



## 2018-2019 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 25, 2018 and ending February 11, 2019.

**Location:** Northern Vermont University (formerly Lyndon State College) at the Bole Pool located at the south end of the parking lot in the main campus (SHAPE Center entrance).

**Practice Schedule:** Four practice schedules are available.

- 4X a week: **Monday, Tuesday, Wednesday, and Thursday** (6:00-7:30pm).
- 3X a week: **Monday, Tuesday, Thursday** (6:00-7:30pm)
- 2X a week: **Monday/Wednesday or Tuesday/Thursday** (6:00-7:30pm)
- 1X a week: **Wednesday** (6:00-6:30pm)

Please arrive by 5:45 pm. Swimmers should be on deck and ready to get into the water promptly at 6:00pm. Pre-team/1x a week is for swimmers who are close to being able to independently swim a pool length. The 2x a week practice schedule is for our youngest swimmers. Swimmers are expected to regularly attend practices, however, many of our athletes are multi-sport athletes or active in extracurricular activities and we understand that they may need to miss practices from time to time. **Swimmers should not get into the water until a coach is on deck and instructs them to do so.**

**Schedule Changes:** Notifications will be made via email and Facebook if practices are cancelled due to weather, unexpected conditions or pool closures. A practice and meet schedule will be distributed electronically. Please note on the practice schedule that there are some weeks when our schedule is modified, as our host facility is closed.

**USA Swim Membership.** Northeast Kingdom Aquatics is a recognized USA Swim Club. USA Swim Membership is required for all swimmers. All swimmers must complete a USA Swim Membership Form annually (new members must also attach a copy of their birth certificate or passport). For 2018-2019, USA Swim Premium Membership costs \$78; Flex Membership costs \$20 and allows a swimmer to swim in up to two meets. Membership is also available through an Outreach Program (\$5), and is available for those demonstrating financial hardship (documentation is required).

**Swim Meets:** Noted on the schedule are USA Swim meets that your swimmer can attend. While meets are optional, we encourage all swimmers to participate, as they are fun and team-spirited events. Valid USA Swimming membership is required to participate in meets. Thanks to a generous USA Swim Outreach Program, swimmers who are eligible for Outreach reduced swim membership are also entitled to free/reimbursed to the team meet fees, including



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Regional Meet competition fees. Swimmers are responsible for coordinating travel to/from swim meets. Notification will be emailed in advance of each meet, and swimmers can elect at that time to register. Swimmers who achieve qualifying times at meets throughout the season will be eligible to attend the Regional level meet(s).

### SWIM TEAM FEES

#### Northeast Kingdom Aquatics 2017-2018 Swim Team Fees:

- \$425 for four practices a week
- \$385 for three practices a week
- \$285 for two practices a week
- \$210 for pre-team one practice a week

#### Sibling Discounts:

- \*2nd swimmer in the same family/household receives a \$25 discount
- \*After 2nd swimmer, additional swimmers in the same family/household are charged a registration fee of \$50 each

#### USA Swim Registration Fees: *These fees are set by USA Swimming.*

- \$78 USA Swimming Premium Membership or
- \$20 USA Swimming Flex Membership or
- \$5 USA Swimming Outreach Membership (financial hardship rate)

\*All swimmers must submit a completed USA Swimming Form; new swimmers must also submit required proof of age documentation (e.g., birth certificate, passport). If requesting Outreach membership, an Outreach form must be completed, along with a USA swimming form, and evidence of support for discounted membership. Payment for USA Swim Membership is made to Northeast Kingdom Aquatics, and we forward registration to USA Swimming for processing.

#### Meet Fees:

Meet fees vary depending on the meet and number of events your child enters (typically \$4-10 per event). Meet fees are waived or reimbursed to the team by USA Swimming for those swimmers eligible for Outreach USA Swimming membership.

**Registration.** Online registration opens August 1, 2018. Registration closes October 15, 2018. The online forms are available on the Northeast Kingdom Aquatics Team Website at <http://www.NortheastKingdomAquatics.org>.



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**Payment Schedule:** Registration fees are due in full prior to the first team practice. Payment may be made online via credit card or by mailed check. Checks must be payable to **Northeast Kingdom Aquatics**. 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. 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.

**Swim Cap:** Each swimmer will receive a team cap. Additional team swim caps may be purchased for \$10.

**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, 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 campus parking ticket, please submit it to a swim coach, and we will take care of it.

**Carpooling:** As a swim team, we do not offer an organized carpool to practices or meets, 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.



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**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>

**Fundraisers:** The sustainability of our youth team depends upon fundraisers and parent involvement. Swimmers are expected to participate in our fundraisers and team events throughout the 2018-2019 season.

**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 coach 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. We look forward to you helping us grow our community youth swim team!