



FUN * FAMILY * FAST!

2026-2027 Registration Information

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WELCOME:

It is my pleasure to welcome you to the Opelika Swim Team for the 2026-2027 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.

#BelieveInOST!

TRAINING GROUPS:

OST is divided into six training groups. Fundamentals – 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.

Fundamentals: Start Date September 8

- Ages 8 and Under
- Fall Registration 150.00 (September – November)
- Winter Registration 150.00 (January – March)
- **NO PRACTICE DECEMBER / APRIL**
- Not Required to register with USA Swimming
- Practices offered 2 days per week.
- Entry level consistent with summer swim team.
Need to be able to swim 25 Freestyle / 25 Backstroke / 50 Kick
- **No USA Swimming meet requirements (we will have intra team meets)**
- Focused on specifically on becoming more proficient in Freestyle and Backstroke, Starts, Butterfly Kick and Breaststroke Kick.

Dawgs Group (Developmental): Start Date September 8

- Ages 9 and Over
- Fall Registration 200.00 (September – November)
- December – Start / Turn / Technique Camps
- Winter Registration 200.00 (January – March)
- **NO PRACTICE DECEMBER / APRIL**
- 2-3 practices offered per week (Monday / Tuesday / Thursday)
- Focused on the same skill development as Fundamentals but for swimmers 9 and Over
- This group is also learning the terminology that will set them up for success!

Dawgs Group (Performance): Start Date September 8

- Ages 9 and Over
- Fall Registration 200.00 (September – November)
- December – Start / Turn / Technique Camps
- Winter Registration 200.00 (January – March)
- **NO PRACTICE DECEMBER / APRIL**
- 2-3 practices offered per week.
- Focused on learning the stroke and training habits to advance to white group. Swimmers will be learning to be legal in all four strokes and developing proper racing skills.

White Group:

- Typically Ages 8 – 13

- 80.00 per month.
- Required to register with USA Swimming.
- 4-5 practices offered weekly.
- **50% swim practice attendance preferred.**
- Must meet White group standards prior to joining group.
- Group still focuses on the skills associated with competitive swimming and is still developing training skills.

Red Group:

- Ages typically 11 – 16
- 90.00 per month.
- Required to register with USA Swimming.
- 6 practices offered weekly.
- **60% swim practice attendance preferred.**
- 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 12 – 14
- 100.00 per month.
- Required to register with USA Swimming.
- 6 practices offered each week + **2 drylands offered weekly.**
- **70% Practice attendance preferred.**
- 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 include training habits, skill level, and performance, but group placement is always determined by coaches.
- Working towards High School / Southeastern meet standards

Senior Group:

- Ages typically 15 – 18
- 110.00 per month.
- Required to register with USA Swimming.
- 7 practices offered each week + **2 drylands offered weekly.**
- **Must maintain 80% swim practice attendance**
- Swimmers in Senior group are committed to being on time, working hard, and should expect to be challenged daily at training.
- Qualifications to be in Senior include training habits, skill level, and performance, but group placement is always determined by coaches.
- Working towards Southeastern / National Level meet standards.

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. Families must independently register their families with USA Swimming. The expected fee for the 2026 – 2027 Season is 84.00 (each year the cost goes up 2.00).

****See attachment for currently registered families - Registration expires December 31, 2024.****

****USA Swimming Registration link will be emailed out to registered swimmers on September 1****

BILLING and Dues:

For 2026-2027 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. 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.

Paused Billing:

- We encourage our younger athletes to participate in other sports. Billing can be paused when athletes are not going to be attending practice. Paused billing needs to be requested in the month prior (paused December billing must be requested in November).

OST Extras:

- This year in the registration process we will be issuing a 40.00 fee to help OST cover the cost of a lot of the extra we provide OST during the year. We pass out a lot of Caps / Shirts / spare swim suits / team meals / etc. Thank you for helping us keep a great family atmosphere as our team grows!

MEET SIGN UP / COSTS:

When we host or attend a meet, an invitation will be sent to your email with details on the meet. Meet sign up is done through the Swim Portal. Families typically have the option to pick the events and then coaches approve 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 😊.

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

Away Meets: 30.00 Meet Attendance Fee + Cost per event (typically 5.00 – 10.00)

Meet Attendance Fees: This covers the fee that host teams, Southeastern Swimming, and facilities charge. Along with a small amount to help OST cover the cost of coaches traveling to these meets.

SUITS AND EQUIPMENT:

Opelika Swim Team has currently partnered with ReddiSet Swim for all our swim supply needs. We do have a team portal up and available to order equipment and suits. Please wait until August to place orders.

<https://reddiset.com/collections/opelika-swim-team>.

If you want to purchase a tech suit and require a code then please email coach Phoebe for the code.

You will be able to order suits with logos on them, equipment bundles for your specific training group, tech suits, and more!

Below are our suit and equipment requirements:

Equipment Req.	Black / Senior:	Kick Board / Fins / Paddles / Snorkel / Buoy
	Red Group:	Kick Board / Fins / Paddles / Snorkel / Buoy
	White Group:	Kick Board / Fins / Snorkel / Buoy
	Dawgs	OST PROVIDED
	Foundations	OST PROVIDED
Suit Req:	Black / Senior:	Team Suit for Meets
	Red Group:	Team Suit for Meets
	White Group:	Team Suit for Meets
	Dawgs	Team suit for Practice / Meets
	Foundations	Team suit preferred for practice - not required

VOLUNTEERING

We prefer to have a culture of volunteering your time versus making it a requirement or allowing families to pay their way out of volunteering. We only have two home meets on schedule this year. Be on the lookout for parent training opportunities to help you feel more comfortable volunteering at meets.

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 media 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.

This fall we will also be working to become a Safe Sport Certified Team. This will require parents and swimmers to go through training to help make OST a safe environment for all swimmers, parents, coaches, and family members! More information to come in a MAAPP Specific Email.