



## **2018 LONG COURSE SEASON INFORMATION**

All registration must be done online through our website [www.DCaquahawks.org](http://www.DCaquahawks.org). Simply go to the website and click on **Start Registration** on the left side of the page. If you are a current or past member, you **MUST** log into your account before starting this process.

### **GENERAL TRAINING SCHEDULE**

Practices will begin on *Monday April 2nd* for all training groups, but please remember our program is structured such that swimmers may join or return to our team at any time during the season. Check the monthly training calendar for updates!!

<b>BRONZE</b>	Tues, Thurs, Fri	6:00-7:10pm
<b>SILVER</b>	Monday-Friday	5:45-7:20pm
<b>GOLD</b>	Monday-Friday Saturday	5:45-8:00pm 7:30-9:30am
<b>SENIOR</b>	Monday-Thurs Friday Mon, Thurs Saturday	4:00-6:30pm 4:00-6:00pm 5:45-8:00am 7:30-10:00am

### **LONG COURSE SWIM MEET SCHEDULE**

<b>April 2</b>	<b>Beginning of Long Course Season Training for ALL Training Groups</b>
May 11-13	PIKE Spring Invitational @ Pike HS – 50M
June 1-3	DON Summer Invitational @ Donner Park Outdoor Pool – Columbus, IN – 50M
June 23-24	CARD Muncie Mayor’s Meet – Tuhley Park Outdoor Pool – Muncie, IN – 50M
July 13-15	SEY Pepsi Plunge – Prelim/Final @ Shields Park Outdoor Pool – Seymour, IN – 50M
July 19-22	ISI Senior State Championships @ TBD (swimmers must qualify)
July 27-29	ISI Age Group State Championships @ TBD (swimmers must qualify)
<b>August 3</b>	<b>FINAL TRAINING SESSIONS FOR ALL SWIMMERS FOR LONG COURSE SEASON</b>
August 4-5	ISI CW Divisional Championships @ TBD (swimmers must qualify)

**SCHEDULE SUBJECT TO CHANGE** – Invitational and/or Dual meets may be added at the coaches’ discretion.



## TEAM FEES

### **Registration Fees - \$110.50 per NEW swimmer which includes:**

- USA Swimming Fee of \$35.50 which entitles each swimmer to enter swim meets and participate in Indiana Swimming and USA Swimming programs; secondary accident insurance; a subscription to USA Swimming's bi-monthly magazine, Splash! Swimmers will enjoy their membership benefits through December 31, 2018
- DTAC Registration Fee of \$75 which gets each swimmer a team t-shirt, swim suit, and cap.
  - Senior Member DTAC Registration Fee will be \$25 which will include the team shirt and cap.

### **Team Dues**

These fees cover coaches' salaries and other program operating expenses. Team fees may be paid by a recurring monthly charge to your credit card or automatic checking debit. **A 10% discount is offered for families wishing to pay for the full season up front – this will be due by April 30<sup>th</sup>.**

	April	May	June	July	Summer Season Full Payment (10%)
<b>SENIOR</b>	\$105	\$105	\$105	\$105	\$378
<b>GOLD</b>	\$90	\$90	\$90	\$90	\$324
<b>SILVER</b>	\$75	\$75	\$75	\$75	\$270
<b>BRONZE</b>	\$60	\$60	\$60	\$60	\$216

### **Meet Entry Fees**

Each swimmer/family is responsible for paying the entry fees and/or surcharges for all meets for which they enter. These fees are set by the meet hosts and vary depending on the level and type of competition and the number of events entered. The amount ranging anywhere between \$6 and \$50 per meet will be billed to your account after the entry has been completed. Swimmers/families that fall behind in payments may not be allowed to enter future meets.

### **Meet Entry Fees Billing Process**

Coaches submit entries to meets approximately 4-6 weeks in advance and update times for the entries periodically before the meet. Once the entry is sent and accepted by the meet host, the club is obligated to pay the total due, regardless if the swimmer competes. Once a meet entry is sent, an email with entry fees will be sent to competing families and fees will need to be paid as soon as possible.

### **DTAC Financial Aid**

Swimmers who provide proof of qualification for the Free/Reduced School Lunch Program will pay a USA Swimming Fee of only \$5 and the DTAC Registration Fee of \$75, total of \$80 (for Senior members \$25 Registration Fee, total of \$30) and are also eligible for a reduction of their team dues. Swimmers who are in the reduced lunch program will receive a 30% dues discount and those who are in the free lunch program will receive a flat dues fee of only \$25 per month.

*Athletes/families that are eligible for financial aid still remain responsible for all entry fees, team uniform/apparel, and travel costs.*



## **TRAINING GROUP STRUCTURE/REQUIREMENTS**

### **Bronze Hawks**

*Minimum requirements to join the Bronze Hawks are the completion of 25 yards of freestyle and backstroke.*

The Bronze Hawks emphasize “Learning to Train” at this stage of their progression. Further development of stroke technique through drill progressions and building endurance in all of the competitive strokes and individual medley swimming are the priorities of this training group! Bronze Hawks have the opportunity to train up to three days each week. DTAC Coaching Staff will expect these athletes to attend at least two training sessions per week and encourages all athletes to attend as many training sessions per week as possible!

### **Silver Hawks**

#### **Entrance Requirements for Silver Hawks:**

- \* Training Standard (regardless of current age)
  - \* Consistently meeting the Bronze Hawk practice attendance requirement
  - \* Completion of USA Swimming Start Progression and Correct Finishes on the four competitive strokes
  - \* 100 Freestyle with Correct Technique, Flip Turns, Streamline Position, and Bilateral Breathing
  - \* 100 Backstroke with Correct Technique, Flip Turns, and Streamline Position
  - \* 50 Breaststroke with Correct Technique, Touch Turns and Underwater Pulldown
  - \* 50 Butterfly with Fins - Correct Technique, Touch Turns, and 2 Count Breathing

The Silver Hawks begin the “Training to Train” phase of development of swimming. Further development of stroke technique through drill progressions and building endurance in all of the competitive strokes and individual medley swimming are the priorities of this training group! Silver Hawks have the opportunity to train up to five days each week. DTAC Coaching Staff will expect these athletes to attend at least four training sessions per week and encourages all athletes to attend as many training sessions per week as possible!

### **Gold Hawks**

#### **Entrance Requirements for Gold Hawks:**

- \* Performance Standard (based on current age group)
  - \* 3 x 10 and Under “A” Motivational Time Standards
  - \* 3 x 11 and 12 “BB” Motivational Time Standards
  - \* 3 x 13 and 14 “B” Motivational Time Standards
- \* Training Standard (regardless of current age)
  - \* Consistently meeting the Silver Hawk practice attendance requirement
  - \* 200 Freestyle with Correct Technique, Flip Turns, Streamline Position, and Bilateral Breathing
  - \* 200 Backstroke with Correct Technique, Flip Turns, and Streamline Position
  - \* 100 Breaststroke with Correct Technique, Touch Turns and Underwater Pulldown
  - \* 100 Butterfly with Fins - Correct Technique, Touch Turns, and 2 Count Breathing
  - \* Ability to compete in ALL 11/12 year old events at competitions

The Gold Hawks begin the “Training to Compete” phase of development of swimming. Gold Hawks have the opportunity to train up to six days each week. DTAC Coaching Staff will expect these athletes to attend at least five training sessions per week and encourages all athletes to attend as many training sessions per week as possible!



**Decatur Township Aquatic Club**

5251 Kentucky Ave

Indianapolis, IN 46221

317-856-5288 x28006

[www.DCaquahawks.org](http://www.DCaquahawks.org)

**Senior Hawks**

**Entrance Requirements for Senior Hawks for Non-High School athletes:**

- \* Performance Standard (based on current age group)
  - \* 3 x 11 and 12 “AA” for Girls/ “A” for Boys Motivational Time Standards
  - \* 3 x 13 and 14 “A” for Girls/ “BB” for Boys Motivational Time Standards
- \* Training Standard (regardless of current age)
  - \* Consistently meeting the Gold Hawk practice attendance requirement
  - \* 16 x 100 Freestyle Swim @ 1:30 with correct technique, turns, and bilateral breathing
  - \* 12 x 100 IM Swim @ 1:45 with correct technique, turns, and transitions
  - \* Ability to compete in all OPEN events at competitions

Senior Hawks have the opportunity to train up to nine training sessions over six days each week. Trainings will take place in the mornings and in the evening hours and athletes will be expected to attend both sessions as scheduled. DTAC Coaching Staff will expect these athletes to attend at least six training sessions per week and encourages all athletes to attend all training sessions per week as possible!!

Decatur Township Aquatic Club Group Progression Chart

	Target Ages	Sessions per Week	Minimum Attendance	Water Time	Dryland Time	Season Length
<b>Bronze Hawks</b>	14/Unders	3 TRF	2	60 minutes	10 minutes	Winter: 2 wk Summer: 4 wk
<b>Silver Hawks</b>	14/Unders	5 MTWRF	4	75 minutes	20 minutes	Winter: 2 wk Summer: 4 wk
<b>Gold Hawks</b>	14/Unders	6 MTWRFSa	5	105 minutes	30 minutes	Winter: 2 wk Summer: 4 wk
<b>Senior Hawks</b>	12/Older	8-10 MTWRFSa	8	120 minutes	30-60 minutes	Winter: 2 wk Summer: 2 wk



## **DTAC TRAINING RULES FOR PARTICIPANTS**

- Please check the training schedule for times so that swimmers arrive for the correct training time. Occasional scheduling conflicts do cause some changes in training times. It is important to make the required number of sessions per week.
- Anyone arriving late or leaving practice early must arrange this a day in advance with the coach.
- Swimmers should be dropped off for training no more than 15 minutes prior to the scheduled training times. The locker rooms are not open until 5-10 minutes prior to training and swimmers arriving earlier are left unsupervised in the hallways. The only exception is for those swimmers who stay after school for practice.
- Swimmers should be picked up from training no more than 15 minutes after training is scheduled to end. Swimmers not picked up on time causes staff members to have to remain unnecessarily beyond training sessions. We also ask that no one wait outside the main entrances to be picked up. Please wait inside!
- Swimmers are expected to be upon their best behavior in the locker/shower rooms and halls. Discipline problems will be taken care of by giving the swimmer a warning on the 1st offense and notifying the parent on the 2<sup>nd</sup> offense. At this time, the head coach and parents will establish a behavior modification program for the child! If behavior problems persist, in that, it distracts from the goals of the program and others then suspension or dismissal from the team will be decided by the Head Coach.
- The use of technology devices in the locker/shower/rest rooms is prohibited in accordance with USA Swimming Code of Conduct.
- No one except swimmers and staff are allowed on the pool deck during training. Parents may view training sessions from the observation deck at any time, unless the DTAC coaching staff has “closed” a practice for observation. We ask that parents not attempt to communicate with their child(ren) during a training session.
- Parents in need to speak with a member of the coaching staff may come down after their child’s training session. Please note that if another training group is in the water, the coach may ask to meet with you inside one of the offices or in the lobby to adhere to the deck policy.
- Although we want swimming to be a fun experience for everyone involved, the training sessions are scheduled for engaged training. Athletes coming to training for playtime will be asked to adhere or be removed so that others may focus on training.
- DTAC is incorporating video and race analysis software in training. This software provides the capability of race/stroke analysis using tablets and/or an underwater camera to videotape the athletes as they start, swim, and turn. Athletes will be videotaped during training sessions and with the coach they can review their stroke and discuss ways to improve their technique.
- There will be a lost and found available and items can be claimed by checking with a Coach. Please write names on goggle straps and suits (the tag).



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### DTAC TERMS AND CONDITIONS FOR PARTICIPATION

1. All outstanding balances from the previous season must be paid in full prior to the sign-ups for the next season.
2. The Decatur Township Aquatic Club annual registration fee of **\$110.50 per swimmer** is due in full on official registration. For financial aid families, the DTAC annual registration fee is **\$80.00 per swimmer**. Parents must provide proof of qualification for the Free/Reduced School Lunch Program to received financial aid pricing.
3. All forms must be turned in by April 30<sup>th</sup>. This is a requirement for your child to swim. These forms include the Medical Release Form and Waiver/Terms & Conditions Form. We also request a copy of your insurance card to have on file in case of an emergency. If your athlete is registering for USA swimming for the first time, a copy of their birth certificate must be submitted.
4. Training dues may be paid in full by April 30<sup>th</sup> or they may be paid in FOUR installments for the winter season. There is a discount if you choose to pay your total dues by April 30<sup>th</sup>. You are responsible for timely payment of your dues and meet fees. Payment arrangements may be made **in advance** for families with special financial circumstances. See the Head Coach as soon as possible to discuss the matter.
5. No credits or refunds will be given for missed training sessions due to participation in other activities/sports or vacations. If your swimmer practices once in a month, they are considered to be on the team for the month and dues must be paid. Special consideration for medical injuries and issues will be considered once the parent has supplied to the Head Coach medical exclusion from training.
6. If your athlete is moved into a higher training group during the season, pro-rated dues will be determined and added to the next billing cycle for payment.
7. As a competitive swim club, every effort should be made to attend as many meet sessions as possible. Requirements for athlete participation in winter season meets are based on training group.
  - Bronze Swimmers - 4 sessions
  - Silver Swimmers - 6 sessions
  - Gold Swimmers - 8 sessions
  - Senior Swimmers - See Coach Grace!
8. Meet entry fees are in addition to the club dues. The coaches will select and enter meet events for the swimmers. Once the team entry is complete, these meet fees will be communicated via email. Additionally, each swimmer will be required to pay a \$2.00 surcharge for each meet they enter. This money goes directly to Indiana Swimming. Both the meet fees and the surcharge are due to DTAC by the Wednesday prior to the meet.
9. Once a swimmer is entered in a meet, the meet entry fees and surcharge must be paid regardless of whether the athlete actually swims in the meet. This is because meet entries are sent in weeks before the actual meet and the team pays the entry fee in advance.
10. If you attend to take a break or drop out of the program, WRITTEN notification to the Head Coach is required by the 25<sup>th</sup> of the month prior to departure to avoid charges for that month. Any unused training dues are NON-REFUNDABLE and any outstanding fees, including meet entry fees, must be paid in full upon notification of drop out.
11. When writing a check for dues or fees, please make a note of the reason for the check in the memo section on the check. Also, if you pay with cash please include a note that clearly states the purpose of the payment. Please submit all payments online or to the Head Coach for processing.
12. Any checks returned for non-sufficient funds will be assessed a fee. In the event of a NSF, any outstanding monies due, including the amount of the NSF check, will only be accepted in the form of cash or a money order. Once your account is paid up, you can return to using personal checks as payment.





**2018 SUMMER MEET SCHEDULE/SIGN-UP PROCEDURES**

Please complete the following information about attendance for the following meets for the 2018 Long Course season. In lieu of completing this form, you may complete these commitments online via the team website! **All meet commitments are due via paper form or online by April 20th.** As you plan the competition schedule for the winter season, please keep in mind the following items:

1. Every effort should be made to attend as many meet sessions as possible. We are publishing the schedule well in advance, so it will allow time for families to compare the schedule to other activities and/or family obligations. Requirements for athlete participation in Long Course Season meets are based on training group. The following requirements should be viewed as the minimum for each group.
  - i. Bronze Swimmers - 4 sessions
  - ii. Silver Swimmers - 6 sessions
  - iii. Gold Swimmers - 8 sessions
  - iv. Senior Swimmers - See Coach Grace!
2. If changes to availability occur after completing this form, you will need to contact Coach Grace as soon as possible. The coaching staff will complete and submit entries for meets approximately 4-6 weeks prior to the meet start date. Once the entry is submitted, no changes will occur and families will be charged for the sessions and events signed up for!
3. While we are asking you to declare for all possible days, your swimmer will not swim every day listed on this form. When the coaches complete the entry, they will place swimmer's into the appropriate sessions and events based on their age, attendance, level of experience, and meeting qualifying standards (as necessary).

Name of Athlete(s):

<b>Dates</b>	<b>Meet/Location</b>	<b>Availability - Circle All Days Available to Swim</b>
May 11-13	PIKE Spring Invitational – LCM Pike HS, Indianapolis, IN	FRI SAT SUN
June 1-3	DON Summer Invitational – Outdoor LCM North Central HS, Indianapolis, IN	FRI SAT SUN
June 22-24	CARD Muncie Mayor's Meet – Outdoor LCM Tuhley Park, Muncie, IN	FRI SAT SUN
July 13-15	SEY Pepsi Plunge – Outdoor P/F LCM Shields Park, Seymour, IN	FRI SAT SUN
<b>Championship Meets Below have Minimum Qualifying Standards – Coaches will Update Qualifiers as Season Progresses!!</b>		
July 19-22	Senior State Championships – LCM Location – IU Bloomington	FRI SAT SUN
July 27-29	Age Group State Championships - LCM Location – IUPUI Natatorium	FRI SAT SUN
August 4-5	Central West Divisional Championships - SCY Location TBD	SAT SUN