

Team Genesis Swim Club
Qualifications, Requirements, Costs and Commitments
2019-2020 Annual Swim Season
Short-Course Season (SCS) & Long-Course Season (LCS)
(August 12, 2019 through July 31, 2020)

Team Genesis Swim Club swimmers are required to:

- (1) Meet and maintains the USA Swimming Time, training and commitments standards of the group they are assigned. See list below & at shop.loveswimming.org.**
- (2) Participate in activities: swim team, fundraising, educational, training and competitive activities.**
- (3) Meet and maintain the apparel, uniform, gear and equipment standards of their training group.**

Swimmers who have qualified for a Competitive Level Membership (our highest level of athlete membership) can choose the Team they want to represent: Team Genesis Swim Club or LOVE Swimming.

Swimmers can also transfer to and from the Team Genesis Swim Club and LOVE Swimming Swim Club with the approval of the Head Swim Team Coach. Transfers take 90 days during which time a swimmer is unattached and cannot represent their Team by swimming relays for points and placement awards during USA Swimming competitions.

Note: A LOVE Swimming Competitive Level Membership basically has minimal requirements and commitments. LOVE Swimming has only one maintenance training group. Swimmers on LOVE Swimming have the opportunity to maintain their Competitive Level Membership with minimal requirements and commitments to the Team and their training. To reference and review LOVE Swimming Swim Club go to www.loveswimming.org and click on Team then click LOVE Swimming.

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Strokers1 - Swim Team Fees SCS (August 2019 - March 2020)

Sign-up for Strokers I if the following applies to you!

- (1) Completed Station 10 of Swim America Program**
- (2) Minimum - Maximum years trained by a USA Swimming Coach: 0-1 year**
- (3) Minimum - Maximum Sessions: 2 Training Sessions (practices) weekly**
- (4) Minimum - Maximum Practice time: 30 - 45 minutes**
- (5) Minimum - Maximum Workload distance per session: 1,000- 2,000 per practice**
- (6) Minimum - Maximum Competitions: 2 meets per season**
- (7) Training Progressions: Preliminary Preparation**
- (8) Typical Ages: 8 and under**
- (9) Program Timeline - 2 years**
- (10) Swim Speed Requirement: USA Swimming Time Standard C**

Fall/Winter (SCS) Program Cost is \$700.00. Total Short Course Season Program cost includes regular swim team practices, endurance swim camps, and technique swim clinics for \$700

Strokers 1 - Swim Team Fees LCS (April 2020 – August 2020)

Sign-up for Strokers I if the following applies to you!

- (1) Completed Station 10 of Swim America Program**
- (2) 0-1 Year of Competitive Swim Training**
- (3) Minimum Maximum Sessions: 2 Training Sessions (practices) weekly**
- (4) Minimum - Maximum Practice time: 30 - 45 minutes**
- (5) Minimum - Maximum Workload distance per session: 1,000- 2,000**
- (6) Minimum – Maximum Competitions: 2 meets per season**
- (7) Training Progressions: Preliminary Preparation**
- (8) Typical Ages: 8 & Under**
- (9) Program Timeline - 2 years**
- (10) Swim Speed Requirement: USA Swimming Time Standard C**

Spring/Summer (LCS) Program cost is \$500.00. Total Long-Course Season Program cost includes regular swim team practices, endurance swim camps, and technique swim clinics for \$500

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Strokers2 Swim Team SCS (August 2019 – March 2020)

Sign-up for Strokers 2 if the following applies to you!

- (1) Completed Station 10 of Swim America Program**
- (2) 1-2 years of training (Pre-Coached) by a USA Swimming Coach**
- (3) Minimum Maximum Sessions: 2 Training Sessions (practices) weekly**
- (4) Minimum - Maximum Practice time: 45 - 60 minutes**
- (5) Minimum - Maximum Workload distance per session: 1,500- 3,000**
- (6) Minimum Competitions: 1 swim meet every 2 months**
- (7) Training Progressions: Preliminary Preparation**
- (8) Typical Ages: 10 and under**
- (9) Program Timeline - 2 years**
- (10) Swim Speed Requirement: USA Swimming Time Standard B**

Fall/Winter (SCS) Program Cost is \$875.00. Total Short-Course Season Program cost includes regular swim team practices, endurance swim camps, and technique swim clinics for \$875.00

Strokers2 Swim Team LCS (April 2020 –August 2020)

Sign-up for Strokers 2 if the following applies to you!

- (1) Completed Station 10 of Swim America Program**
- (2) 1-2 years of training (Pre-Coached) by a USA Swimming Coach**
- (3) Minimum Maximum Sessions: 2 Training Sessions (practices) weekly**
- (4) Minimum - Maximum Practice time: 45 - 60 minutes**
- (5) Minimum - Maximum Workload distance per session: 1,500- 3,000**
- (6) Minimum Competitions: 1 swim meet every 2 months**
- (7) Training Progressions: Preliminary Preparation**
- (8) Typical Ages: 10 and under**
- (9) Program Timeline - 2 years**
- (10) Swim Speed Requirement: USA Swimming Time Standard B**

Fall/Winter (LCS) Program Cost is \$625.00. Total Long-Course Season Program cost includes regular swim team practices, endurance swim camps, and technique swim clinics for \$625.00

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Bronze Swim Team SCS (August 2019 – March 2020)

Sign-up for Bronze if the following applies to you!

- (1) Completed Station 10 of Swim America Program
- (2) 4 Year Program Time line
- (3) Basic Training (Pre-requisite is Preliminary Training)
- (4) Minimum - Maximum Weekly Sessions (practices) 3
- (5) Minimum - Maximum workload per session 2,000 - 4,500
- (6) Minimum Yearly Competitions: 1 swim meet monthly
- (7) Minimum - Maximum years of training (pre-coached) by a USA Swimming Coach: 3-4 years
- (8) Typical Ages 11 years - 15 years+
- (9) Programs: Swim Team and USMS Masters
- (10) USA Swimming Coached Years: 3-6 years
- (11) USA Swimming Time Standard: at least one BB time

Fall/Winter (SCS) Program Cost is \$1,225.00. Total Fall/Winter Program Total Cost includes all regular Swim Team Practices, Endurance Swim Camp and Technique Swim Clinic for \$1,225.00

Bronze - Swim Team LCS (April 2020 – August 2020)

Sign-up for Bronze LCS if the following applies to you!

- (1) Completed Station 10 of Swim America Program
- (2) 4 Year Program Time line
- (3) Basic Training (Pre-requisite is Preliminary Training)
- (4) Minimum - Maximum Weekly Sessions (practices) 3
- (5) Minimum - Maximum workload per session 2,000 - 4,500
- (6) Minimum Competitions: 1 swim meet monthly
- (7) Minimum - Maximum years of training (pre-coached) by a USA Swimming Coach: 3-4 years
- (8) Typical Ages 11 years - 15 years+
- Programs: Swim Team and USMS Masters
- (9) Programs: Swim Team and USMS Masters
- (10) USA Swimming Coached Years: 3-6 years
- (11) USA Swimming Time Standards Goal: at least one BB time

Spring/Summer (LCS) Program Cost is \$875.00. Total Spring/Summer Program Cost includes all regular Swim Team Practices, Endurance Swim Camp and Technique Swim Clinic for \$875.00.

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Silver - Swim Team SCS (August 2019 – March 2020)

Sign-up for Silver if the following applies to you!

- (1) Completed Station 10 of Swim America Program**
 - (2) 4 Year Program Time line**
 - (3) Minimum - Maximum Weekly Sessions (practices) 4**
 - (4) Minimum - Maximum Practice Time: 90-115 minutes per practice**
 - (5) Minimum - Maximum workload per session 2,500 - 7,000**
 - (6) Minimum Competitions: 1 swim meet monthly**
 - (7) Minimum - Maximum years of training (pre-coached) by a USA Swimming Coach: 5-7 years**
 - (8) Typical Ages 16 years - 19 years+**
 - (9) Programs: Swim Team and USMS Masters**
 - (10) USA Swimming Progressions: Specialization (Pre-requisite is Basic Training)**
- USA Swimming Time Standards: at least one A time**

Fall/Winter (SCS) Program Cost is \$1,295.00. Total Fall/Winter Program Cost includes all regular Swim Team Practices, Endurance Swim Camp and Technique Swim Clinic for \$1,295.00

Silver – Swim Team LCS (April 2020 – August 2020)

Sign-up for Silver if the following applies to you!

- (1) Completed Station 10 of Swim America Program**
 - (2) 4 Year Program Time line**
 - (3) Minimum - Maximum Weekly Sessions (practices) 4**
 - (4) Minimum - Maximum Practice Time: 90-115 minutes per practice**
 - (5) Minimum - Maximum workload per session 2,500 - 7,000**
 - (6) Minimum Competitions: 1 swim meet monthly**
 - (7) Minimum - Maximum years of training (pre-coached) by a USA Swimming Coach: 5-7 years**
 - (8) Typical Ages 16 years - 19 years+**
 - (9) Programs: Swim Team and USMS Masters**
 - (10) USA Swimming Progressions: Specialization (Pre-requisite is Basic Training)**
- USA Swimming Time Standards: at least one A time**

Spring/Summer (LCS) Program Cost is \$925.00. Total Fall/Winter Program Cost includes all regular Swim Team Practices, Endurance Swim Camp and Technique Swim Clinic for \$925.00

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Gold Senior - Swim Team SCS (August 2019 – March 2020)

Sign-up for Gold if the following applies to you!

- (1) Completed Station 10 Swim America Program**
 - (2) 4 Year Program Time line**
 - (3) Minimum - Maximum Weekly Sessions (practices) 4**
 - (4) Minimum - Maximum Practice Time: 90-120 minutes per practice**
 - (5) Minimum - Maximum workload per session 4,000 - 10,000**
 - (6) Minimum Competitions: 1 meet monthly**
 - (7) Minimum - Maximum years of training (pre-coached) by a USA Swimming Coach: 8 years**
 - (8) Typical Ages 19 years - 26 years+**
 - (9) Programs: Swim Team and USMS Masters**
 - (10) USA Swimming Progressions: Peak Performance (Pre-requisite is Specialization)**
- USA Swimming Time Standards: at least one AA time**

Fall/Winter Program (SCS) Cost is \$1,440.00. Total Fall/Winter Program Cost includes all regular Swim Team Practices, Endurance Swim Camp and Technique Swim Clinic for \$1,440.00.

Gold Senior - Swim Team LCS (April 2020 – August 2020)

Sign-up for Gold if the following applies to you!

- (1) Completed Station 10 Swim America Program**
 - (2) 4 Year Program Time line**
 - (3) Minimum - Maximum Weekly Sessions (practices) 4**
 - (4) Minimum - Maximum Practice Time: 90-120 minutes per practice**
 - (5) Minimum - Maximum workload per session 4,000 - 10,000**
 - (6) Minimum Competitions: 1-2 swim meets monthly**
 - (7) Minimum - Maximum years of training (pre-coached) by a USA Swimming Coach: 8 years**
 - (8) Typical Ages 19 years - 26 years+**
 - (9) Programs: Swim Team and USMS Masters**
 - (10) USA Swimming Progressions: Peak Performance (Pre-requisite is Specialization)**
- USA Swimming Time Standards: at least one AA time**

Spring/Summer (LCS) Program Cost is \$1,000.00. Total Fall/Winter Program Cost includes all regular Swim Team Practices, Endurance Swim Camp and Technique Swim Clinic is \$1,000.00

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Elite - Swim Team SCS (August 2019 – March 2020)

Sign-up for Elite if the following applies to you!

- (1) Completed Station 10 Swim America Program**
 - (2) 4 Year Program Time line**
 - (3) Minimum - Maximum Weekly Sessions (practices) 5**
 - (4) Minimum - Maximum Practice Time: 90-150 minutes per practice**
 - (5) Minimum - Maximum workload per session 4,500 - 12,000**
 - (6) Minimum Competitions 1-2 swim meets monthly**
 - (7) Minimum - Maximum years of training (pre-coached) by a USA Swimming Coach: 9+ years**
 - (8) Typical Ages 26 years+**
 - (9) Programs: Swim Team and USMS Masters**
 - (10) USA Swimming Progressions: Maintenance (Pre-requisite is Peak Performance)**
- USA Swimming Time Standards: at least one AAA time**

Fall/Winter (SCS) Program Cost is \$1,596.00. Total Fall/Winter Program Cost includes all regular Swim Team Practices, Endurance Swim Camp and Technique Swim Clinic for \$1,596.00

Elite - Swim Team LCS (April 2020 – August 2020)

Sign-up for Elite if the following applies to you!

- (1) Completed Station 10 Swim America Program**
 - (2) 4 Year Program Time line**
 - (3) Minimum - Maximum Weekly Sessions (practices) 5**
 - (4) Minimum - Maximum Practice Time: 90-150 minutes per practice**
 - (5) Minimum - Maximum workload per session 4,500 - 12,000**
 - (6) Minimum Competitions: 1-2 swim meets monthly**
 - (7) Minimum - Maximum years of training (pre-coached) by a USA Swimming Coach: 9+ years**
 - (8) Typical Ages 26 years+**
 - (9) Programs: Swim Team and USMS Masters**
 - (10) USA Swimming Progressions: Maintenance (Pre-requisite is Peak Performance)**
- USA Swimming Time Standards: at least one AAA time**

Spring/Summer (LCS) Program Cost is \$1,140.00. Total Spring/Summer Program Cost includes all regular Swim Team Practices, Endurance Swim Camp and Technique Swim Clinic for \$1,140.00

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Additional Swim Team
Requirements

Annual Swim Team Membership Fees

- Initial Registration (including all new 1st year swimmers) = \$85.00
- 2nd year Swim Team Member = \$85.00
- 3rd year and beyond Returning Swim Team Member = \$125.00

Please go to our Teams Website at:

<https://www.loveswimming.org>

To review and reference the following documents:

1. About Us
2. Our Mission
3. How we swim for Jesus
4. Sports Ministry History
5. Swim America Registration Form (Learn to Swim Membership)
6. Swim Team Registration Form (Competitive Level Membership)
7. 2019-2020 Training Fees
8. Minor Athlete Abuse Prevention Policy (MAAPP)
9. Written Acknowledgement of MAAPP
10. Parent Code of Conduct
11. Swimmer Code of Conduct
12. Coach Code of Conduct
13. Parent Consent Form
14. Photography Policy
15. Action Plan to Address Bullying Policy
16. USA Swimming Athlete Protection Training Requirements for Adult Athletes
17. Day of Meet Instructions