OPELIKA SWIM TEAM

FUN \* FAMILY \* FAST!

2021-2022 Registration Information

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**WELCOME:**

It is my pleasure to welcome you to the Opelika Swim Team for the 2021 – 2022 swim season.

Opelika Swim Team (OST) offers a USA Swimming Program (Year-Round), Alabama Parks & Recreation (May-July), and Alabama High School Association team (August – November) all in one. Our goal is to create a fun and exciting environment for all swimmers, helping them develop as individuals and athletes.

Opelika Swim Team provides a comprehensive teaching and training program. Practices are focused on stroke technique and learning invaluable life lessons such as hard work, teamwork, sportsmanship, personal accountability, and achievement.

Please use this packet to help you through the registration process but please do not hesitate to reach out with any questions you may have.

Registration opens online on August 1st for returning swimmers and August 9th for new swimmers.

#BelieveInOST!

-Tyler McGill, Head Coach

**TRAINING GROUPS:**

OST is divided into six training groups. Pups – Dawgs – White – Red – Black – and Senior. While each group has its own qualifications and expectations. The focus from coaches is always on teaching proper form and technique, engaging with the athletes, challenging the athletes, and creating a positive environment to help develop the individual.

Practices for Black – Red – and White groups will start August 16th.
Practices for Pups/Dawgs wills start September 7th.

**Pups:**

* Typically Ages 4-10.
* 60.00 per month.
* Required to register with USA Swimming
* 2 Practices offered per week.
* Entry level consistent with summer swim team.
Need to be able to swim 25 Freestyle / 25 Backstroke / 50 Kick
* **No meet requirements**
* Working to learn and swim all four competitive strokes.

**Dawgs Group:**

* Typically Ages 7-12
* 60.00 per month.
* Required to register with USA Swimming.
* 2 practices offered per week.
* Has foundations of all 4 strokes but still learning. Focused on being able to compete in 100 IM.
* This group still mainly focuses on the skills associated with competitive swimming but is beginning to work on training skills.

**White Group:**

* Typically Ages 6 – 13
* 70.00 per month.
* Required to register with USA Swimming.
* 4 practices offered weekly.
* Can swim all 4 strokes legally and complete 100 IM in under 2:00.
* Group still focuses on the skills associated with competitive swimming and is still developing training skills.

**Red Group:**

* Ages typically 11 – 16
* 80.00 per month.
* Required to register with USA Swimming.
* 5 practices offered weekly and swimmers are expected to attend 4 practices weekly
* Required to attend all home meets.
* Swimmers in red group are expected to understand proper training skills. Are focused on competitions and working to qualify for Southeastern Championships.

**Black Group:**

* Ages typically 13 – 18
* 90.00 per month.
* Required to register with USA Swimming.
* 6 practices offered each week + **2 morning practices offered weekly (Senior Group)**.
* Swimmers are expected to make 5 practices per week.
* Required to attend all home meets.
* Swimmers in Black group are committed to being on time, working hard, and should expect to be challenged daily at training.
* Qualifications to be in Black group include training habits, skill level, and performance. But group placement is always determined by coaches.

**BILLING:**

For 2021-2022 registration, and beyond, we’ve done our absolute best to accommodate all types of schedules while also asking for a certain level of commitment to swimming. This is also to help with planning of meets, pausing and unpausing of billing, and the general expectations that come being part of OST.

We’re also establishing a Holiday Flex payment schedule for monthly billing that includes December. This distributes the cost of swimming in December to the other fall months in the billing schedule to help families with budget during the holiday season.

Below is an explanation of billing options, expectations for each billing option, and costs for each group:

**Gold:**

* Available for: Black, Red, and White Groups
* 12-month billing commitment
* 5% Discount to Pay in Full
* Minimum Short Course Meet Requirement: 2- Opelika Home meets, 1- Spring meet, Regions, SES Champs (if qualified)
* Minimum Long Course Meet Requirement: 2 Long Course Meets, SES Championships if qualified
* Minimum Summer Meet Requirement: 1 “In-Season” Meet, District Championships (if eligible), State Championships (if qualified)

**Silver:**

* Available for: Black, Red, and White Groups
* August – February / April – July monthly billing commitment.
* Swimmers may participate in LCM Racing
* 5% Discount to Pay in Full
* Minimum Short Course Meet Requirement: 2- Opelika Home meets, 1- Spring meet, Regions, SES Champs (if qualified)
* Minimum Long Course Meet Recommendations: 2 Long Course Meets SES Championships if qualified
* Minimum Summer Meet Requirement: 2 “In-Season” Meet, District Championships (if eligible), State Championships (if qualified)

**Bronze:**

* Available for: ALL GROUPS
* August/September – February monthly billing commitment.
* Swimmers must re-sign up for summer swimming or change to Silver Billing
* 5% Discount to Pay in Full
* Minimum Short Course Meet Requirement: 2- Opelika Home meets, 1- Spring meet, Regions, SES Champs (if qualified)

**Fall Only:**

* Available for: ALL GROUPS
* **Pay in Full** for August/September – November
* Meets: Swimmers in Dawgs, White, Red, Black Groups must participate in our two home meets.

**Spring Only:**

* Available for: ALL GROUPS
* **Pay in Full** for December – February
* Meets: Swimmers in Dawgs, White, Red, Black Groups must participate in 1 meet + region meet.

**Summer Only:**

* Available for: All Swimmers (Registration for summer only opens in April)
* **Pay in Full** for May – July
* Swimmers will practice at time of Summer Only Swim – not with year-round groups
* Swimmers must participate in two “In Season” Meets, District Championships (if eligible) and State Championships (if qualified)

**A la Carte:**

* Available for: All GROUPS
* If signed up for Fall, Spring, or Summer only registrations. Parents can pay for a single month during one of the other “Only” season at a slightly higher price. Example: Swimmer A is signed up for Red Group in the Spring only. Parent of Swimmer A can pay 90.00 to practice in November.
* Parents pay for A la carte month during registration process or through the swim portal after registration.
* No Meet Requirements during participation in A la Carte Month.

**Cost breakdown by group and registration level:**

**Black Group:**

Gold (Regular): 90.00 per Month
Gold (Holiday): 99.00 per Month (September – July)
Silver (Regular): 90.00 per Month
Silver (Holiday): 108.00 per Month (September – February) / 90.00 per Month (April – July)
Bronze (Regular): 90.00 per Month
Bronze (Holiday): 108 per Month (September – February)
Fall Only: 315.00 (August – November)
Spring Only: 270.00 (December – February)
Summer Only: 150.00 (May – July)
A la Carte: 100.00 per Month

**Red Group:**

Gold (Regular): 80.00 per Month
Gold (Holiday): 88.00 per Month (September – July)
Silver (Regular): 80.00 per Month
Silver (Holiday): 96.00 per Month (September – February) / 80.00 per Month (April – July)
Bronze (Regular): 80.00 per Month
Bronze (Holiday): 96.00 per Month (September – February)
Fall Only: 280.00 (August – November)
Spring Only: 240.00 (December – February)
Summer Only: 150.00 (May – July)
A la Carte: 90.00 per Month

**White Group:**

Gold (Regular): 70.00 per Month
Gold (Holiday): 77.00 per Month (September – July)
Silver (Regular): 70.00 per Month
Silver (Holiday): 84.00 per Month (September – February) / 70.00 per Month (April – July)
Bronze (Regular): 70.00 per Month
Bronze (Holiday): 84.00 per Month (September – February)
Fall Only: 245.00 (August – November)
Spring Only: 210.00 (December – February)
Summer Only: 150.00 (May – July)
A la Carte: 80.00 per Month

**Pups and Dawgs:**

Bronze (Regular): 60.00 per Month
Bronze (Holiday): 72.00 per Month (September – February)
Fall Only: 210.00 (August – November)
Spring Only: 180.00 (December – February)
Summer Only: 150.00 (May – July)

**USA SWIMMING REGISTRATION:**

Opelika Swim Team is a member of USA Swimming. The organizing body for swimming in the United States. Athletes, Coaches, and Officials are required to register yearly with USA Swimming. There are two types of registrations for athletes.

1. Premium (Full) Membership – 78.00: This registers swimmers for the entire swim season and allows them to compete in all competitions. This membership is required for all returning OST Swimmers.
2. Flex (Partial) Membership – 20.00: This registers the swimmers for the entire swim season but only allows them to compete in two (2) competitions each year. Memberships can be upgraded at any time to Premium. This membership is only offered to first time fall or year-round swimmers.

Coaches and Officials will be sent registrations forms to fill out and return to Coach Tyler. OST covers the cost of coaches and officials’ yearly membership.

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| **GENERAL OST PRACTICE SCHEDULE (2021-2022)** |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday**  | **Saturday** | **Sunday** |
| **Pups/Dawgs** | NA | 4:30 - 6:00 | NA | 4:30 - 6:00 | NA | NA | NA |
|  |
| **White** | 4:15 - 5:45 / 6:00 - 7:30 | NA | 4:15 - 5:45 / 6:00 - 7:30 | NA | 4:15 - 5:45 / 6:00 - 7:30 | 10:00 - 11:45A | NA |  |
|  |
| **Red (Tue)** | 4:15 - 6:00 | 6:00 - 7:45 | 4:15 - 6:00 | NA | 4:15 - 6:00 | 10:00 - 11:45A | NA |  |
|  |
| **Red (Thur.)** | 4:15 - 6:00 | NA | 4:15 - 6:00 | 6:00 - 7:45 | 4:15 - 6:00 | 10:00 -11:45A | NA |  |
|  |
| **Black** | 6:00 - 7:45 | 6:00 - 7:45 | 6:00 - 7:45 | 6:00 - 7:45 | 6:00 - 7:45 | 7:45 - 10:00A | NA |  |
|  |
| **Senior (AM)** | NA | 5:30 - 7:00A | NA | 5:30 - 7:00A | NA | NA | NA |  |
|  |

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| **IMPORTANT HOLIDAY DATES** |
| **Date** | **Occasion** | **SportsPLEX Hours** |
| Monday, September 6, 2021 | Labor Day | 5am - 5pm |
| Thursday, November 11, 2021 | Veterans Day | 5am - 5pm |
| Wednesday, November 24, 2021 | Thanksgiving | 5am - 5pm |
| Thursday, November 25, 2021 | Thanksgiving | CLOSED |  |
| Friday, November 26, 2021 | Thanksgiving | 5am - 5pm |
| Thursday, December 23, 2021 | Christmas | TBD |  |
| Friday, December 24, 2021 | Christmas | 5am - Noon |
| Saturday, December 25, 2021 | Christmas | CLOSED |  |
| Friday, December 31, 2021 | New Years | 5am - 5pm |
| Friday, January 1, 2021 | New Years | CLOSED |  |
| Monday, January 17, 2022 | MLK | 5am - 5pm |

 \*\*Practices on these dates are normally change or cancelled.

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| **OST SCY MEET SCHEDULE (2021-2022)** |
| Date: | Host | Type |  |  |  |  |
| September 18-19 | AUB | Timed Final |  |  |  |
| October 1-3 | OST | Timed Final |  |  |  |
| October 9 | PSL | High School Invite |  |  |  |
| October 15-17 | AUB | Timed Final |  |  |  |
| October 23 | OST | High School Invite |  |  |  |
| November 5-7 | OST | Timed Final |  |  |  |
| November 19-20 | AHSAA | AHSAA Sectional Meet - Location TBD |
| December 3-4 | AHSAA | AHSAA State Meet - Location TBD |  |
| December 18 | HURR | Duel Meet |  |  |  |
| January 8-9 | BSL | Timed Final |  |  |  |
| January 14-16 | AUB | Prelim / Final  |  |  |  |
|  |  | (13 and Over Only) |  |  |  |
| January 28-30 | HURR | Prelim / Final  |  |  |  |
| February 5-6 | BSL | Region 3 Championships |  |  |
| February 25-27 | HAS | Southeastern Championships |  |  |

 \*\*AHSAA meets are for high school swimmers only (Grades 7-12).

**MEET SIGN UP / COSTS:**

When we host or attend a meet, and invitation will be sent to your email with details on the meet. Sign up is done through the Swim Portal. Families typically have the option to pick the events and then coaches approve of the events. There are one or two meets each short course season where we will ask families to simply mark if they are attending or not attending the meet and coaches will pick the events. Coaches will also help pick events for any meet – just ask 😊.

Please refer to Gold, Silver, Bronze, etc billing for meet requirements.

Meets during the fall and winter months have a cost associated with them. Below are the expected dues/fees families can expect with meets:

SES Charge: 4.00 per swimmer

Facility Charge: 6.00 – 30.00 per swimmer depending on location and size of meet

Event Charge: 5.00 – 8.00 per event

 \*Swimmers normally swim 4-8 races per meet

**SUITS AND EQUIPMENT:**

Opelika Swim Team has partnership with TYR (swim brand) and First Place Athletics (Huntsville) to help equip and provided our families with the proper and necessary equipment. Twice per year we have “TYR Team Night” where families can order suits and equipment at a discounted price. TYR Suits and Equipment are not mandatory.

This fall we will have our TYR Team Night on **August 26th**. Details and early order forms will be sent out the week of the event.

For Meets swimmers should wear a black suit. Each year swimmers are provided with a new team swim cap and t-shirt.

**TEAM EVENTS:**

Throughout the year we try and have several team functions/events. These are not required events to attend but do help build and establish a great time culture. Below are some of the events you can expect to receive more information on very soon!

* Lights Out OST – A glow in the dark swim practice!
* Girl Power / Wild Things Practices – Special all day practices specifically for the girls / boys
* Saturday AM Parent Walking Group
* SwimsGIVING – Thanksgiving Potluck Meal
* Christmas Games and Giving – Sock and Blanket Donation for Big House and Games at practice.
* Mother/Daughter tea at The Well
* Father/Son Bowling

**VOLUNTEERING**

We prefer to have a culture of volunteering your time versus making in a requirement or allowing families to pay their way out of volunteering. For the meets that we host in the fall we do need all hands-on deck to help make them run smooth and efficiently. Sign up for all volunteer rolls for swim meets are one online through the Swim Portal.

**MAAPP INFORMATION:**

During the registration process you will be asked to sign off on a MAAPP Waiver. This is the Minor Athlete Abuse Prevention Policy Waiver. MAAPP contains five sections: one-on-one interactions, social medial and electronic communications, locker rooms and changing areas; and massage and athletic training. The sections give specific policy and guidance to coaches, teams, families, athletes, and more on how to properly, and safely, work together.