



Swim Team of Placentia's

Team Information

I would like to welcome you to the Swim Team of Placentia. By joining our team, your child will become a participant of one of the country's largest and most organized youth sports.

Our aquatic programs have many benefits, including the people you and your child will meet. Since our program is available all year long for years and years, the camaraderie among athletes is unique; many teammates become lifelong friends. In addition to being around fine people, our aquatic programs provide one of the most beneficial forms of exercise for cardiovascular and overall fitness.

Possibly the greatest benefits of participating in an organized aquatic programs are the life skills your child will develop. These skills include time management, self discipline and sportsmanship. Your child will reap the benefits of swimming long after his/her participation ends. Our athletes go on to be very successful and productive adults largely due to what they have gained from our programs.

The Swim Team of Placentia is unique to other programs in that we cater to all different levels and ages of athletes. That means different family members can all be part of the same team and activity. We start with our Developmental Swim Program which develops basic swimming skills in the most novice swimmer. We continue to support all ability levels up to our most advanced competitive athletes which have national and world rankings and will continue onto very successful swimming careers in college.

Supporting your child in our programs can be one of the most rewarding experiences of your life. You will soon find yourself cheering at swim competitions or water polo matches, or even going on to become a volunteer board member of the team. Whatever your role, your child's experience in swimming has much to do with your positive support. Please ask questions of your coaches and fellow parents, we all have the same goal; to provide your child with the best possible experience.

HEAD COACH: DEVON AMES
SwimCoachDevon@yahoo.com
WWW.SwimPlacentia.org

GENERAL TEAM INFORMATION

WHAT IS THE SWIM TEAM OF PLACENTIA? The Swim Team of Placentia is 1 of over 2700 teams that are registered and governed under the rules and regulations of United States Swimming. The team runs all year long. It's membership ranges from 150 – 300 athletes, ages 4 & Up, from the most novice to national ranked swimmers.

WHO RUNS THE TEAM? The team is a coach-directed, non-profit organization which is governed by the parents of the athletes involved. Annual elections are held to determine who occupies the positions on the Board of Directors. In addition to the coaching responsibilities, the Head Coach serves as the Executive Director of all team operations, policies, and procedures, including all staff related issues.

WHO IS THE HEAD COACH? The head coach is hired by the Board of Directors of the team. The board serves to represent the team membership and provides oversight and support of the Head Coach. Coach Devon first started with the Swim Team of Placentia in September of 1994.

Head Coach: Devon Ames	Graduate of University of California, Riverside B.A. Psychology, Minor in Child Development Elementary School Teaching Credential
Athletic Experience (Aquatics)	Age Group Water Polo 4 years High School Swimming & Water Polo 4 years College Swimming & Water Polo 4 years
Coaching Experience:	High School Swimming 2 years Age Group Swimming 20 years Age Group Water Polo 6 years College Water Polo 2 years National Level Swimming– 5 years 2001 National Development Coach of the Year 2002 Olympic Committee Development Coach of the Year National Select Camp Coaching Staff

WHAT IS THE COACHES PHILOSOPHY? To develop the character traits, technical skills and intense desire necessary for maximum realization of each individual's potential. Each swimmer has the potential to succeed. As a coach, it is his/her job to ensure that the values set forth by this premise and in conjunction with the team's philosophy, are instilled into **each and every member regardless of age or ability.**

Athletes are all different. Some are taller than others, some are stronger than others. Either way, they all have the same opportunity for success. On this team, athletes are not compared to one another, they are compared to themselves. The most successful are not the fastest, but those who strive to improve themselves.

WHAT IS THE TEAM PHILOSOPHY? The team philosophy is encompassed in the words **Courage**, **Perseverance**, and **Integrity**.

Courage is the willingness to accept risks and endure failings. Courage does not exist unless there is a situation which presents the opportunity for success. We encourage our athletes to embrace these opportunities and not to fear the outcome.

Perseverance is the backbone of success in any endeavor of life. One can not succeed at the highest levels without enduring set-backs. These difficult times can create a lack of faith, low self-esteem, and an obvious drop in enthusiasm. Perseverance is the quality that transcends these difficult times. It allows the individual to find the true strength of his/her character.

Integrity is the commitment to one's personal goals and values. Without integrity one lacks the responsibility for accepting his/her role in the outcome of competition. We teach our swimmers to rely on themselves for determining their success and failure.

TEAM INFORMATION at Valencia High School

WHO CAN BE A PART OF THE SWIM TEAM? The team is for any potential swimmer starting at the age of 4. The team has a variety of groups that caters to all ability levels. If it is determined that they are "water-safe," confident in the water, and are able to move themselves across the pool then they are ready for the team. Athletes do not need to know the mechanics of competitive swimming for these skills will be taught to them.

WHAT ABOUT PRACTICES? Practices generally run Monday through Friday between the hours of 4:30 – 7:30 but are subject to the high school aquatics schedule. Swimmers are assigned to a practice group based on their age, ability level, and commitment level. Practices are offered daily and vary between 30 minutes to 2.5 hours in length. Although swimmers must practice with their group, swimmers may come as often as they wish and are not forced to come on specific days. Specific groups may have specific attendance requirements.

WHAT ABOUT SWIM MEETS? The team is part of several organizations which allows many different types of swim meets for all levels of swimming. Swimmers are taught the skills to allow them to participate and succeed in competitive swim meets. All swimmers are encouraged to participate but are not required to.

WHEN AND HOW CAN I GET STARTED? The team is a year-round program. That means that you may start anytime throughout the year. **Anyone who wishes to join the team may do so simply by dropping by the Valencia pool deck anytime during practice hours, on Tuesday, Wednesday, or Thursday.** However, you are encouraged to look at the practice calendar posted on the website to ensure that there is a practice scheduled for the day you want to arrive. A coach will be available to talk to you about the team and give you the necessary registration materials. Interested swimmers may come to watch, but also are invited to try-out on this day. Try-outs usually will take 10 minutes. Based on the try-out, swimmers will be assigned to a practice group. New swimmers may try-out at 4:45 on any day.

HOW LONG DO I GET TO DECIDE? When swimmers start, we will collect all the fees and dues that are required for that quarter. However, once you start swimming, you have a week to decide if you would like to continue. If so, we then will cash the payments made. If after a week you decide that the swim team is not for you, you will receive a full refund of your payments.

WHAT IS THE FEE STRUCTURE? STOP is a California non-profit organization. We rely on dues to cover our team's expenses and to maintain our commitment to high quality, successful programs. Listed are the total fees and dues owed per quarter, based on the number of swimmers from your family. Payment is collected on a quarterly basis. When a family joins the team, they will be expected to pay all the Registration Fees and Dues that are required for that quarter.

QUARTERLY DUES The dues listed here are the cost for the whole quarter (three months). Your initial payment is collected by the coach on deck. Future payments are billed by our Treasurer. Multiple swimmers have discounted rates.

Summer Quarter	June, July, & August
Fall Quarter	September, October, & November
Winter Quarter	December, January, & February
Spring Quarter	March, April, & May

Full-Time Swimming: Swimmers may attend every day
1st Swimmer pays \$270 per quarter (\$90 per month).
2nd Swimmer pays \$165 per quarter (\$50 per month).
Any additional swimmers pay \$120 per quarter (\$40 per month).
Senior Swimmers pay an additional \$15 per month.

Part Time Rate (Offered from September through February only)
Swimmers may only attend two days a week, but have the freedom of choice as to which days..
\$60 a month – No discount offered for multiple children

REGISTRATION FEES -- These fees are collected **annually** on a calendar year and are non-refundable after the first week of participation.

-SCS Swimmer Reg. -- (per swimmer) \$55 per year

This payment (to SCS) is collected for each swimmer and turned in to Southern California Swimming. Must be paid before the swimmer is allowed into the water.

-OCSC Swimmer Reg. — (per swimmer) - Summer Quarter Only \$25 per year

Participation is optional, however, swimmers who wish to participate in the Orange County Swim Conference must pay the registration fee.

OTHER COSTS To participate in meets, swimmers must wear a **team suit** (approximately \$25 for boys and \$45 for girls and a team cap (\$5) and **goggles** (\$10). In addition, depending on the age and ability of the swimmer, swimmers may need other **training equipment** would could range from \$10 to \$35.

HOSTING SWIM MEETS Every year, STOP hosts two SCS swim meets. All families registered on the team during these months are required to help run the meets. These meets serve as our largest revenue sources outside of the monthly dues and it take a team effort to run these meets.

DEVELOPMENTAL SWIM PROGRAM

DEVELOPMENTAL "LEARN TO SWIM" PROGRAM **Runs May – October** Our Developmental Program is our program specifically designed to meet the needs of our young swimmers, ages 4 – 10, which have the desire to be in the water, but lack the swimming skills. In this program, swimmers work in small groups with instructors in the water and do not need to know how to swim to participate. This program has a more intensive and progressive approach than your traditional swim lessons with the goal to develop the swimmer's skills so that they are able to participate at the swim team level by the end of the program.

Practices are generally held Monday - Thursday with occasional Friday or weekend practices. Although, swimmers are assigned a specific practice time and group based on ability, swimmers have the flexibility to attend the days they want to attend. Like the swim team, dues are collected based on a monthly rate of \$90 a month, however, there is not multiple child discount with this program. In addition, all participants must pay the SCS registration fee of \$55.

WATER POLO PROGRAM

WHO CAN BE A PART OF THE WATER POLO TEAM? Any STOP swimmer, between the ages of 9-13, can participate in our STOP water polo practices. Practices are held on the weekends, at Valencia High School, from 10:00 am – 12 Noon. This program is designed to teach the basic fundamentals and rules of the game as well as develop the athletes skills to allow them to play an intricate part of their future high school programs. As our athletes become stronger and gain better understanding of the game, more complex strategies and conditioning are continually applied to encourage progressive development.

SUMMARY OF PROGRAM OPTIONS

	<u>Monthly Rates</u>
<i>1st Full Time</i>	\$90
<i>2nd Full Time</i>	\$50
<i>All Other Swim Team Members per family</i>	\$40
<i>Part Time Swim Team (No Multiple Child Discount)</i>	\$60
<i>Developmental Program</i>	\$90
	<u>Annual Fees</u>
<i>All Swim Team members must pay SCS Registration Fee:</i>	\$55

OTHER INFORMATION

E-MAILS COACH DEVON: SwimCoachDevon@yahoo.com

WEBSITE: www.SwimPlacentia.org

Head Coach & Executive Director: Devon Ames

Head 10 & Under Age Group Coach: Nancy Thomas

Swimming Assistant Coach: Cara Zang

Swimming Assistant Coach: Nicole Carl

Swimming Assistant Coach: Andy Matsuyama

Swimming Assistant Coach: Kayla Kovats

Developmental Program Asst Coach: Stephanie Olson

Water Polo Age Group Coach: Travis Todd

Team President: Bill Huttner

Team Treasurer: Judi Walthour bearomine@yahoo.com

Additional Information for New STOP Families *From Coach Devon*

E-Mails: E-mails are the primary way that I will communicate with you. With over 200 families in our programs, e-mailing is the best way to ask me questions and to get a quick response. If you would like to add additional e-mails, simply e-mail me and let me know. My e-mail is always located in the top corner of the calendar. Parents are encouraged to e-mail me to ask questions or get information.

SwimCoachDevon@yahoo.com

STOP Notes: STOP Notes are weekly reminders of what is happening with the team. If you are receiving the STOP Notes, then you are getting all the information you need. If you are not getting the STOP Notes, please send me an e-mail to ensure that I have your correct e-mail address. Families may have as many e-mails as they see necessary.

Website: Our website is used as a tool for new potential members to learn about the team, as well as current members to find need information about practice schedules, swim meets, etc. Visit: www.SwimPlacentia.org

White STOP Box: The White STOP Box is located near the STOP filing cabinet. The STOP Box should be used to turn in anything to the team including Dues Payments, Order Forms, and Meet Participation Forms. The box is locked and emptied every night.

Dues Payments: Dues are e-mailed out from the Treasurer on a monthly basis. Payment of dues can be mailed back to the Treasurer or brought to the pool deck.

Practice Equipment: A swimmers will need some equipment. Swimmers are responsible to bring, and take home their equipment daily. Equipment, as well as team suits, can be ordered by filing out an **Equipment Order Form** and returning it to the White STOP Box. Your coach will tell you what equipment you need. Equipment Order forms can be found on the "STOP Shop" page of the website.

Team Suits & Cap: All swimmers must have a team suit and cap when participating in a swim meet. Please make sure you order your suit at least 10 days before you need it for a meet. Use the Equipment Order form to order a team suit.

Swim Meets: Swim Meets are essential to keep swimmers motivated and excited about the world of swimming. Although, swim meets are optional, coaches will encourage swimmers to participate. When you are ready to do a swim meet, follow the procedure listed on the "Swim Meet" page of our website.

Board & Committee Members: STOP is a non-profit organization that is governed by a Board of Directors. Any family member of a STOP participant may serve on the board or as a committee chairperson. If you would like to take an active part in helping run the organization, please contact me for more information.