



## 2016-2017 NORTHEAST KINGDOM AQUATICS SWIM TEAM INFORMATION & REGISTRATION

Northeast Kingdom Aquatics is pleased to announce that Lyndon State College will be hosting our practices starting September 22, 2016 and ending February 16, 2017.

**Location:** Lyndon State College's Bole Pool is located at the south end of the parking lot in the main campus (SHAPE Center entrance).

**Practice Schedule:** Practices will be held **Monday, Tuesday, and Thursday**. A practice schedule is included in this packet. Our newest and youngest swimmers practice on Tuesday and Thursday. All other swimmers practice Monday, Tuesday, and Thursday.

Notifications will be made via email and Facebook if practices are cancelled due to weather or unexpected pool closures. Please note on the practice schedule that there are some weeks when our schedule is modified, as our host Lyndon State College will be closed.

**Time:** Practices run from **6:00-7:30 pm**. Please arrive by 5:45 pm. Swimmers should be on deck and ready to get into the water promptly at 6:00pm.

**Swim Meets:** Noted on the schedule are USA Swim meets that your swimmer can attend. While meets are optional, we encourage swimmers to participate, as they are fun and team-spirited events. Parents must complete a USA Swimming membership for their child. Your swimmer cannot compete until this paperwork has been processed by USA Swimming.

### **Cost for the Season:**

\$375 for three days a week

\$275 for two days a week

\*2nd swimmer in the same family/household receives a \$25 discount

\*After 2nd swimmer, additional swimmers in the same family \$45 each

Checks made payable to **Northeast Kingdom Aquatics**

\$69 USA Swimming Membership (checks made payable to "NE Swimming")

Meet fees vary depending on the meet and number of events your child enters (typically \$4-7 per event)

\*\*We hope to offer a 4th practice each week if fundraising & enrollment support it.



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**Payment Schedule:** Registration fees are due in full on or before September 22, 2016. We do not offer a monthly payment plan, however, we do accept the following payment options and incentives:

- Full registration paid by 6/30, save \$25 off total registration.
- 50% registration paid by 6/30, the balance on or before September 22, 2016, save \$10 off total registration

Due to the team's financial commitments, we cannot offer any refunds of registration fees.

**Equipment:** All swimmers should wear a comfortable swimsuit, swim cap, and goggles. Team caps are available for purchase for \$10 each. SwimOutlet.com has a good selection of girls and boys practice and racing suits. If you shop through our team SwimOutlet.com link (on our website), our team earns money back for each purchase. We recommend 'jammers' for boys and a one piece suit for girls. We have found Speedo Endurance, TYR Fusion, and Dolfin suits are the best for quality and withstanding regular pool use. Polyester will last longer as well. Expect to go through at least one suit per season. Green and gold are our team colors.

We recommend swimmers also bring swim fins to practice. We do have extras available.

**Water Bottles:** Swimmers should have a non-breakable water bottle on deck with them during practice. It's important that swimmers stay hydrated.

**Locker Room:** Children must be supervised in the locker room by an adult. The locker rooms are located downstairs from the pool, and a bit of a walk from the pool area, so swimmers should bring flipflops and hoodie to wear on the way to the pool. Swimmers may want to come to practice with swimsuit underneath sweats, be ready to go poolside, and use the locker rooms after practice. Showers are located in the pool area, as well as a bathroom. Lyndon State College recommends that all personal items be brought up to the pool area, or bring a lock to use in the locker room.

**Parking:** As you pull into the main campus of Lyndon State College, the pool is at the south end of the parking lot. The pool is above the fitness center. You can park at that end of the parking lot and enter the facility at the SHAPE Center entrance. If you should get a ticket, please submit it to a swim coach, and we will take care of it.



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**Carpooling:** As a swim team, we do not offer an organized carpool, but we are sure that as a group you will find ways to help each other out. Families coming from the north might want to use the Newport Wellness Center as a meeting place for drop-offs and pick-ups.

**Questions:** If you have questions about the team, practices, equipment, registration, or anything else, please do not hesitate to contact one of the coaches or team administrator.

Team email: [northeastkingdomaquatics@gmail.com](mailto:northeastkingdomaquatics@gmail.com).

Website: <http://www.northeastkingdomaquatics.org>

**Volunteer Opportunities:** Northeast Kingdom Aquatics is a non-profit swim team. Our team has fixed costs that include pool rental and coaches' stipends. We also have other expenses, including equipment and travel. Your support is what makes this team for Northeast Kingdom youth possible. We encourage you to consider volunteering your time, helping with our fundraising projects, and helping to grow our team into a sustainable organization for Vermont's Northeast Kingdom. Help us grow our team!