



# Cougar Aquatic Team

## Try-out Information Packet

Spring/Summer portion of the 2022-2023 Swim Year

March 3, 2023

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.

### The season:

We swim out of two Montclair area pools. We run one program out of the two pools, and you must attend the practice for the group you are assigned. You do not have the option to swim at one pool or the other.

We are a year-round competitive swim team. When you join, you are joining a year-round program starting either in the Fall/Winter, or the Spring/Summer. The season ends either at the end of the school year for our youngest swimmers or the end of July for our older swimmers.

Once you become a member, invitation back onto the team each September will depend on your commitment to the team throughout the year. If you drop out mid-year, you must re-try out to join again. All financial obligations to the team must have been met to receive an invitation.

Below is a breakdown of what the swim year looks like.

The Fall/Winter portion is swum in short course yards, while the Spring/Summer portion is a combination of short course yards (indoor training) and long course meters (outdoor training).

Age Group 1 (Ages 6-9)	<u>Green Team (Intermediate) &amp; White Team (Advanced)</u> Fall/Winter Season: Sept – Feb Spring Break: Mar - mid-Apr Spring Season: mid-Apr – June
Age Group 2 (Ages 8-11)	<u>Green Team (Intermediate) &amp; White Team (Advanced)</u> Fall/Winter Season: Sept – Feb (Green), Mar (White) Spring Break: early April Spring/Summer: mid-Apr – June (Green), Mar (White)
Senior Prep (Ages 11-14)	<u>Green Team (Intermediate) &amp; White Team (Advanced)</u> Fall/Winter Season: Sept – Mar Spring Break: early April Spring/Summer Season: mid-Apr – July
Senior A & B (all High School)	Fall/Winter Season: Sept – Mar Spring Break: early April Spring/Summer Season: mid-Apr – July  (Later for those who qualify for Senior Zones, Futures, and other higher-level meets)

# The Cost:

## Team Tuition Fee's

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.

	<b>Total Due for the 2022-2023 Swim Year</b>	<b>1<sup>st</sup> Installment - Due at time of Registration</b>	<b>Future Tuition Installments; charged as described below</b>	<b>IMPORTANT NOTE ABOUT TUITION FOR EACH GROUP</b>
<b>Age Group 1</b> (Green & White Teams)	<b>Joining in Spring: \$440.00</b> <b>(\$1,310.00 for 2022-2023 Swim Year)</b>	\$300.00	1 installment of \$140.00 charged to accounts May 15	These groups only partake in the short course portion of the season and end when summer begins towards the end of June.
<b>Age Group 2</b> (Green Team)	<b>Joining in Spring: \$505.00</b> <b>(\$1,515.00 for 2022-2023 Swim Year)</b>	\$325.00	1 installment of \$180.00 charged to accounts May 15	
<b>Age Group 2</b> (White Team)	<b>Joining in Spring: \$680.00</b> <b>(\$1,870.00 for 2022-2023 Swim Year)</b>	\$350.00	1 installment of \$330.00 charged to accounts May 15	Group practices through to the end of July.  (Summer/Long Course)
<b>Senior Prep</b> (Green & White Teams)	<b>Joining in the Spring: \$1,000.00</b> <b>(\$2,800.00 for 2022-2023 Swim Year)</b>	\$375.00	3 installments of \$208.00 charged to accounts May 1, June 1 and July 1.	Group practices through to the end of July.  (Summer/Long Course)
<b>Senior B</b>	<b>Joining in the Spring: \$1,180.00</b> <b>(\$3,300.00 for 2022-2023 Swim Year)</b>	\$400.00	3 installments of \$260.00 charged to accounts May 1, June 1 and July 1.	
<b>Senior A</b>	<b>Joining in the Spring: \$1,325.00</b> <b>(\$3,800.00 for 2022-2023 Swim Year)</b>	\$425.00	3 installments of \$300.00 charged to accounts May 1, June 1 and July 1.	

*All payments will be handled through auto-charge on our registration system (which you will access through your "Parent Portal").*

***USA Swimming Registration Fee (Separate charge – Required to participate):***

Starting the 2022-2023 season, USA Swimming will require a separate registration for all member athletes. This will be handled directly through USA Swimming. If accepted onto the team, you will be provided with a registration link. Registration is due every year for all our athletes and covers insurance and registration costs through USA Swimming. It is required to participate in practices as well as swim meets.

**Yearly Registration:**

The cost to register for the 2023 Calendar year is \$95.00 per swimmer. Everyone pays this amount.

**Transfer Fee:**

This fee only applies if you are currently registered with USA Swimming through another swim program. USA Swimming will charge you a \$10.00 transfer fee to transfer your registration to our program.

***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 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:***

Should you be invited to join the team, a late registration fee of \$25.00 will be added to any registration completed after the registration deadline listed on your invitation. 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. **They are not included in the monthly tuition charges.**

The charges are run through the "Parent Portal" 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 gets published and distributed for each meet.

More detailed information about this process will be provided in the registration packet should you receive an invitation to join the team.

# The Schedule:

**First Day of practice for all groups is: Monday, April 17<sup>th</sup>, 2023.**

## Short Course Training (indoors) – Fall/Winter Season & Spring Portion

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

**\*\*Senior B:** During the High School swim season, which begins mid-Nov, Saturday practice will be relocated to MSU from 6:45am-8:45am. Once complete, Saturday practices will revert to MKA at the above time.

### Dryland Schedule

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

Dryland schedule for each portion of the season is tentative based on instructor availability. Final dryland schedule will be published before we begin in September.

This was our 2021-2022 dryland schedule that we will try to keep:

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 (outdoors) - Summer Portion**

**Tentative Schedule Only** (Finalized schedule will get distributed in the Spring)

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

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

### **Starting Wednesday, May 31<sup>st</sup>**

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

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

From June 12<sup>th</sup> – June 25<sup>th</sup>: Monday – Friday 6:00pm-8:00pm; Saturday 7:00am-9:00am

From June 26<sup>th</sup> – July 31<sup>st</sup>: Monday – Friday 6:00am-8:00am; Saturday 7:00am-9:00am

### **Starting Monday, June 26<sup>th</sup>**

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

From June 26<sup>th</sup> – July 31<sup>st</sup>: Monday – Friday 6:00am – 8:00am

*\*\*Pending final scheduling with facility\*\**

## **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.

## **Family Obligations:**

**There are two family obligations which are required for membership onto the team:**

### **1. At every non-Cougar hosted swim meet that we attend:**

Every family must commit to timing at meets hosted by other teams. There is no opting out.

At every meet we attend, the host team provides one timer per lane while the guest teams are asked to provide a second timer. These back-up timers are essential to run meets as the times are used to confirm there was no malfunction with the equipment. 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 each meet, and it will then be your responsibility to find a replacement if you are not able to fulfill that obligation. It is critical that you always

review parent timing assignments when they get emailed to your group. If you miss a timing assignment and fail to find a replacement, **a fee of \$25.00 per occurrence will be billed to your family.** Any family not in good standing at the end of the season, may not be invited back.

**2. At our Cougar (CAT) hosted swim meets (This only applies in the Fall/Winter portion of the Swim Year):**

Throughout the swim year, Cougars host a series of swim meets. These CAT hosted meets are fundraisers for the team and the revenue generated is used to pay a variety of expenses such as coaches travel expenses, group parties/celebrations, graduating senior scholarships, end of year gifts for the kids, etc.

All families are asked to help by signing up for a minimum of 3 sessions of our Cougar hosted meets. **Timing Assignments at non-Cougar hosted meets do not count towards this obligation.**

**There is a \$150.00/session opt-out fee that will be charged to your account should you not be able to fulfill your obligated 2 sessions at CAT hosted meets. (A total of \$300.00 for 2 sessions).**

## Frequently Asked Questions:

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

Everyone will receive an e-mail confirmation before their try-out confirming specific information such as location address, where to park, how to check-in, etc. a few days prior to your try-out date.

At any point after reviewing this document you decide not to try-out, please contact us at [cougaraquaticteamllc@gmail.com](mailto:cougaraquaticteamllc@gmail.com) and we will remove you from the try-out list. This will help us make sure everyone who wants to try out has an opportunity to attend on their preferred try-out date.

### **Is there a fee for trying out?**

There is a \$5.00 try-out fee per swimmer. This fee covers the cost of the latex caps that will be provided to each of the participants. This cap will have the swimmers name printed on them for easy identification during the try-out.

To speed up the process, you can VENMO the amount ahead of time and your cap will be pre-printed and ready for you when you check in.

If you would prefer to pay cash, you can do so at the door where your swimmer's name will be written onto the cap at check in. No checks or credit cards are accepted.

Venmo: @CougarAquaticTeam

### **Are parents allowed during try-outs?**

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

### **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.

### **Is it necessary for my 6-year-old to be able to do multiple laps of the pool to try out or be part of 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.

### **My child is 10, turning 11 soon after the season starts. Should they try-out with the older age group?**

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

### **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.

### **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. You will be told at try-outs how quickly to expect notice from us.

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

When you receive your acceptance letter, you will receive a more detailed 2022-2023 Registration Packet. This registration packet will contain all details about the swim season and can be referenced throughout the year. It will include the registration links as well as the required forms that will need to be filled out.

### **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 any potential suggestions as to what can be done to better prepare your swimmer for the team.

### **What happens if we are accepted onto the team, but decide not to join?**

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 us at [cougaraquaticteamllc@gmail.com](mailto:cougaraquaticteamllc@gmail.com). It will not affect the results of any future try-out.

### **If accepted, does my swimmer have to attend practice every day? How often do they 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.

### **If accepted, does my swimmer have to attend every swim meet?**

No, each group coach will send out an email when we are ready to submit entries for a given meet. You will have the option to review meet information and determine whether you would like to decline the event. If you do not decline within the declination window, you will be responsible for those meet fee's as described within this document.



**My child is registered but cannot attend their groups practice on certain days. Can they attend another group?**

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

**What are your pre-competitive or lesson options?**

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

*At try-outs, we will make ourselves available to answer any questions you may still have. If you think of something that you would like to ask beforehand, please feel free to email us at*

*[cougaraquaticteamlc@gmail.com](mailto:cougaraquaticteamlc@gmail.com).*