



Cougar Aquatic Team

Try-out Information Packet

2021- 2022 Swim Season

(Spring/Summer 2022 Portion Only)

March 16, 2022

Hello Try-out Participants,

Thank you for signing up for our try-outs this year! We look forward to hosting you and your swimmers.

This packet outlines everything you need to know to make your decisions should you be accepted onto the team.

If you have any questions about the program, you will direct your questions to our Head Coach, Rich Palm, at rich@cougaraquatic.com.

If you have any administrative questions or questions related to the tryout, please contact our Team Admin, Eric Harse, at cougaraquaticteamllc@gmail.com.

The season:

We are a year-round competitive swim team. Once you become a member, invitation back onto the team each September will depend on your commitment to team throughout the year.

You are currently trying out to join us during the Spring/Summer portion of the 2021-2022 Swim Year.

Age Group 1 (Ages 6-9)	Short Course (Fall/Winter): Sept – Feb Spring Break: March-mid-Apr Long Course (Spring): mid-Apr – June
Age Group 2 (Ages 8-11)	Short Course (Fall/Winter): Sept – Mar Spring Break: early April Long Course (Spring/Summer): mid-Apr – July
Senior Prep (Ages 11-14)	Short Course (Fall/Winter): Sept – Mar Spring Break: early April Long Course (Spring/Summer): mid-Apr – July
Senior A & B (all High School)	Short Course (Fall Winter): Sept – Mar Spring Break: early April Long Course (Spring/Summer): mid-Apr – July (Later for those who qualify for Senior Zones, Futures and higher-level meets)

The Cost:

Tuition Costs:

Age Group 1	\$120.00/month
Age Group 2	\$145.00/month
Senior Prep	\$250.00/month
Senior B	\$300.00/month
Senior A	\$340.00/month

Your first month, the month of April, will look like this:

If you are accepted onto the team and choose to register, the first month will be due on registration and will be 50% of the total listed above since we are beginning mid-month plus the registration fee (described below):

Age Group 1	$\$60.00 + \$75.00 = \$135.00$
Age Group 2	$\$72.50 + 75.00 = \147.50
Senior Prep	$\$125.00 + \$75.00 = \$200.00$
Senior B	$\$150.00 + \$75.00 = \$225.00$
Senior A	$\$170.00 + \$75.00 = \$245.00$

Non-Refundable Registration Fee:

Spring/Summer – New members to the team during the Spring/Summer portion of the season are charged a non-refundable \$75.00 registration fee and covers registration and insurance for the remainder of 2022. The family discount does not apply to this fee.

Fall/Winter – All members are charged an annual, non-refundable \$150.00 registration fee upon registering for the team every August and it covers USA Swimming registration and insurance for the entire 2023 calendar year. A portion of this also goes towards all the t-shirts and latex caps that we provide swimmers throughout the year. The family discount does not apply to this fee.

First month's tuition payment + non-refundable registration fee will be due upon registration. All future tuition installments will be automatically deducted through the Active system on the first of the month. Billing is done completely through the Active Parent Portal.

Family Discounts:

If you have more than one child swimming on the team, you are eligible for the following discounts: First swimmer = full price; Second swimmer = 10% off. Third swimmer = 20% off. The system will automatically apply all family discounts provided you register your swimmers at the same time by clicking +ADD NEW SWIMMER before checking out and finalizing your registration order. (If you fail to +ADD NEW SWIMMER before checking out, please contact Coach Eric. He will have to cancel the registration that was processed, and you will have to start again. We are unable to make the adjustment after the fact).

The largest discount will automatically be applied to the swimmer in the lowest group. Discounts will only be applied to tuition fees (meet fees and registration fees are not discounted).

Late Registration Fee:

A late registration fee of \$25.00 will be added to any registration completed after Friday, April 16th. This is to ensure that our rosters are set for the first day of practice.

Meet Fee's and Entry Process:

Meet fees are a separate pass-through cost that are incurred on an ongoing basis. The charges are run through the Active system and charged to the credit card you keep on file. Exact cost varies by meet and the amounts can always be found in the original meet information packet that get published and distributed for each meet.

Each swimmer will be entered into all meets that they qualify for unless their coach is notified, in advance, that the swimmer will not attend a meet. Please watch out for these e-mails from your groups coach, as the coaches will notify you when they need responses. There will be NO entry fees returned once the swimmer has been entered into the meet, even if a swimmer drops out of the meet the week before the event. This is because the meet fees are paid in advance to secure our spot at each meet.

The Schedule:

Short Course Training / Spring Portion

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Age Group 1 (Ages 6-9)	@ MSU 5:15pm – 6:00pm		@ MSU 5:45pm – 6:45pm			@MKA 1:30pm – 2:30pm	
Age Group 2 (Ages 8-11)	@ MSU 6:15pm – 7:00pm	@ MSU 5:45pm – 6:45pm		@ MSU 5:45pm – 6:45pm		@ MKA 12:30am – 1:30am	
Senior Prep (Ages 11-14)	@ MKA 5:30pm – 7:00pm	@ MKA 5:30pm – 7:00pm	@ MKA 5:30pm – 7:00pm	@ MKA 5:30pm – 7:00pm	@ MKA 5:30pm – 7:00pm	@ MKA 11:00am – 12:30pm	
Senior B (High School)	@ MSU 7:15pm – 9:00pm	@ MSU 7:00pm – 9:00pm	@ MSU 7:00pm – 9:00pm	@ MSU 7:00pm – 9:00pm		@ MKA 9:00am – 11:00am	@ MKA 9:00am – 11:00am
Senior A (High School/Elite)	@ MKA 7:00pm – 9:00pm	@ MKA 7:00pm – 9:00pm	@ MKA 7:00pm – 9:00pm	@ MKA 7:00pm – 9:00pm		@ MKA 7:00am – 9:00am	@ MKA 7:00am – 9:00am

Dryland Schedule

Dryland is only available to the Senior A and Senior B swimmers throughout the year at no additional cost. They are conducted off-site at Adrenaline, located at 9 Sand Park Road, Cedar Grove, NJ.

Drylands for the Spring/Summer portion will commence April 25th.

Adjusted schedule will be announced as we approach the start of our long course training.

Senior B	Monday – 6:00pm – 6:45pm (45m) Friday – 4:30pm – 5:30pm (1hr)
Senior A	Wednesday – 5:45pm – 6:30pm (45m) Friday – 4:30pm – 5:30pm (1hr)

Long Course Training / Summer Portion

Once school ends towards the end of June, our Age Group 1 and Age Group 2 (Intermediate) groups are encouraged to take some time off and participate in their summer league swim programs.

Meanwhile, our Age Group 2 (Advanced), Senior Prep, Senior B and Senior A will move outdoors and swim long course for the summer.

Starting Tuesday, May 31st

Senior B and **Senior A** will begin Long Course training at the Cedar Street Pool in West Caldwell.

Until June 10th: Monday – Friday 5:00pm-7:00pm; Saturday 7:00am-9:00am

From June 11th – June 25th: Monday – Friday 6:00pm-8:00pm; Saturday 7:00am-9:00am

From June 27th – July 31st: Monday – Friday 6:00am-8:00am; Saturday 7:00am-9:00am

Starting Monday, June 27th

Age Group 2 (Advanced) and **Senior Prep** will begin Long Course training at the Verona Community Pool.

From June 27th* – July 31st: Monday – Friday 6:00am – 8:00am

**There is a potential that we get out earlier in the afternoons. Pending facility approval.*

Holiday Schedules

During any holidays, the schedule may be temporarily modified based on the facility availability. We try to adjust it so that it is convenient for most of our families as well as the coaches. We apologize in advance if this proves to be inconvenient for anyone. We will get those schedules out as early as possible so that families can plan accordingly.

How often does my swimmer have to attend?

With any sport, the more you practice the better your chances of success.

The level of commitment required increases as you progress through the program. We encourage our younger athletes to be multi-sport athletes, which will often mean that perfect attendance is impossible. All we ask is that you try your best to make practice as often as you possibly can. We cannot help you get faster if you are only attending once a week. There is no minimum attendance required in the Age Group or Senior Prep program, but your coaches will let you know what their individual expectation of your swimmer is at the beginning of the season. However, if you plan to sign up for one of our Senior Groups and only plan to show up 50% of the time, this program is probably not meant for you.

While there is no set requirement for our Senior B group, an 80% attendance will be required if a swimmer wants to be promoted into the Senior A (our most elite) group. Any Senior A swimmer who

cannot maintain an 80% attendance will be moved into the Senior B training group. Most of our Senior A swimmers maintain an attendance of 90% or better.

Frequently Asked Questions:

We have our try-out date scheduled, what next?

Everyone should have received an e-mail confirmation that their registration went through. You will receive specific information including location, where to park, how to check-in, etc. a few days prior to your try-out date.

After reviewing this document, please contact us if you have decided not to try-out. This will help us make sure everyone who wants to try out has an opportunity to attend on their preferred try-out date.

What should the swimmer expect of the try-out?

We will not be timing the swimmers. We will be evaluating how your swimmer moves through the water and how they function in a group setting. We are looking to analyze and determine technique level to see which group would be the best fit. We evaluate comfort level off the blocks, on flip turns, pushing off the wall in streamline, etc.

While we are not timing them, if you have a list of times from another team (YMCA or club) or if you have any times from a summer league program, please plan to bring a copy of the times with you to try-outs. Please just note the length of the pool in which the time was achieved (i.e. short course yards, long course meters, short course meters). If you do not know what any of that means, just let us know the situation in which the time was made (i.e. it was a summer league meet, a middle school meet, etc.).

Swimmers should come dressed in a swimsuit and have goggles. As part of our try-out, you will be provided with a latex cap with the swimmer's name on them for use by the evaluator during the try-out. More details about this will be provided to you separately.

Try-outs have finished, now what?

The coaches will need some time to go over our notes from try-outs. While we have an idea as to what we want the groups to look like, group composition will be determined by who attends try-outs. We plan to notify every one of our decisions within 24 – 48 hours.

What happens if we receive an invitation to join the team?

When you receive your acceptance letter, you will receive a more detailed 2022 Spring/Summer Registration Packet. In it, will be all the details for the year as well as instructions on how to register, and what forms to fill out. This packet will contain all details about the swim season and can be referenced throughout the year.

What happens if we are not invited to register for the team?

If we do not think that your swimmer is quite ready for the competitive environment, we will let you know and offer our own advice/suggestions as to what can be done to better prepare your swimmer for the team. Because of our current situation, it is possible that we may be able to re-evaluate your swimmer for mid-season consideration.

What happens if we are accepted onto the team, but change our mind about joining?

It happens. All we ask is that you please notify us that you have changed your mind so that we know that we now have an open spot. You can do so by e-mailing the Team Admin at cougaraquaticteamllc@gmail.com.

My child is 12, turning 13 soon after the season starts. Should they try-out with the 13 & Overs?

Yes. Please bring any situation like this to my attention to make sure no one gets missed. You can e-mail cougaraquaticteamllc@gmail.com and someone will get back to you about adjusting your try-out session.

What are your pre-competitive or lesson options?

Currently, we do not have any pre-competitive or lesson options available through the team.

Can sibling's try-out together if they are close in age?

We ask that all athletes participate in the try-out for the age group that we assigned. We do this so we can be as fair as possible to the try-out participant. The only exception to this is if they were about to age up to that next group soon.

If our child cannot attend practices assigned to their group, can they attend another group?

No. All swimmers must attend only the practices that they are assigned to unless directed by a coach.

Can we choose the pool to swim at?

No. We are running one program out of two Montclair facilities, and you must attend the practice for the group you are assigned.

Are parents allowed during try-outs?

Because of space limitations, we need to maximize the number of swimmers we can try-out and therefore will only be permitting ONE PARENT (or Guardian) per family.

Is it necessary for my 7-year-old to be able to do multiple laps of the pool to be on the team?

While they will not be swimming anything long in one go, they will be asked to swim the length of the pool multiple times throughout a practice, which can be hard for some young ones. During try-outs, we will be able to tell how comfortable they are in the water and if they are ready for the competitive team. If we feel that their endurance is not ready for what will be required during practice, we will let you know. We do not expect Olympians, but we do need them to be comfortable with the thought of being in the water for nearly an hour.

Are there any family obligations?

At every non-Cougar hosted meet that we attend:

Every family must commit to timing at any non-Cougar hosted meets that their swimmers attend.

THERE IS NO OPTING OUT OF THIS.

At every meet we attend, the host team provides one timer per lane while the guest teams are asked to provide a second timer per lane. These back-up timers are essential to run meets as the times are used to confirm the results in the case of a malfunction with the equipment. Therefore, for each meet that your child is signed up for, your family could potentially be designated a timing assignment. Depending on how many timers are needed, we cycle through our list of families. These timing assignments will be sent out to everyone before the meet, and it will then be your responsibility to find a replacement if you are not available to fill that obligation. It is critical that you review timing assignments that are emailed before each meet.

At Cougar hosted swim meets:

We already hosted our three meets for the year during the Fall/Winter portion of the swim year, so you will not have major jobs to be filled other than the regular timing assignments mentioned above.

Family obligations for the 2022-2023 will be clearly laid out in future registration documents should you choose to continue with the team come September.

Important Dates to Remember:

Registration Deadlines:

Apr 3rd try-out participants: Wednesday, April 8th

Apr 10th try-out participants: Wednesday, April 15th

Late Registration Fee: \$25.00 fee added for registrations after April 16th.

First Day of practice for all groups: Monday, April 18th

Mandatory New Parent Meeting: via Zoom on Sunday, May 1st. Time TBD.

Deadline for forms: Monday, April 18th

Team Picnic: Sunday, May 22 @ 11:00am (All Welcome; details TBD)

Other general disclaimers:

Invitation to join the team for returning athletes:

For returning athletes, invitation to join the team each year is based on effort, commitment level and whether you are in good financial standing with the team.

Refunds on Tuition Payments:

There are no refunds on tuition installments. The tuition amount is the price for the whole program, not the number of practices you attend during the season. If for some reason your swimmer stops swimming mid-season, any future tuition payments will be halted. A swimmer's spot on the team is no longer guaranteed once tuition installments have been halted.