



## Seahawks Swim Team New Members Information

Welcome to one of the finest swimming programs in North Carolina. We are pleased that you have taken an interest in us. This organization is providing a comprehensive year-long swimming program for children of all ages and ability levels. With professional coaching, the goal of the team is to maximize individual potential as well as to promote swimming in the community at all levels.

The purpose of this handbook is to provide you, both parent and swimmer's, with information about our team, the combination of facilities to train and compete, a top notch coaching staff who aggressively work to train more which helps them do a better job with your children, challenging team and individual goals, and dedicated families already in the program or joining the team. This program will make ISYS one of the fastest improving teams in the area. As you read this handbook, which provides information on team objectives, organization, practice schedule, the parent organization, typical expenses, the advantages provided by the ISYS program will become apparent. If you are joining the team, we wish you a warm welcome; if you are trying to decide whether to get involved with year-round swimming or which team to join, please give us a call or come to a practice session and talk to the coach, parents and swimmers. We will be glad to answer any questions that you may have. Your inquiries are welcome.

The ISYS swimming program is structured into several different practice groups in order to provide quality instruction and maximum development for each individual team member. Swimmers are placed in practice groups based on ability, commitment level, age and peer group.

### **Team Philosophy/Motto:**

We are a community of swimmers and parents dedicated to improvement and performance in the sport of competitive swimming. ISYS strives toward the highest ideals in sports. Dedication, discipline and the desire to achieve are among our primary objectives. Our team motto is "Everybody Swims". This is because on our team, no one sits on the bench. Every athlete is involved with a personal quest to improve and perform.

### **Parent Organization**

This organization is formed to facilitate fundraising activities, aid in the running of sponsored swim meets, and to help supplement ISYS needs. There are many operating expenses such as travel information, swim equipment, postage, etc. Dues alone are not sufficient enough to pay for everything involved in running our team, ISYS needs all families to participate in the fundraising efforts. The benefits are affordable dues and an overall excellence in our program.

As part of our team, we take pride in honoring team members each month in our monthly Newsletter. Our newsletter features each month a selected team member and a brief story about the swimmer, announces birthdays for the month, welcomes all new members that came on board for that month, important information from Coach Dave and other helpful reminders for parents. As part of this effort, we

ask that parents contribute at least \$1.00 per month to the swimmer of the month fund. You can give your contributions to Lori MacDougall parent and facilitator of Awards.

**North Carolina Swimming / USA Swimming Registration:**

Each athlete must be registered with the North Carolina Swimming and USA Swimming Inc.. This registration includes a secondary insurance policy for the athlete. The fee is \$75.00 per swimmer per year. Each swimmer will also receive a year subscription to splash magazine.

The swim team is a registered member of USA Swimming Inc. and North Carolina Swimming Inc. which are the national and state governing bodies under United States Olympic Committee. ISYS is also a proud member of Western Carolina Swimming Association (WCSA), the Blue Ridge Swim League (BRSL), Greater YMCA Sunbelt Swimming Association (GYSSA), and American Swimming Coaches Association (ASCA).

**The Team offers 4 Levels of Professional Instruction and Training:**

**Bronze Group:**

This group is comprised primarily of novice level swimmers ranging in age from 5-9 years old. Emphasis is placed on developing correct stroke technique in the four competitive strokes along with practice on starts and turns. These fundamentals are taught by means of drills and games to create a fun learning environment. Two to three practices per week are recommended for this group.

**Silver Group:**

Swimmers in this group range in age from 8-12 years old. Practice for these swimmers provides an equal mix of stroke technique and endurance training. The focus of this group is to begin conditioning while maintaining proper stroke mechanics. Three or four practices per week are recommended for this group.

**Gold Group:**

This group gives more advanced age group swimmers the opportunity to attend more practices and increase their endurance training. Swimmers range in age from 9-14 years old. This group still emphasizes stroke technique, but with more dedicated conditioning. Five to six practices per week is recommended for this group.

**Senior Group:**

The Senior Group is the highest level of the ISYS program. Participants are 13 years and older. These committed swimmers dedicate themselves to serious training. Goals of this group are to achieve success on the state, regional, and national levels of competition.

**Practice Schedule:**

<b>Seniors and Gold</b>	Monday thru Friday 4:30 – 6:30 pm (dry land practice will be twice a week in the mornings)
<b>Silver</b>	Mon – Tue – Thur 4:30 – 5:30 pm or 6:00 pm
<b>Bronze</b>	Mon – Tue – Thur 4:30 – 5:30 pm

**YMCA Membership Fees:** Youth Membership is \$19.00 per month or Family Membership starts at \$58.75 (Check with someone in the YMCA office for more details).

**Team Swim Dues are based on the following:**

**Bronze** (Novice) = \$35.00 per month **Silver** = \$40.00 per month **Gold** = \$45.00 per month

**Seniors** = \$50.00 per month

Additionally there is an annual \$25 registration fee per swimmer.

**Note: The YMCA is offering financial assistance for families with three or more swimming on the team. An application can be filed out and turned in to Dorie Shore.**

**Two week trial:**

We offer a two week trial period for \$20, if you decide to join the team this payment will be applied to your registration fee.

**Payment Method:**

Membership fees and Team dues can be paid monthly or yearly. If you are paying yearly, you will receive a 10% discount if paid by January 31. If paying monthly the dues are required to be drafted out of your account each month.

**Meet Entry Fees:**

You are required to pay the meet entry fees before attending the meet. If your swimmer will not be attending a two week notice is required or you will still be charged for that meet.

**Team Suits:**

Team suits can be ordered through Swim Gear by contacting Ron Riddle. One of our parents can help you select the correct size for your child. Our team suit colors are Black/Gold.

Ron Riddle

Swim Gear of North Carolina

336-766-3006

<http://swimgearnc.com>

## ISYS

**Team Players/Contacts**

Coach David Jones - [seahawksswimming@yahoo.com](mailto:seahawksswimming@yahoo.com) - YMCA 704-873-9622 ext 208 or (828)-228-4207

President, Teresa Hoke – [teresashoke@aol.com](mailto:teresashoke@aol.com)

Secretary / Treasurer, Rochelle Dotzel – [rndotzel@bellsouth.net](mailto:rndotzel@bellsouth.net)

YMCA CEO – Tip Nicholson – [ymca@statesville.net](mailto:ymca@statesville.net) Tipymca@ net