

CARTERET CURRENTS SWIMMING, INC.

MOREHEAD CITY, NORTH CAROLINA

SWIM TEAM HANDBOOK

REVISED – AUGUST 2010

HEAD COACH: Tom Mason

CARTERET CURRENTS SWIMMING, INC.

BOARD OF DIRECTORS

Paul Quinn - Chairman

Charles Balch

Wayne Linn

Kim Boyd

Sissy McCray

TEAM OFFICERS

Paul Quinn President

Wayne Lynn Vice President

Liz Edge Secretary

Kim Boyd Treasurer

ACCOUNTANT

Brad Piner, C.P.A.

Team Email: carteretswim@yahoo.com

Team Address: PO Box 2181, Morehead City, NC 28557

Team Phone Number:

INTRODUCTION

Carteret Currents Swim Team

The Carteret Currents Swim Team is a competitive swimming program designed to help each individual swimmer reach their fullest potential; from the beginning level competitive swimmer to the nationally ranked athlete. Each member of the swim team is urged to set their goals and progress at his or her own pace. The swim team provides a learning environment about swimming in a structured, disciplined and enjoyable way.

There is a great deal more to swimming than just learning the four strokes. The swimmers learn the values of proper nutrition, the necessity for setting goals, the value of positive thinking, and the importance of conditioning, the need for teamwork, and the benefits of self-discipline. The program builds self-esteem in all the swimmers.

The competitive spirit and discipline of young swimmers carry over into other aspects of their lives. One typical result is that the average academic achievement of swimmers is well above that of all other students. The lessons that the children learn through swimming will prepare them for whatever the future may hold for them.

DUES STRUCTURE

Dues will not be charged to new swimmers trying the team for the first two weeks. After the two weeks, fees stated below will be required. The dues for the remainder of a month will be prorated.

All swimmers are required to be registered with USA Swimming at a current fee of \$50.00 per year. In addition there is a \$50.00 per year team fee per swimmer. This is PER SWIMMER and valid until August 31 of the following year. With the fee, the swimmer will be registered with USA Swimming, receive a team shirt, and team swim cap.

The dues structure is based on what practice group the swimmer is in based on his/her ability. Dues range from \$60.00 to \$100.00 month, depending on the practice group. More detailed information regarding practice groups and descriptions can be found beginning on page 8 (at end of the handbook).

Multi-child discounts are offered:

- First Child - full price
- Second Child - \$10.00 off
- Third Child - \$15.00 off
- Fourth Child - \$20.00 off

The TEAM FEE will be capped at \$100 per family. Note that the USA Swimming fee is per swimmer with NO discount given.

If paid annually, 10% percent of total will be subtracted.

Example: 12 mo x \$60 = \$720 – 10% = \$648, a savings of \$72

DUES ARE TO BE PAID BY THE FIRST OF THE MONTH and can be paid monthly, quarterly, or even yearly (will receive 10% discount if paid in full for the year). Rather than wait for a bill each month, parents are responsible for making sure that dues are paid in the stated manner. **DUES ARE DELINQUENT AFTER THE 10th OF THE MONTH**, and at that time a reminder notice will be sent out to anyone who has not yet paid. **There will be a \$5.00 late fee for dues not received by the 10th.** *If dues are not paid by the end of the month, you will be notified that your swimmer is not eligible to participate until dues are brought current.* Checks are the preferred method of payment for security and accounting reasons. Please mail your dues to the team address or deliver your dues checks to the coach prior to or after practice.

Also please note: Dues are to be paid even if your swimmer stops for a time. If dues are not kept current, there is a \$100.00 reinstatement fee per swimmer. If needed, please discuss your swimmer's situation with the team president, Paul Quinn, or the team treasurer, Kim Boyd. You may reach either at carteretswim@yahoo.com.

*Exemptions to this reinstatement fee are given with a documented injury that has a swimmer out of practice and meets for a time period in excess of 2 months. Documentation of the injury may be required.

Each **FAMILY** is responsible for a yearly fundraising commitment. Please refer to the next that section of the Handbook for more information.

Meet fees will be collected per the meet entry procedure. The fee for each meet will be provided with the meet information, usually around \$15.00 per day plus any pool surcharges.

Individual hardship cases will be handled in private with the team president and treasurer. Suits, goggles, extra swim caps, are the responsibility of each swimmer.

FUND RAISING COMMITMENT

The Carteret Currents Swim Team holds several fundraisers and events throughout the year. We depend on these to ensure our team remains financially viable, (to keep dues as affordable as possible) as well as to raise team spirit and camaraderie. Traditionally our team fundraisers are; The Seafood Festival Parking Fundraiser (October), our Home Swim Meet (June) and our yearly team yard sale. These events not only raise funds but are a great opportunity to raise team morale and help foster the “family feeling” that we encourage on our team.

Each **family** is required to participate in team fundraising in one of the following 3 ways during the swim year. September 1-August 31

1. Contribute at least 20 hours of time to one of the above mentioned fundraising events, or other such events approved by the board.
2. Make a cash contribution to the team in the amount of \$200. *If paid in one installment, by February 1, 10% will be deducted.*
3. Contribute a combination of hours and money. Each hour worked for the team will reduce your monetary obligation by \$10

Example;

You work 10 hours at the home meet and pay \$100 to the team.

Any remaining hours are to be paid prior to registration for the next swim season.

Swim-A-Thon: The money raised through Swim-A-Thon participation is ***separate from the general fundraising commitment.*** A swimmer is expected to participate in the Swim-A-Thon and obtain pledges and donations to the best of his or her ability.

**Carteret Currents Swimming
2009-2010 Practice Structure**

Group	Ages	Group Description	Practice Times	Cost
Age Group 1(Blue)	5 and over	This is a great group for young swimmers with basic swim skills to ease into year-round swimming. Emphasis is on teaching the early fundamentals of proper swimming in a fun, safe, and healthy environment. This group introduces all four competitive strokes as well as starts and turns. Participation in out-of-town meets is optional, but in-town meets are highly encouraged.	SC: M-W-TH, 4pm-5pm CCAW: M-W-TH, 6pm-7pm	\$60/month
Age Group 2(Green)	12 and under	This group is for young swimmers with limited competitive experience but can swim all four competitive strokes legally. Emphasis is placed on enjoying the sport of swimming while improving skills such as racing starts, turns, and the technical fundamentals of all four competitive swimming strokes. Swimmers are encouraged to attend 3-4 practices per week. Participation in swim meets is encouraged.	SC: T-TH-F, 4pm-5pm CCAW: M-W-TH, 6pm-7pm	\$60/month
Age Group 3 (Gold)	14 and under	This is our highest Age Group level. These swimmers have demonstrated a high level of ability in the four competitive strokes. Age Group 3 focuses on a high level of conditioning/training, along with continued stroke technique work. Participation in meets is expected. Swimmers will work toward earning qualifying times for championship meets. Swimmers must attend at least 3 practices a week, but are encouraged to swim up to 5.	SC: M-F, 4pm-5:30pm CCAW: M-W-TH, 6pm-7:30pm Occasional Sat AM TBA	\$85/month
Senior 1	13 and over	This group is for high school swimmers who wish to be involved on a swim team but may not have the time or desire to make a full commitment to year-round swimming. Focus is on stroke instruction and conditioning. Participation in meets is highly encouraged. Swimmers are encouraged to attend 4 practices a week.	SC: M-TH, 3:30pm-5:30pm Occasional Sat AM TBA	\$85/month
Senior 2	13 and over	This group is designed for swimmers who wish to pursue a very high level of year-round swimming. Practice will be devoted to technical refinement, challenging aerobic and sprint training, extensive dry land/flexibility training, race strategy, and psychological preparation. Swimmers are	SC: M-F, 3:30pm-5:30pm AM practices TBA Occasional Sat AM TBA	\$100/month

		expected to be leaders of the team and attend 5-6 practices a week. Double sessions will be encouraged on an individual basis.		
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2009-2010 SHORT COURSE PRACTICE SCHEDULES

SPORTS CENTER: AGE GROUP 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4PM-5PM	OFF	4PM-5PM	4PM-5PM	OFF	OFF

SPORTS CENTER: AGE GROUP 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OFF	4PM-5PM	OFF	4PM-5PM	4PM-5PM	OFF

SPORTS CENTER: AGE GROUP 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4PM-5:30PM	4PM-5:30PM	4PM-5:30PM	4PM-5:30PM	4PM-5:30PM	8:30AM-10AM - TBA

SPORTS CENTER: SENIOR 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:30PM-5:30PM	3:30PM-5:30PM	3:30PM-5:30PM	3:30PM-5:30PM	OFF	8:00AM-10AM - TBA

SPORTS CENTER: SENIOR 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:30PM-5:30PM	3:30PM-5:30PM	3:30PM-5:30PM	3:30PM-5:30PM	3:30PM-5:30PM	8:00AM-10AM - TBA

2009-2010 SHORT COURSE PRACTICE SCHEDULES

CAPE CARTERET: AGE GROUP 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>6PM-7PM</i>	<i>OFF</i>	<i>6PM-7PM</i>	<i>6PM-7PM</i>	<i>OFF</i>	<i>OFF</i>

CAPE CARTERET: AGE GROUP 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>6PM-7PM</i>	<i>OFF</i>	<i>6PM-7PM</i>	<i>6PM-7PM</i>	<i>OFF</i>	<i>OFF</i>

CAPE CARTERET: AGE GROUP 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>6PM-7:30PM</i>	<i>OFF</i>	<i>6PM-7:30PM</i>	<i>6PM-7:30PM</i>	<i>OFF</i>	<i>OFF</i>