



P.O. Box 707
Crawfordsville, IN 47933
765-364-3247
www.scscswim.org

1969-2010 - Celebrating 41 years of swimming fun & competitive success!

2010-2011 SHORT COURSE SEASON INFORMATION

HOW TO JOIN THE TEAM OR RE-REGISTER FOR THE UPCOMING SEASON

All registration this year will be done on line through our website www.scscswim.org. You may register beginning on Thursday September 2nd. Just go to the website and click on **Start Registration** on the left hand side of the page.

The BIG change this year with registration is the USA Swimming requirement to provide a COPY of birth certificate (issued by State/County health department, not the hospital), driver's license or passport when registering any swimmers 18 years old or younger. You must turn in a copy of the documentation to Coach Dowd before your registration will be complete. The copies will be forwarded to Indiana Swimming where each swimmer's date of birth will be confirmed and then the copies will be destroyed. **No swimmer will be allowed to compete in meets without completing this requirement.**

Practices will begin on Tuesday September 7th for all groups, but please remember our program is structured such that swimmers may join or return to our team at any time during the season.

WHO WE ARE

Sugar Creek Swim Club's competitive swimming program promotes a healthy lifestyle and provides the youth and families West Central Indiana with a positive outlet for children's enthusiasm and energy in a team environment. The sport of swimming offers youngsters an opportunity to enhance their physical, mental and emotional development and challenges them to strive for continuous personal improvement in and out of the water. We are a parent-governed and operated 501(c) 3 non-profit organization. On the following pages you will find introductory information about our team and the sport of competitive swimming. However, words on paper cannot adequately convey the dynamic nature of our program. We encourage you come by and visit one of our practices and to contact us with your questions. We would love for you to become a part of the SCSC family.

SCSC IS:

- a professionally coached, athlete centered, competitive swim TEAM
- dedicated to the long-term development, participation and progress of our members
- committed to teaching & coaching efficient stroke technique as the foundation for future success
- focused on improving athletes' aquatic skills, physical, mental and emotional capabilities
- supportive – of each other and the team in our journey toward excellence
- fun – we value the notion that our time together should be enjoyable as well as productive
- flexible – in our practice and meet schedule so our young athletes can participate in other important athletic and social activities
- family-oriented – parents are encouraged to support their children's efforts by participating actively in our organization

YOUR BENEFITS

- **Swimming Fast!** – our swimmers improve their skills and performance, everyday in every way.
- **Meeting terrific people** – Many swimming buddies become lifelong friends.
- **Great exercise for cardiovascular and overall fitness** – Swimming is a low-impact physical activity that can be done for a lifetime!
- **Fun** – Age group swimming is exciting and rewarding!
- **Life skills** – Swimmers learn time management, goal setting, self-discipline, sportsmanship and other valuable tools for success.
- **Improved Academic Performance** – the discipline and other skills acquired coupled with aerobic exercise can improve brain function; varsity swimmers & teams historically have higher average GPA's than other athletes, sports teams and the non-athlete student population at all grade levels.
- **Parental Involvement** - With an encouraging, helpful attitude parents have the opportunity to positively impact our program and their child's swimming experience.



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OUR COACHING STAFF

We are very proud of our professional staff of coaches who have over 40 years combined coaching experience. These coaches are dedicated to working with each athlete to help them grow and develop as swimmers and people. They are also continually striving to enhance their swimming and coaching knowledge through clinics and other continuing education.

Head Coach Mark Hesse – Senior Group
Head Age Group Coach Sarah Dowd –Advanced Group
Coach Kevin Hedrick – Senior Group
Coach Liz Cuadrado – Junior Group
Coach Judi Bol – Novice Group
Coach Brittany Sayler – Frankfort Site

PRACTICE GROUPS

Swimmers are divided into practice groups based primarily on age and ability. A consistent practice schedule is ideal but not mandatory. We recommend that all swimmers strive to attend at least 50% of their group's practices on a regular basis; however, we encourage each swimmer and family to determine their level of time commitment based on their unique situation and goals. As with any other skill-based activity, swimmers will get out of our program what they choose to put into it.

Novice Groups

Novice I is for swimmers who are brand new to our team or are still working on the basics of freestyle and backstroke

Novice II is for swimmers who have been with our team for at least one season and are competent in freestyle and backstroke as well as the basics of breaststroke & butterfly.

The purpose of the Novice group is to develop skills in all four of the competitive strokes. Practices will focus on skill development and building endurance in a fun atmosphere. The group is the first level of the competitive team and typically consists of swimmers who are in their first few years in the sport. If necessary, this group may be sub divided to better meet the needs of both our new and returning swimmers.

Moving to the Junior Group

- Perform all strokes legally in a meet
- Racing Start off the block
- Backstroke and Freestyle flip turns
- 50+% practice attendance
- 200 Freestyle during a meet

Junior Group

The goal of this group is to further refine each swimmer's proficiency in the different strokes, starts, and turns. This group is introduced to the concept of interval training by doing longer practice sets to build endurance. Swimmers are expected to develop good practice habits, and will begin to learn additional training concepts that are utilized at the higher levels of our team.

Moving to the Advanced Group

- Swim each event offered in their age group during the season
- Demonstrate knowledge of workout rules and expectations
- 75+% practice attendance
- 400/500 Freestyle during a meet
- 200 IM during a meet

Advanced Group

This is our highest level of training for age group (14 & under) swimmers. Emphasis is placed on continuing to improve skills and stroke technique, as well as increased training intensity. Members of this group also are expected to have consistent practice attendance and demonstrate leadership to the other members of the age group team.



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Senior Group

This group consists of swimmers high school age and above. Training in this group is structured around the individual athlete's goals. Every swimmer is expected to contribute positively to the team's pursuit of excellence. Team members in this group learn the skills necessary to be successful at the highest levels of swimming. This group may be divided into multiple groups based on number of swimmers and ability levels

Fall 2010 Practice Schedule – Crawfordsville Site

Novice I - New swimmers

Monday- Thursday 4:15-5:15

Novice II - Returning Swimmers

Monday- Thursday 5:30-6:30

Junior Age Group

Monday-Friday 5:00-6:15

Advanced Age Group

Monday-Friday 4:30-6:00

Senior

Morning TBA

Monday-Thursday 3:45-5:45

Friday 3:45-5:15

Saturday 8:00-10:00am

- Adjustments to individual schedules are possible. Please contact Coach Hesse if you have conflicts.
- Saturday practices may be added for Age Group squads
- All practices held at the Crawfordsville Aquatic Center

Fall 2010 Practice Schedule - Frankfort Site

Senior

Mornings: Tuesday and Thursday 6-7

Monday-Thursday Afternoon: 3-5

Friday: 3-4:30

Saturday 8-10am @ the Crawfordsville Aquatic Center

Advanced/Novice

Monday-Thursday Afternoon: 3:30-5

Advanced/Novice Friday: 3:30-4:30

- Adjustments to individual schedules are possible. Please contact Coach Saylor with your concerns

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SWIM MEETS

SCSC provides a meet schedule designed to both challenge our athletes and give them an opportunity to “showcase” their skills. Meet participation is not required but is encouraged as a method to gauge progress, reap the rewards of practice and enjoy the fun of racing. As part of the commitment to our team culture, swimmers are expected to compete at any Championship level meets for which they qualify. All meet sign-ups are done on-line through our website.

Entry Fees

Each swimmer/family is responsible for paying the entry fees and/or surcharges for all meets for which they sign-up to 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 ranges anywhere between \$3 and \$50 per meet. SCSC will bill you after the entry has been completed and we require that these fees be paid in a timely fashion. Swimmers/families that fall behind in payments may not be allowed to enter future meets. More information about individual meet entry fees is available in the Meet Letter for each meet we attend. Meet Letters may be found in the master meet schedule on the Indiana Swimming website at <http://www.inswimming.org/Entries/entries.htm>.

2010-11 Short Course Meet & Activity Schedule

<u>Meet Date</u>	<u>Meet Name & Site</u>
Oct. 9	Red/White @ CAC*
Oct. ?	SCSC Aquathon Fundraiser @ CAC*
Oct. ?	Bonfire/Hayride @ Priebe’s Pumpkin Patch
Oct 22-24	Terre Haute Torpedo Halloween Splash @ Terre Haute South
Oct. 30	SCSC vs. MVA Spooktacular Dual Meet & Party @ CAC (tentative)*
Nov. 5-7	SCSC Covered Bridge Invite @ CAC*
Nov. 19-21	Indy IMX Challenge @ IUPUI (swimmers must qualify)
Nov. 19-21	WTSC Holiday Championship @ North Central HS Indianapolis
Dec. 5	Christmas Parade
Dec. 10-12	Indy Dolphins Winter Invite @ IUPUI @ Anderson HS
Dec. 19	ACAC 8 & Under Meet of Champions
Jan. 7-9	SCSC Penguin Paradise Plunge @ CAC*
Jan. 21-23	WTSC Groundhog Invitational @ North Central HS Indianapolis
Feb. 11-13	CISC Championships @ CAC*
Feb. 25-27	LST Bearcat Invitational @ Lawrence North HS
March 3-6	Indy Grand Prix @ IUPUI (swimmers must qualify)
March 4-6	ISI Divisionals @ TBA (swimmers must qualify)
March 11-13	ISI Senior State @ CAC*
March 18-20	ISI Age Group State @ IUPUI
March 24-27	Speedo Sectionals @ IUPUI

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

***ALL SCSC SWIMMERS AND PARENTS ARE EXPECTED TO PARTICPATE IN OUR HOME MEETS**



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YOUR INVESTMENT

Sugar Creek Swim Club operates a year-round program that allows each member the opportunity to fully explore their potential as well as the flexibility to participate in other sports, activities and/or teams. We divide the swimming year into two seasons: Short Course (SCY) – practice & competition primarily in 25-yard pools from September-March; and Long Course (LCM) – practice & competition primarily in Olympic-size, 50-meter pools from April-August.

Registration Fees \$65

This includes the **2011 USA Swimming Fee** of \$54.00 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, 2011. Swimmers who provide proof of qualification for the Free/Reduced School Lunch Program pay a fee of only \$7.00. SCSC is merely the collection point for this fee for Indiana Swimming and USA Swimming Also included is the **SCSC Registration Fee** of \$11

Team Fees

These fees cover coaches’ salaries, pool usage fees and other program operating expenses. We are one of the most reasonably priced teams in the state of Indiana, offering great value for your dollar. Swimmers who attend 50% or more of the scheduled practices are paying an average of less than \$2.50/hour.

Team fees may be paid by a recurring monthly charge to your credit card or automatic checking debit. Novice & Age Group fees are due at registration and on the 1st of October, November, December, January & February. Because of the 4-month high school season, Senior team fees are due at registration and in two payments, on the 1st of October and March. We offer a 10% discount for families wishing to pay their fees in one lump sum at the beginning of the season.

2010-11 Short Course Season Team Fees

	<u>Multiple Payments</u>	<u>Single Payment</u>
Novice	\$35/month	\$189
Junior Age Group	\$45/month	\$243
Advanced Age Group	\$50/month	\$270
Senior	\$60/three times	\$162

As part of this fee, all team members receive an individual youth pass to the Crawfordsville Aquatic Center, where we hold the majority of our practices. This beautiful, state of the art, Olympic-size pool is one of the finest competitive and recreational facilities in the country. The pass entitles athletes to free admission during the facility’s Open and Lap Swim times as well as during practice. Discounted summer family passes may be purchased with a \$25 credit given for each SCSC team member in the family.

EXAMPLES: In-District Family of 4 (1 SCSC swimmer) \$80 - \$25 = \$55.00
 Out of District Family of 4 (2 SCSC swimmers) \$105 - \$50 = \$55.00

SCSC Financial Aid

Swimmers who provide proof of qualification for the Free/Reduced School Lunch Program are eligible for a reduction of their team fees. Swimmers who are in the reduced lunch program are eligible for a 50% fee discount and those who are in the free lunch program are eligible for a reduced fee of only \$10 per month. Athletes/families are eligible for reduced fees remain responsible for all entry fees and uniform and travel costs.

Team Uniform

All team members are expected to wear the SCSC Team Suit at all swim meets. It is recommended that the team suit not be worn during practices in order to prolong its useful life. All team suits must be ordered from **Kast-A-Way Swimwear**. Please contact Coach Dowd to order a suit.



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The “local” *Kast-A-Way* store is located in Indianapolis at 1726 East 86th Street. They can be reached toll free at (800) 345-5682, or long distance at (317) 848-5263

Retail Store Hours: Monday - Saturday - 10:00am - 5:00pm, Sunday – CLOSED.

Only SCSC Team Caps may be worn at swimming meets. All new swimmers receive a SCSC Team Cap upon joining the team. Additional team caps may be purchased for \$3.00 each. Silicone caps are also available and may be purchased for \$10.00 each.

Financial Policies

SCSC has established the following financial policies so that we may continue to offer you a consistent, quality program with excellent, professional coaches in a superior facility.

- We offer a single discounted seasonal payment or convenient monthly installments on credit or debit card or deducted automatically from your checking account.
- There is no credit given for missed practices or vacations. If you participate in a practice during a given month you are considered a member of the team for that month. Swimmers/families electing to drop out of the program must notify the team treasurer and their coach **in writing**.
- We offer multi-swimmer family discounts: 2nd child: -\$40; 3rd child: -\$55; 4th child: -\$70
- For swimmers joining after the start of the season – payments begin with current month.
- Account balances need to be paid in full within 30 days of receipt of your statement. Anyone who is unable to pay the full balance within 30 days should contact our club treasurer or their designee to set up a payment plan. Active SCSC members who have a past due balance greater than \$200 per swimmer will not be entered into meets. However, a written payment agreement with the club treasurer and consistent monthly payments will allow the swimmer to be entered into meets if the meet entry fees are paid by cash in advance.
- Swimmers/families with an outstanding balance greater than \$100 per swimmer will not be allowed to register for the next season until either full payment has been made or satisfactory payment arrangements have been made in writing with the club treasurer.

SCSC VOLUNTEERISM

As a parent-governed and operated organization, we rely on parent/family volunteers to staff and provide support for most of our activities each year. After several years of requiring a minimum volunteer commitment as a condition for membership in our program, the SCSC Board of Directors has voted to eliminate the mandatory volunteer requirement for the upcoming season. Anticipating the possibility of a volunteer shortage, we have decided to pay outside organizations an hourly fee to provide timers for all sessions of nearly every meet.

However, eliminating the mandatory commitment and the large number of timing position **DOES NOT** eliminate the need for volunteers to help at our meets and other special events. We always welcome parents who take the initiative to become OFFICIALS. We will always need people to help out with admissions, directing guests, labeling and sorting awards, working at the head table as announcer or computer person or scorer or operator of the Colorado Timing System. Our hospitality room and concession stand will still need to be staffed. As you can see, there are a variety of opportunities to available and they are not limited to just helping at meets! We also need folks to help with our fundraising and team social activities. Some positions require training but there are many opportunities and ways to assist the team without extensive training.

This work is all done by Volunteers, the hard-working families who hold every organization together with their labor, grace, and good cheer. Without YOU, we are unable to host the well-run and enjoyable meets our friends have come to expect from us. Without these meets, we lose substantial revenue. Revenue that is necessary to provide the quality and variety of practices, competitive opportunities and other activities for your swimmer and family at a *reasonable cost*.

Those who are down on deck, in the concession stand, or helping in the hallway somewhere are the people who are having the most fun. They receive the most reward, and their children feel the love and support of parents who are involved. PLEASE VOLUNTEER! THANK YOU!