AAAA utilizes a structured 7-group development model.

- High Performance:
 - Prepares dedicated athletes for collegiate and national-level swimming. Training focuses on precision, elite underwater skills, advanced strength and power development, and mental performance strategies. Swimmers train up to ten times per week and compete at major meets such as State, Sectionals, and Junior Nationals. The group emphasizes consistency, professionalism, and long-term success.
- Gold I
 - Athletes train at a high level with advanced aerobic and race-specific work, comprehensive dryland, and detailed attention to technique under fatigue. Mental toughness, resilience, and strategic nutrition are emphasized. Swimmers compete monthly at higher-level meets such as STAGS, TAGS, Senior Champs, and other major events.
- Gold II
 - Transitions athletes into higher-level training with increased strength, endurance, and underwater proficiency. Swimmers learn fueling strategies, handle up to eight weekly sessions (including dryland), and begin prioritizing swimming as their main sport. Competition becomes more frequent and performance-focused.
- Silver I
 - Raises training expectations with higher volume, stronger technique under fatigue, and growing independence in nutrition and mental skills. Swimmers train up to five times per week with dryland and learn preparation strategies for prelim/final and championship meets. This group builds discipline, goal-setting, and race-ready habits.
- Silver II
 - Strengthens technique and endurance as swimmers begin to balance fitness with stroke development. Underwaters, pacing, and basic strength training are introduced. Nutrition habits and positive competition routines begin taking shape. Swimmers train up to five times per week with dryland and compete about once a month.



- Bronze I
 - Develops all four strokes while continuing to build technique and confidence. Swimmers learn introductory nutrition habits, improve their understanding of intervals, and grow their love for the sport. Training remains skill-focused with moderate intensity. Athletes practice up to four times weekly and are introduced to prelim/final and championship-style meets.

- Bronze II
 - Introduces young swimmers to the foundations of the sport. Athletes focus on water safety, basic technique in freestyle and backstroke, and learning how practices and meets work. Training emphasizes fun, comfort in the water, and building confidence. Swimmers attend up to four short practices per week and may compete once a month.

4. Governance & Operations

AAAA operates under Southwest ISD as an institution-owned USA Swimming club. The Head Coach oversees day-to-day operations, programming, and athlete development. Administrators oversee registration, billing, and compliance.

5. Registration and Membership

To participate with AAAA, **all athletes must be fully registered** with both the **Alamo Area Aquatic Association** and **USA Swimming**. Registration ensures that athletes are covered by insurance, eligible to compete, and officially recognized as team members. Athletes who are not properly registered will not be permitted to attend practices or meets.

- All Teams Annual Fee: \$50
- USA Swimming Membership: \$110/annual
 - Outreach Membership (upon verification of need): \$7/annual
- Monthly Tuition:
 - SWISD Students: \$35/month
 - Non-SWISD: \$100/month
 - Non-SWISD Outreach Members receive a 25% discount on their monthly dues. It is the family's responsibility to notify the head coach of their outreach status.
 - Non-SWISD families with 2 children enrolled will receive a 10% discount on their monthly dues, family's with 3 or more children will receive a 15% discount on their monthly dues.

***30-Day Balance Policy - If a member's balance is overdue by more than 30 days, the swimmer will not be allowed to compete until the account is current.**

Financial Responsibilities:



- **Meet Fees:** Each club competition has its own entry fees, which are the responsibility of the family. These are billed either through commit or paid directly to the competition host. These vary depending on the number of events entered and the meet level
- **Travel & Lodging:** Families are responsible for their own transportation, hotel stays, and meals during away meets
- **Team Gear:** Athletes must wear team-issued gear at meets. Any additional purchases are the family's responsibility

6. USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP)

The Alamo Area Aquatic Association top priority continues to be keeping our athletes safe. No form of abuse, including child sexual abuse, has a place in our sport. As a part of our continued commitment to safeguarding our athletes, USA Swimming has enacted enhancements to our Safe Sport policy requirements.

Safe Sport Organization General Information link ([here](#))

I acknowledge that I have received, read, and understood the Minor Athlete Abuse Prevention Policy (MAAPP) and/or that the Policy has been explained to my family. I further acknowledge and understand that agreeing to comply with the contents of this Policy is a condition of my membership with Alamo Area Aquatic Association.



Southwest Dive Club

1. Mission

Mission

The Southwest Diving Club strives for excellence, offering aquatic athletes a premier environment to pursue diving. With state-of-the-art springboards and dryland training tools, our program supports divers from their early stages to collegiate aspirations. Our dedicated coaching staff cultivates a disciplined, positive, and respectful atmosphere, ensuring each diver achieves personal success while enjoying the rewards of teamwork and camaraderie.

2. Club Structure & Staff

Institution-Owned Club

The Southwest Dive Club is an institution-owned AAU club operated by Southwest ISD. All coaches, administrators, and volunteers must comply with district policies and AAU membership/credentialing requirements.

Club Leadership

Head Coach: Megan Ashoo

Club Administrators: Kristin Libardoni, Elyse Fulmer-Echevarria

Organizational Model

1. District Administration
2. Club Administration
3. Head Coach
4. Coaching Staff
5. Athletes & Families

3. Training Groups

SWDC utilizes a structured 4-group development model.

- FC to Novice Group (11 & under)
 - Designed for beginner and developing divers who are learning fundamentals and gaining competition experience. Divers will need to attend three practices a week.
- Middle/High School Group



- For athletes balancing school diving seasons with club training. This group receives more advanced instruction to continue skill progression and prepare for competition. Divers will need to attend four practices a week.
- Junior Olympic (JO)
 - For competitive athletes training at the highest level within SWDC. This group has the most intensive training schedule and prepares athletes for AAU qualifying meets and national-level competitions. Divers will need to attend five practices a week.
- Platform Team
 - This group is for divers who wish to add platform diving to their training. Platform practices are held less frequently and scheduled separately, depending on facility availability. These practices will be held twice a month at a rental location. (Season specific)

4. Governance & Operations

SWDC operates under Southwest ISD as an institution-owned AAU club.

The Head Coach oversees day-to-day operations, programming, and athlete development. Administrators oversee registration, billing, and compliance.

5. Registration and Membership

To participate with SWDC, **all athletes must be fully registered** with both the **Southwest Diving Club** and **AAU Diving**. Registration ensures that athletes are covered by insurance, eligible to compete, and officially recognized as team members. Athletes who are not properly registered will not be permitted to attend practices or meets.

Required Fees:

- All Teams Annual Fee: \$50
- AAU Membership: \$22-\$24
- Monthly Tuition:
 - SWISD Students All Levels: \$35/month
 - Non-District Future Champions: \$100/month
 - Non-SWISD w/ Free and Reduced Lunch Future Champions: \$75/month
 - Non-District Middle/High School: \$100/month
 - Non-SWISD w/ Free and Reduced Lunch Middle/High School: \$75/month
 - Non-District Junior Olympics (JO): \$115/month
 - Non-SWISD w/ Free and Reduced Lunch Junior Olympics (JO): \$86.25/month

***30-Day Balance Policy - If a member's balance is overdue by more than 30 days, the diver will not be allowed to compete until the account is current.**

Financial Responsibilities:



- **Meet Fees:** Each club competition has its own entry fees, which are the responsibility of the family. These are billed either through commit or paid directly to the competition host. These vary depending on the number of events entered and the meet level
- **Travel & Lodging:** Families are responsible for their own transportation, hotel stays, and meals during away meets
- **Team Gear:** Athletes must wear team-issued gear at meets. Any additional purchases are the family's responsibility

6. AAU Athlete Protection and Abuse Prevention Policy

AAU Organization- APAPP General Information link ([here](#))

I acknowledge that I have received, read, and understood the Athlete Protection and Abuse Prevention Policy (APAPP) and/or that the Policy has been explained to me or my family. I further acknowledge and understand that agreeing to comply with the contents of this Policy is a condition of my membership with Southwest Diving Club.



Southwest Water Warriors

1. Mission, Vision & Values

Mission

Our mission is to foster a love for the sport of water polo by providing athletes with a safe, supportive, and challenging environment to grow as players and teammates. We are committed to teaching the fundamentals of the game, building strength and confidence in and out of the water, and promoting teamwork, discipline, and sportsmanship. Through competition and camaraderie, we strive to develop not only skilled athletes but also resilient individuals who carry the values of respect, perseverance, and integrity into all areas of their lives.

Vision

To inspire a lifelong love of water polo while developing confident, disciplined athletes who lead with respect in and out of the pool.

Core Values

- Respect – Valuing teammates, opponents, coaches, and the game itself
- Teamwork – Supporting one another and succeeding together through trust and collaboration
- Perseverance – Embracing challenges, showing resilience, and striving for continuous improvement
- Integrity – Competing and leading with honesty, discipline, and strong character in and out of the water

2. Club Structure & Staff

Institution-Owned Club

The Southwest Water Warriors is an institution-owned USA Water Polo club operated by Southwest ISD. All coaches, administrators, and volunteers must comply with district policies and USA Water Polo membership/credentialing requirements.

Club Leadership

Lead Coach: Stephan Dean

Assistant Coach: Stephanie Soto

Assistant Coach: Madalyn Truong-Him

Club Administrators: Elyse Fulmer-Echevarria



Organizational Model

1. District Administration
2. Club Administration
3. Lead Coach
4. Coaching Staff
5. Athletes & Families

3. Training Groups

SWWW utilizes a structured 2-group development model.

- 12 and Under (Youngest 6)
 - Introduces young athletes to the foundations of water polo. Players focus on water safety, basic swimming and ball-handling skills, and learning the fundamentals of the game. Athletes attend up to three short practices per week and may participate in games or scrimmages once a month.
- 13 and Over (19 max with proper paperwork)
 - Designed for highly committed athletes pursuing advanced levels of water polo competition. Training centers on tactical awareness, refined technical skills, position-specific development, and high-level conditioning both in and out of the water. Athletes attend up to four practices each week and compete in top-tier tournaments and championship events. This group promotes accountability, mental toughness, and sustained excellence at the next level.

4. Governance & Operations

SWWW operates under Southwest ISD as an institution-owned USA Water Polo club. The Lead Coach oversees day-to-day practice and game operations, and athlete development. Administrators oversee registration, billing, and compliance.

5. Registration and Membership

To participate with SWWW, **all athletes must be fully registered** with both the **Southwest Water Warriors** and **USA Water Polo**. Registration ensures that athletes are covered by insurance, eligible to compete, and officially recognized as team members. Athletes who are not properly registered will not be permitted to attend practices or meets.

Required Fees:

- All Teams Annual Fee: \$50
- USA Water Polo Membership: \$105-\$150 (Must be minimum Silver)
- Monthly Tuition:
 - SWISD Students: \$35/month



- Non-SWISD 12 and Under: \$100/month
- Non-SWISD w/ Free and Reduced Lunch 12 and Under: \$75/month
- Non-SWISD 13 and Over: \$115/month
- Non-SWISD w/ Free and Reduced Lunch 13 and Over: \$86.25/month

***30-Day Balance Policy - If a member's balance is overdue by more than 30 days, the player will not be allowed to compete until the account is current.**

Financial Responsibilities:

- **Meet Fees:** Each club competition has its own entry fees, which are the responsibility of the family. These are billed either through commit or paid directly to the competition host. These vary depending on the number of events entered and the meet level
- **Travel & Lodging:** Families are responsible for their own transportation, hotel stays, and meals during away meets
- **Team Gear:** Athletes must wear team-issued gear at meets. Any additional purchases are the family's responsibility

6. USA Water Polo Minor Athlete Abuse Prevention Policy (MAAPP)

Safe Sport Organization General Information link ([here](#))

I acknowledge that I have received, read, and understood the Minor Athlete Abuse Prevention Policy (MAAPP) and/or that the Policy has been explained to me or my family. I further acknowledge and understand that agreeing to comply with the contents of this Policy is a condition of my membership with Southwest Water Warriors.



Practice Procedures and Expectations

Location

All training occurs at the Southwest ISD Aquatic Center, unless otherwise noted

General Expectations

- Arrive on time with the required equipment
- Display positive behavior on deck
- Listen to the coaches the first time
- Maintain respectful interactions with teammates

Safety Rules

- Follow all facility rules
- No running or roughhousing
- Follow lifeguard and coach directions at all times
- No entering the water without permission

Competition Policies

Competition Attendance Expectations

- Competition attendance is optional but strongly encouraged
- Athletes should attend all competitions for which they qualify

Group-Based Requirements

Each training group has different expectations for competition attendance based on their developmental goals. These are communicated by the coaching staff and reflected in the group development model.

Entry Process

- Administration and Coaches determine event entries
- Families are responsible for all entry fees

Behavior

- Athletes must sit with the team
- Positive sportsmanship is required



Parent & Athlete Expectations

All SWAC club teams believe that success in aquatic sports extends beyond the pool. We want every athlete to feel safe, respected, and supported as they work toward their goals. To achieve this, we ask both athletes and families to demonstrate respect, good sportsmanship, and a positive attitude at all times—whether at practice, competitions, or team events.

We have a **zero-tolerance** for the following:

- **Bullying** of any kind—verbal, physical, or online
- **Disrespectful behavior** toward coaches, teammates, officials, or other families
- **Aggressive or violent actions**, including shouting, intimidation, or physical altercations

Parents play a crucial role in creating a positive team culture. We encourage all parents to: Cheer for all athletes, not just their own.

- Model good sportsmanship and respectful communication
- Trust and support the coaching staff's decisions, both on deck and at competitions
- Help reinforce team values at home to ensure athletes carry respect and discipline beyond the pool

Athletes are expected to:

- Treat teammates with kindness, inclusivity, and encourage
- Listen to coaches, follow instructions, and make safe choices during practice and competition
- Take pride in representing their team through their effort, attitude, and sportsmanship
- By working together—coaches, athletes, and families—we can ensure that the SWAC Club Teams remain a safe, supportive, and inspiring community for everyone.

Disciplinary Process

Progressive steps may include:

1. Verbal warning
2. Written warning
3. Suspension from practice or competition participation
4. Removal from the club (in severe cases)

Electronic Communication Policy

- All communication between coaches and athletes must follow MAAPP
- Parents must be included in all electronic communications



- No private 1-on-1 messaging

Photography & Video Policy

- No photography in locker rooms or changing areas
- Photos/videos may be used for team media only with parent consent

Travel Policy

- No athlete may share a hotel room with a coach unless they are immediate family

Communication Guidelines

Club Communication Tools

- Email
- Team website
- Sportsyou
 - Email is preferred for non-urgent questions.
- Social media (updates, highlights, announcements)

Parent-Coach Communication

- Coaches are available before or after practice, not during.
- Sportsyou
 - Email is preferred for non-urgent questions.

Health and Safety

Injury Protocol

- Parents must notify coaches of injuries. Clearance may be required to return

Illness Protocol

- Athletes must stay home when sick. Fever-free for 24 hours before returning

Emergency Procedures

- The Southwest ISD Aquatic Center's Emergency Action Plans govern all responses

Facility Rules

- Only athletes and staff may be on deck
- Parents must remain in designated spectator areas
- No glass containers on deck
- Follow all posted rules and district policies

