



2016 LONG COURSE SEASON INFORMATION

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

All registration this year must be done online through our website www.scscswim.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. *If you need assistance with your user id and password, please contact Coach Dowd.*

WHO WE ARE

Sugar Creek Swim Club's competitive swimming program promotes a healthy lifestyle and provides the youth and families of Central Indiana with a positive outlet for children's enthusiasm and energy in a team environment. The sport of swimming offers young people 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** – Competitive 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** – All great swimmers have strong parental involvement and play a pivotal role in the development of the athlete. Parents have the opportunity to positively impact our program and their child's swimming experience.

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.

Kevin Hedrick - Head Coach

Ian Line – Gold Assistant

Will Robbins – Frankfort Site

Jennifer Jones – Western Boone Site

Sarah Dowd - Head Age Group Coach

Jack Ehrlich – Bronze

Shane Sankey – Bronze

TEAM STRUCTURE

There is a spot for everyone somewhere in our program! Youngsters who are not quite ready for the team can participate in the Crawfordsville Aquatic Center's Learn-to-Swim program to become better prepared.

Swimmers are divided into practice groups based primarily on age and ability. A consistent practice schedule is encouraged but not mandatory. We recommend that all swimmers strive to attend as many of their groups' practices as possible; 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, frequency and quality of practice time correlate to improvement.

Group changes typically occur at after the long course season; however, advancement of swimmers to a different practice group is always at the coach's discretion. The following guidelines have established some guidelines to help the swimmers set goals.

Swimmers are divided into practice groups based primarily on age and ability. A consistent practice schedule is essential for attaining the goals of SCSC as set forth in our team handbook.

We expect that all swimmers attend as many of their group's practices as possible.

Swimmers will get out of our program what they choose to put into it!

BRONZE GROUP

The purpose of the Bronze 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. Dependent upon group numbers, the Bronze Group may be divided into the following squads:

- **Red Squad** is for swimmers who are brand new to our team or are still working on the basics of freestyle and backstroke

- **White Squad** 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.
- **Blue Squad** is for swimmers who have mastered all four strokes but have not yet achieved a Divisional time standard in any age 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.

SILVER 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. Swimmers in 6th, 7th, and 8th grade are automatically placed in the Silver Group.

- **Silver 1** is for swimmers who have achieved a Divisional time standard or higher and have not yet entered middle school/junior high. Home School students or students whose school does not have an organized team will be placed in this group for billing purposes.
- **Silver 2** is for swimmers who have achieved a Divisional time standard or higher and will practice and compete with a middle school/junior high team during the school year.

GOLD GROUP

This group consists of swimmers high school age and above. Swimmers transition to this group the summer before starting high school. Training in this group is structured so that individuals are prepared to compete at the highest levels of swimming. Every swimmer is expected to contribute positively to the team's pursuit of excellence. This group may be divided into multiple groups based on number of swimmers and ability levels.

CRAWFORDSVILLE SITE PRACTICE SCHEDULE

Practices are offered at the Crawfordsville Aquatic Center inside Crawfordsville High School.

SPRING SCHEDULE

Gold and Silver Groups begin April 11. Bronze Group begins April 18.

Gold Group	4:00-6:00pm	Monday-Thursday
	4:00-5:30pm	Friday
	8:00-10:00am	Saturday
Silver Group	4:00-5:30pm	Monday-Friday
	8:00-10:00am	Saturday (with Gold Group)
Bronze Group	5:30-6:30pm	Monday-Thursday

SUMMER SCHEDULE

Begins Tuesday May 31

Gold Group	7:30-10:00am	Monday-Friday
	5:30-7:00pm	Monday-Thursday
	8:00-10:00am	Saturday
Silver Group	9:30-11:30am	Monday-Friday
	5:30-7:00pm	Monday-Thursday
	8:00-10:00am	Saturday (with Gold Group)
Bronze Group	5:00-6:30pm	Monday-Thursday

- Schedule is subject to change based on pool availability & group size.
- **ALL groups should bring dryland clothes and a water bottle to every practice!**

FRANKFORT SITE PRACTICE SCHEDULE

Practices are offered at Frankfort High School and the TPA Park Pool except where indicated.

SPRING SCHEDULE

All practices at Frankfort HS starting April 11.

Gold Group	3:30-5:00 P.M. 8:00-10:00 A.M.	Monday-Friday Saturday at Crawfordsville High School
Silver Group	4:15 -5:30 P.M. 8:00-10:00 A.M.	Monday-Friday Saturday at Crawfordsville High School
Bronze Group	4:15 -5:30 P.M.	Monday-Friday

SUMMER SCHEDULE

Begins Wednesday June 1

Gold Group	8:00-10:00 A.M. <i>Afternoon practice times and days at FHS will be announced at a later date.</i> 8:00-10:00 A.M.	Monday-Friday (TPA) Saturday (Crawfordsville High School)
Silver Group	8:00-9:30 A.M. <i>Afternoon practice times and days at FHS will be announced at a later date.</i> 8:00-10:00 A.M.	Monday-Friday (TPA) Saturday (Crawfordsville High School)
Bronze Group	8:00-9:30 A.M. <i>Afternoon practice times and days at FHS will be announced at a later date.</i>	Monday-Friday (TPA)

- Schedule is subject to change based on pool availability & group size.
- **ALL groups should bring dryland clothes and a water bottle to every practice!**

WESTERN BOONE SITE PRACTICE SCHEDULE

Practices will be at Western Boone High School.

SPRING SCHEDULE

Begins April 11

Gold Group	3:15 - 5:00pm	Monday - Friday
Silver Group	3:15 - 4:45pm	Monday - Friday
Bronze Group	4:30 - 5:30pm	Monday - Thursday

SUMMER SCHEDULE

JUNE 1th - JUNE 10th

Gold Group	9:30 - 11:30am	Monday - Friday
	4:30 - 5:30pm	Monday/Wednesday/Thursday
Silver Group	9:30 - 11:30am	Monday - Friday
	4:30 - 5:30pm	Monday/Tuesday/Thursday
Bronze Group	4:30 - 5:30pm	Monday - Thursday

JUNE 13th - JUNE 30th

Gold Group	2:00 - 4:30pm	Monday - Friday
Silver Group	2:00 - 4:00pm	Monday - Friday
Bronze Group	4:30 - 5:30pm	Monday - Thursday

JULY

(no practices July 4th - 8th)

Gold Group	9:30 - 11:30am	Monday - Friday
	4:30 - 5:30pm	Monday/Wednesday/Thursday
Silver Group	9:30 - 11:30am	Monday - Friday
	4:30 - 5:30pm	Monday/Tuesday/Thursday
Bronze Group	4:30 - 5:30pm	Monday - Thursday

- Schedule is subject to change based on pool availability & group size.
- **ALL groups should bring dryland clothes and a water bottle to every practice!**

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 strongly encouraged as a method to gauge progress, reap the rewards of practice and enjoy the fun of racing but is not a requirement. All swimmers will be signed up to swim in all home meets hosted by SCSC. 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 can be found on our events page linked with each meet.

2016 Long Course Meet & Activity Schedule

HOME MEETS IN BOLD – ALL SCSC SWIMMERS & FAMILIES EXPECTED TO PARTICPATE

<u>Meet Date</u>	<u>Meet/Activity Name & Location</u>
May 7	Red/White Intrasquad Meet (25 yards) @ CAC
May 14	Five-Way Meet @ CAC (50 meters) SCSC/MVA/LEB/PCST/ACAC
May 21	10 & Under Closed Invite (25 yard)
June 3-5	PCST Distance Open (50 meters) @ Rose Ann Park Pool, Greencastle
June 7	SCSC 12 & Under Invitational (50 meters) @ CAC
June 17-19	SCSC Solstice Splash (50 meters) @ CAC <i>(Friday evening will be 10 & Under 25 yards ONLY)</i>
June 24-26	BA Summer Boiler Bash (50 meters) @ Purdue University
July 5*	Indiana Swimming Open Water Championships @TBD
July 15-17	ACAC Dolphin Club Invite (50 meters) @ Dolphin Club, Anderson, IN
July 21-24*	ISI Swim Fest Championships (50 meters) @ IUPUI/Pike HS
July 30-August 1*	ISI Summer Divisional Meet (25 yards) @ CAC
August 3-7*	MEGA ZONE: Central Zone 14 & under Championships @ IUPUI
August 6	End of Season Celebration @ Milligan Park Pool

*CHAMPIONSHIP MEETS – Swimmers must achieve qualifying times for these meets. The coaching staff will notify those who are eligible to compete.

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.

NEW SWIMMER Registration Fees - \$99.50

This includes the **2015 USA Swimming Seasonal Registration 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 August 28, 2016. Also included is the **SCSC Registration Fee** of \$64 which gets each swimmer a team t-shirt, swim suit and cap. SCSC is merely the collection point for this USA Swimming Fee. *Swimmers who are on the free or reduced lunch program will only pay a \$7 USA Registration Fee and the \$64 SCSC Registration Fee. Swimmers who were members of the team during the 2015-2016 Short Course Season will not be charged this fee.*

USA Swimming requires every (NEW) swimmer 18 years old and younger submit a COPY of their birth certificate (issued by State/County health department, not the hospital), driver's license or passport upon registration. You must turn in a copy of this documentation to Coach Dowd, Coach Robbins, or Coach Jones 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.** Swimmers who have turned in their proof of birth date in prior seasons WILL NOT have to do it again this season.

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, on average, less than \$2.50/hour.

Team fees may be paid by a recurring monthly charge to your credit card or automatic checking debit. Fees are due at registration and on the 1st of June and July. We offer a 10% discount for families wishing to pay their fees in one lump sum at the beginning of the season.

Crawfordsville Aquatic Center

As part of their team fees, 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) \$90 - \$25 = \$65.00
 Out of District Family of 4 (2 SCSC swimmers) \$115 - \$50 = \$65.00

2016 Long Course Season Team Fees

	3 Monthly Payments (at registration/June/July)	Single Payment (10% discount)
Bronze Group	\$58	\$157
Silver Group	\$78	\$211
Gold Group	\$98	\$265

* **Registration Fees of \$99.50 are in addition to these fees for NEW members**

SCSC Financial Aid

Swimmers who provide proof of qualification for the Free/Reduced School Lunch Program are also eligible for a reduction of their team fees. The registration fees will be reduced to \$71. Swimmers who are in the reduced lunch program will receive a 50% monthly fee discount and those who are in the free lunch program will receive a discounted fee of only \$13 per month. Athletes/families that are eligible for these discounted fees are still responsible for all entry fees, uniform and travel costs.

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.

- 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. Refunds for the team support fee will not be given for families who leave the team.
- **We offer multi-swimmer family discounts: 2nd child: -\$40; 3rd child: -\$55; 4th child: -\$70 Families who qualify for the free/reduced lunch program will not receive this discount.**
- 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.

TEAM UNIFORM

All team members are required to wear the SCSC team suit and cap 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 will be ordered upon registration and delivered to the swimmers when they arrive. Swimmers will receive an SCSC team cap upon registering for 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.

TEAM SUPPORT

MARK YOUR CALENDAR! PLAN AHEAD!

Families are asked to work a minimum of **SIX** sessions/job slots during our hosted meets this season. **Beginning this season, each family will be charged a service fee of \$75 upon registration for the team.** Once the 6 sessions have been completed, the service fee will be credited back to your account. At the end of the season, refunds for this fee will be issued via check upon request. The amount will not be prorated for those who worked 1-5 sessions. The fee will not carry over from one season to the next unless you leave it as a credit on your account. The fee is non-refundable for families who leave the team prior to the end of the season.

Team Support sign-up will be done through the SCSC website. An email will be sent to all club families indicating the start of sign-ups for each meet at least one month prior to the meet date.

IF you know you have a conflict on a meet weekend or are unable to provide team support during the season, there are other ways to satisfy the six sessions. Some options are:

- Trade sessions with another family (post a note on the bulletin board or talk to other parents at practice; you may find a family that can't work a meet you can & you can trade sessions)
- Hire a teenager (15 years old or older), or find one looking to fulfill community service requirement for their school or other group.
- Ask another family who works more than the 6 sessions if they would be willing to donate one or more of theirs to your family.