



Swimmer and Parent Handbook

2011-2012

(Rev.8.26.11)

Storm Aquatics

Stormin' the Pool!

This handbook is designed as a tool to help swimmers and their families understand what competitive swimming is all about. For swimmers who are swimming competitively for the first time, it will explain much of what to expect from training and meets. It also contains rules needed to ensure everyone's safety and enjoyment, swim times and levels, and the rates of our fees and dues.

Please read the following sections before turning in this page.

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Please sign and date this page and return it at the time of registration to document that you have received, read and understand the information in this handbook.

Thank you for your cooperation in this effort!

Swimmer _____

Date _____

Parent or Guardian _____

Date _____

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Storm Aquatics

Feel the rush of your whole team behind you

Welcome to Storm Aquatics! We hope that you will enjoy all that swimming has to offer! Please check out our website at www.stormaquatics.net. There you will find information on practice times, team apparel, coaches and links pertaining to all kinds of swim information. Check the site often as things change. If you have any questions or need any information, please let us know. You can send us an e-mail at info@stormaquatics.net. We look forward to getting to know you and your family and having a great time together, enjoying the great sport of swimming! See you on deck!

Mission Statement

Our goal is to provide a diverse program in which swimmers of all levels can strengthen skills and develop a sense of sportsmanship while enjoying healthy competition.

Vision Statement

To inspire and encourage all swimmers to become the best they can be in swimming and in life, and to educate families in the sport of swimming.

General Information

League Affiliation

Storm Aquatics is league affiliated in order to participate in USA Swimming sanctioned swim meets. Currently, we are members of the following organizations:

USA Swimming

USA Swimming is the national governing body for amateur competitive swimming in the United States. As the national governing body for the sport, USA Swimming is responsible for the conduct and administration of swimming in the United States. In this capacity, USA Swimming formulates the rules, implements policies and procedures, conducts the national championships, disseminates safety and sports medicine information and selects athletes to represent the United States in international competition.

Pacific Northwest Swimming Association (PNS)

Because USA Swimming cannot effectively supervise the activities of all the swim clubs throughout the country, it has appointed local governing bodies called Local Swimming Committees (LSC). There are 59 committees in the country and PNS is the LSC for most of Western Washington. All of our locally scheduled meets are held under the jurisdiction of PNS. PNS clubs sponsor many levels of swim meets, from beginners to regional championships. All PNS meets charge fees.

Insurance

Clubs, athletes and adults may all be members of USA Swimming. We are covered under USA Swimming Insurance for all practices, meets and sanctioned fundraisers. For that reason, all coaches, swimmers, club president and Safety Officer are required to become members of and maintain their membership in USA Swimming. If your swimmer's USA Swimming membership is not current, they are not insured and will not be allowed to swim during practices or at meets until they have a current membership.

Our Pool

Lake Stevens High School pool is located in Lake Stevens. The pool is owned by the Lake Stevens School District. Storm Aquatics rents swim lanes and deck space from the district for specifically designated practice times.

The pool is closed on government holidays and periodically throughout the year for maintenance and cleaning. Generally these closures are for one to two days. Occasionally the pool may be closed for an extended period of time for major maintenance and renovations. During these closures, Storm may arrange for an alternate facility. Since access to alternate facilities can vary throughout the year, the regular practice schedule may not be possible. Storm will make every effort to provide a facility in the area with a similar practice schedule.

Coaching Staff

Head Coach: David Tourigny
ASCA Level 3 Educated / Level 2 Certified
WSCA Member, 15 Years Experience

David began competitive swimming with the Lake Stevens Swim Club and the Cascade Swim Club. David attended O'Dea High School, where he became the first O'Dea freshman to go to State in swimming. He scored points at State all four years, and became the co-captain for two years. During high school, David got his first coaching experience as a volunteer assistant coach of a summer league team, the Greenlake Gators.

David went to college in Bellingham at Western Washington University. He graduated with a BA in General Studies with minors in Psychology, Sociology and Economics. While at Western, he swam for and coached the Western Washington University Swim Club and competed on Western's Water Polo Team. During the summers, David coached the Sudden Valley Sharks. After college, he continued his coaching career with the Lynnwood Sharks, a summer league team, and in 2004 David started coaching for WAVE Aquatics.

In June of 2007, David started coaching for the Greenlake Aquaducks (GLAD), a competitive master's team, where he is currently the head coach. GLAD practices Monday through Friday from 5 to 6 in the morning at Evans Pool in Seattle. In September of 2007, David became the head coach of Storm Aquatics. Since he has been with Storm, David has coached swimmers to Age Group Sectionals, Zones, and Senior Sectionals. David has also coached swimmers who were finalists at PNS Champs (both Short Course and Long Course), Age Group Sectionals, and Senior Sectionals.

Assistant Coach: Brady Dykgraaf
5 Years Experience

Brady began competitive swimming with the Lake Stevens Swim Club and the Lake Stevens High School swim team. At Lake Stevens Brady attended State three times and was team captain during his senior year. He joined Storm Lake Aquatics (now called Storm Aquatics) during the Spring of 2002, and was in the pool for its very first practice. Brady got his first coaching experience with Storm that summer, coaching the summer league team, which won the Championships the first two summer league seasons. Brady also had the opportunity to coach the Lake Stevens Middle School team during his senior year, where he worked with the Developmental Group.

Brady is a lifelong Viking, moving to Bellingham and attending Western Washington University, graduating with majors in History and Political Science, then moving into the education program. After graduating in 2009, he came back to Lake Stevens and did his student teaching at Lake Stevens Middle School. Brady is currently substitute teaching for the Granite Falls, Lake Stevens, and Marysville School Districts during the day.

Brady has been working at the Lake Stevens Pool for 8 years, where he is a swim instructor and senior guard on staff. During that time, he has worked with swimmers of all different abilities and ages, from toddlers all the way up to State qualifiers and masters swimmers working towards triathlons.

Communication

E-mail – E-mail is used to send you important information or changes regarding team events or meets as well as your monthly invoice. **PLEASE CHECK YOUR EMAIL DAILY FOR POSSIBLE IMPORTANT STORM INFORMATION such as pool closures, meet information etc.**

Family Files – Most written communication, such as meet information sheets, schedules and fundraising packets will be put in a file folder on deck that has your family name on it. It is the swimmer or parent's responsibility to check their folder each practice.

Bulletin Board – The Storm bulletin board at the pool provides general team information such as different swim levels, swim times, social functions, meet schedules, pool closures, team pictures, our teams Top Ten.

Newsletter – The Storm newsletter is named Storm Report and will be used to communicate information to the swimmer and parent whenever possible. These will be emailed to you quarterly. You will also find a couple of copies at the pool to read during practice.

Web Site – Please check our web site, www.stormaquatics.net for our meet calendar, specific meet times, contact information, news articles, pictures, general information, sponsor links, USA Swimming and PNS links, and much more.

Age Group and Senior Representatives - The Age Group (13 & under swimmers) and Senior (14 and over) Representatives are your connection to the Board. They report directly to the board and attend board meetings bringing parent comments, concerns and questions. You will find the two Representatives either in the stands or on deck. Please bring them your thoughts, concerns, comments and questions.

Record Boards – Storm Aquatics reviews the records of all our swimmers each spring to determine their best times and compares those times with the Storm swimmers since Storm was founded. When a current swimmer bests the standing team record for an age group and event, their name and time will be posted on the record boards posted at the pool on the east wall for all to see. See separate section on the rules and regulations regarding our Record Boards for more information.



Swim Gear

During each practice and meet, swimmers need the proper swim gear to get the most benefit.

Suits

We recommend a minimum of two practice suits for each swimmer. This will allow the swimmer to rotate the suits and extend the life of each suit. Storm requires that girls wear one-piece suits and boys wear jammers (knee-length suits) or other appropriate swim wear during practice. Suits are expected to be kept in good condition and worn appropriately. Due to the effects of chlorine, practice suits have a tendency to stretch and become thin or transparent over time. Suits should be checked regularly to ensure that they are appropriate for wearing in public.

The Storm suit is a suit chosen at the beginning of the season. The suits can be ordered at our beginning of the season registration or any time during the swim season. Please remember a tight fitting suit reduces drag and will in turn make your swimmer feel fast in the water. A girl's suit is too big if the straps can be pulled above the swimmers earlobes.

Team suits are highly encouraged but are not a requirement. Any red and or black suit will work as long as it is a competitive suit.

Caps

Storm strongly recommends that all swimmers wear swim caps for practices and meets. Swimmers are required to wear their team swim caps during meets. Swim caps from other PNS teams are not allowed during Storm practices or at swim meets.

Goggles

Goggles make swimming much more pleasant for all swimmers. Storm does not provide goggles to swimmers but strongly recommends that they be worn, as there are literally hundreds of goggle styles available. Swimmers should find the goggles that they feel comfortable with. Goggles should be bought in pairs as they are small and easily lost.

Dues and Fees

General Information

All swimmers must pay a registration fee that will cover Storm Aquatics administrative fees. This is a non-refundable fee that is due upon registration. **This Storm fee is \$90 for the first swimmer in a family and \$45 for each additional swimmer in a family. In addition each swimmer is required to pay the USA Swimming/PNS membership fee of \$63.00****

Swimmers registering mid-year and new to the team will receive one free week and will pay a prorated dues for the rest of the month. Returning swimmers registering mid-month will also pay a prorated dues at their current training level. Families with multiple swimmers will have a cap on their monthly fee of \$400.

Registration, dues and meet fees can be paid directly to the team treasurer, placed in the payment drop box at the pool or mailed to the address below. Please be sure to specify your name and what the payment is for on all payments. Payment envelopes will be provided for your use if you are paying with cash. Make all checks payable to:

**Storm Aquatics
PO Box 171
Lake Stevens, WA 98258**

The first month's dues are required upon registration. All remaining dues will be required by the 5th of each month and will be considered late on the 10th. A \$10 late fee will be incurred when payment is received after the 9th. If any check is returned a \$30 fee will be incurred. Invoices will be emailed to the swimmers on or before the 27th of each month and will be due and payable on the first. If your account is not current excluding your fundraising obligation your swimmer(s) will not be allowed to swim.

Scholarships

Storm may be able to offer a very limited amount of scholarships. Our scholarships are based on the need of the family but will not exceed a 50% reduction in our regular monthly fees. To be eligible you must show either an approval letter stating you qualify for the Federal Free or Reduced Food Program or show a sudden family hardship such as a loss of job, temporary layoff, or forced work stoppage. Our scholarship program is funded through our Sponsorship program. The more sponsors we have the more scholarships we can grant. All scholarships must be board approved. The Board has the right to revoke scholarships at any time. Scholarships only reduce your monthly dues. The fundraising obligation does not get reduced.

**Heidloff Outreach Fund

In an effort to promote the sport of competitive swimming and encourage diversity, PNS has established an Outreach fund. The goal of the fund is to provide more swimmers with opportunities to compete by reducing some of the financial stress on their families.

Initial funding for this program was inspired by the donations received in memory of Jena Heidloff.

An outreach swimmer is any swimmer who qualifies for the free or reduced school lunch program. In the past outreach swimmers have been exempt from paying the USA membership fee, now in addition; these swimmers will receive financial assistance from PNS for meet entry fees for five meets per year within PNS.

Swimmers wishing to draw on the fund need to provide their Club registrar with a copy of the school eligibility notification letter from the School food services office. The \$63.00 fee is waived and the swimmer will be sent five forms/vouchers for meet entry fees. This voucher will need to be turned in with the swimmers entry information and will be sent to the meet host in lieu of the swimmers entry fees. The swimmer must actually attend the meet they entered or be liable for the total of the entry fees initially waived on the submitted voucher.

Dual Sport Authorization

Swimmers may choose to participate in any other sports at any time at the normal fee and number of days. However, if a swimmer cannot maintain a full workout commitment, the team offers a reduced rate and pool time **once** during the year under the following conditions:

1. Approval by the swimmer's coach and shall not interfere or disrupt established schedules.
2. The maximum time allowed for the reduced rate is 3 months or the end of the alternate sport, which ever is shorter.
3. Because of the Senior Group's year round commitment level, swimmers in this group can use the Dual Sport option only while participating in the HS swimming season. If an athlete wants to compete in another sport and still participate in the Senior Group workouts, the swimmer may participate in the Senior Conditioning/High School Group.

Group	# of practices	% of Fee	2011-2012 Fee
Senior	4	80%	\$120
Blue	3	70%	\$91
Red	2	70%	\$73.50
White	2	60%	\$54
Dev.	2	60%	\$45

Leave of Absence

If your swimmer needs to take a leave of absence the following steps need to be followed:

1. Notify the coach and Board of Directors of the intent to take a leave of absence in writing by filling out a leave of absence form. You may find these online at www.stormaquatics.net/forms or at the pool.
2. Should a swimmer take a leave of absence for any reason, illness, vacation, etc, and returns within a month, the full payment of Storm dues and any fundraising fees that may have accrued during that time must be paid in full.
3. In the event that a swimmer should be absent for a month or more and plans to return, a payment of \$10.00 per month for each missed month is required to reserve your spot on the team. If this payment is not made then the swimmer must reregister and pay the \$90.00 Storm registration fee. The \$63.00 PNS registration fee may also apply depending on the length of absence from swimming.

Withdrawal Policy

It is understood that there may be many reasons a swimmer must withdraw from swimming. Upon notice of intent to withdraw all accounts must be made current. All late fees apply to any unpaid dues or fundraising balances. If the withdrawal agreement is received prior to the 20th of the month there will be no fee charged for the next month. If the withdrawal agreement is received after the 20th of the month then you will be charged for the next months dues. No swimmer may return to Storm until their balance due is made current. Withdrawal forms may be found at the pool or on our website.



Dues

Payment Options and Practice Schedule

Level	Monthly Sept – July (11 payments)*	Practice Schedule
Developmental	\$75.00	M,W, 5:30-6:15 pm; F 5:00- 5:45 pm Practices Per Week: 3 times, 45 min.
White	\$90.00	M,W 6:30-7:30 pm; T,Th 5-6pm; F 6-7pm Practices Per Week: 3 times, 1 hour
Red	\$105.00	M,W 6:30-8 pm; T,Th 4:30-6pm; F 5:30-7pm Practices Per Week: 3 times, 1.5 hours
Blue	\$130.00	M,W 6:30-8 pm; T,Th 4:30-6pm; F 5:30-7pm; Sat 8-10am (check with coach first) Practices Per Week: 5-6 times, 1.5 hours
High School Conditioning Swimmers in this group will swim with a group the Head Coach feels best fits their ability level	\$80.00	Practices Per Week: 2 times; check with coach as to appropriate practice times and lengths of practices
Senior	\$150.00	M,W 6-8 pm; T,Th 4-6pm; F 5-7pm; Sat 8-10am (check with coach first) Practices Per Week: 5-6 times, 2 hours
Dual Sport Swimmers who belong to another sports team, wishing to supplement their workout schedule.	Fees are based on a percentage of the monthly fee. Dual Sport Authorization can only be used once per season. <i>See section on Dual Sport Authorization for more details.</i>	
College Break Workouts Students returning from college on break (winter, spring and summer) who would like to continue training.	\$200.00 per year plus PNS registration (\$63.00)	Check Senior level practice times
Drop in Swimmers Experienced swimmers who want to drop in and swim with the team for an occasional workout during any senior training session.	\$10.00 per session	Check Senior level practice times
Leave of Absence	\$10.00 per month **see previous page for details	

***Family Maximum Monthly Dues are \$400.00**

Fundraising

Storm Aquatics is a non-profit 501(c) (3) organization of parents who, along with the coaches, strive to offer a quality program in which its members of all ages can come to enjoy the sport of swimming. In an effort to keep dues down and continue to ensure a quality program Storm requires its members to participate in fundraising. There will be at least 2 and as many as 4 opportunities to do fundraising as well as a sponsorship option explained below. **All fundraising is nonrefundable and completely tax deductible.** Check with your employer. Many offer pretax contributions to non-profit organizations like Storm or they may also offer matching funds.

Fundraising funds in excess of your fundraising obligation cannot be used to pay for your individual fees. Please see Important Fundraising Note on the next page for a further explanation.

Obligation

Each swimmer's **minimum** fundraising obligation is \$300.00. A family with more than one swimmer has a minimum obligation of \$500.00. A leave of absence does not reduce your fundraising obligation.

High School Conditioning swimmers fundraising fee is \$150.00 per year or \$75.00 if starting with us mid season.

Swimmers **joining** the team during the year will be responsible for the fundraising amount for the whole month they begin in and all months thereafter.

Swimmers **leaving** the team are required to bring their account current including the complete payment of their fundraising obligation up to and including the month they leave.

Fundraising Payment Options

- Lump Sum - Due on or before Oct. 1st
- Monthly Payment – If you choose not to participate in our team fundraisers you may pay your fundraising obligation in 10 equal monthly payments. \$30.00 a month for individual swimmers or \$50.00 a month for families of more than one swimmer. Payments will begin in October and end in July.
- Participate in the team fundraisers and pay your remaining fundraising obligation, if any, on or before July 31st of the current swim season.

Company Matches

Company Matches are a great way to fulfill your fundraising obligation. Ask your employer if they will match your funds as a contribution to a non-profit organization. The same rules apply to company matches as they are to sponsorships. The total of what you contribute *plus* the company matched funds in excess of your fundraising obligation *cannot* be used to pay for your individual fees or dues. The funds above and beyond your fundraising obligation will be applied as “additional fundraising”.

Sponsor Credit

We highly encourage you to find sponsors for Storm. This is an easy and quick way to eliminate your fundraising obligation. A sponsor will have the opportunity to have their logo on either a team shirt, sponsor banner, or other item bought for the team as well as being mentioned in our press releases. We will also place a link from our website to theirs. A full sponsor letter will be provided to you explaining the benefits of sponsorships to be used as a sales tool in your quest for sponsors.

We have four levels of sponsorship. For each level 50% of the money given is credited to your fundraising account and 50% is given to Storm for the production of the Sponsor Banner and our Scholarship Fund.

Sponsorship Levels	
Bronze	\$50
Silver	\$100
Gold	\$150
Platinum	\$200+

All sponsorships must be received before April 1st of the current swim season.

If you find enough Sponsors that you exceed your fundraising obligation then the money over your obligation will directly be placed into our teams fundraising fund.

Important Fundraising Note!

Sponsorship and fundraising funds in excess of your fundraising obligation cannot be used to pay for your individual fees. We are a 501c3 organization and the IRS regulations state that all funds gathered for fundraising purposes must be used to benefit the organization and its members not just one individual.

Volunteering/Storm Projects

Storm cannot function without great volunteers. Below are listed many of the ongoing projects that make Storm work. Each parent is required to volunteer to either help or lead at least one project each year.

If you choose not to volunteer you may pay an extra \$100 which will be considered as fundraising funds up and above your fundraising obligation. Since it will be considered as fundraising dollars it will be a tax deductible donation. You may not use funds acquired from a fundraising activity or sponsor acquisition to meet this obligation. For each event you volunteer for you will get Volunteer Credit (VC) towards this extra charge. See below for volunteer credit values.

Upon registration please indicate your preference of projects and positions you would like to fill for this season by placing your name in a blank and putting the numbers 1 – 5 next to them, 1 being your first choice and 5 being your last choice. The board will inform you of your project and position within the first week of the season.

Volunteer Opportunities

(Volunteer Credit = VC)

Parent Board Position		VC	Team Pictures (Swim meets, Social events)		VC	Fundraising (Coordinates with Vice President)		VC
President	Brian Willey	\$100						
Vice President	Michael Hyland	\$100	Co-Chairperson	1.	\$100	Fall Fundraiser (Not Determined)	1.	\$50
Treasurer	Kathy McKenzie	\$100	Co-Chairperson	2.	\$100		2.	\$50
Secretary	Jon Rudolph	\$100				Winter Fundraiser (Swim-a-thon)	1.	\$50
At-Large	Gary Petershagen	\$100	Meet Officials, Coordinators, and Timers		VC		2.	\$50
At-Large	Monika Prescott	\$100				Spring Fundraiser (Storm Versus)	1.	\$50
Public Relations		VC	Local Meet Coordinator*	1.	\$100		2.	\$50
Website	Michael Hyland	\$100	Travel Meet Coordinator	1.	\$50	Social Events / Other		VC
Newsletter	Jeanne Petershagen	\$100				Fall Banquet	1.	\$25
Press Releases	1.	\$25	Meet Timers	The team will be asked at various meets and at our own Intra-Squad and Distance meets to provide timers	\$25 per meet		2.	\$25
Community Events (Aquafest, August Night Out, etc.)	1.	\$25				Winter Banquet	1.	\$25
	2.	\$25					2.	\$25
Bulletin Boards		VC				Summer – End of Season Event	1.	\$25
Chairperson	1.	\$50	Meet Officials**	As many as possible	\$50 per meet		2.	\$25
Committee Members	1.	\$25	Welcoming Committee (Must have 1yr USA Swimming Experience – Coordinates with Registrar)		VC	Summer League	1.	\$50
	2.	\$25				*Local Meet Coordinator – verifies the location of our local meets, prints out maps, coordinates arrival (who will save seats and how many) and takes the banner when appropriate. **Meet Officials – The team will pay for the PNS non-athlete registration for anyone completing the course including the novice sessions. Upon successful completion all registrations will be paid by the team. Each Official will receive one embroidered official's shirt.		
			Co-Chairperson	1.	\$100			
			Co-Chairperson	2.	\$100			
			Age Group Rep.	1.	\$100			
			Senior Rep.	1.	\$100			

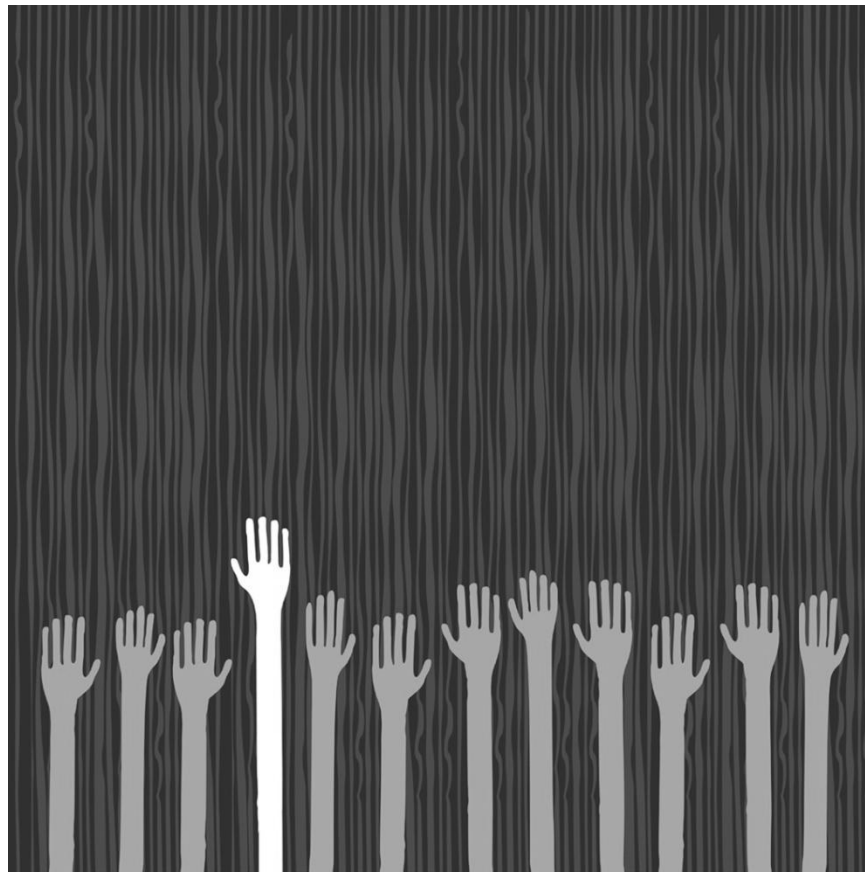
All Chairpersons are responsible to report to the Board at the monthly Board meetings and must coordinate all functions through the Vice President. Ultimately, it is the Chairpersons responsibility to make sure their project managers get the support needed to make their project successful and as stress free as possible.

**** Age Group or Senior Representatives –**

If you are interested in being the Age group or Senior Representative please notify a Board member at the time of registration. The Age Group Rep. shall provide the board input from the swimmers ages 13 and younger. The Senior Representative must be a swimmer 14 years old or older and provide the board input from the swimmers 14 years and older. This representative is also required to attend the bi-annual PNS House of Delegates meetings.

Duties of the Age Group and Senior Representative – The Age Group and Senior Representatives are responsible for communicating between the Board and parents. The Age Group and Senior Representatives shall actively participate on the welcoming committee.

-- The Volunteer Opportunities may be modified throughout the year depending on the needs of the team --



General Policies and Rules

Coach's Rules

As parents and swimmers, it is absolutely essential that we give our coaching staff the respect and authority they deserve. The following list of rules must be adhered to by swimmers during practice and swim meets throughout the swim season.

1. Be on time for all scheduled practices and swim meets.
2. Swimmers must be ready to participate in practice when practice begins; this means that swimmers are dressed and have their equipment poolside.
3. Swimmers should eat an appropriate amount and type of food before practice to allow them the energy to make it through practice.
4. Swimmers should use the bathroom before practice or between events at a meet.
5. Listen and look at the coach when they are speaking to you or the group; disruptive talking and horseplay will not be tolerated.
6. Respect team members and opponents; never interfere with any other swimmers during practice, meet warm-ups or during competition.
7. Do not push anyone into the pool. No diving into the pool without coach permission or supervision.
8. Swimmers may only enter the water with the coach's permission.
9. At practice, swimmers should be focused on swimming.
10. During meets, swimmers need to be on time to their events. Coaches do not have the ability to ensure that each and every swimmer gets to the proper place on time.
11. Swimmers should talk to their coach before and after each of their events.
12. Parents should allow the coach to handle discipline, hurt feelings and minor injuries.
13. All swimmers must bring and use a water bottle during practice.
14. All swimmers must obey all the Pool rules in the locker room, on deck and in the pool, or risk losing swimming and/or locker room privileges.
15. Any swimmer who is known to use alcohol, drugs, or tobacco is subject to suspension from the team.
16. At all club functions, whether practice, meets or social gatherings, it is expected that each swimmer behaves in such a way that their actions reflect positively on the team.

Contacting the Coaches

Our coaches are very busy during practice. The best way to speak with the coaches is to meet them after practice. They usually make themselves available for a short while to answer questions, provide information, etc. Another very effective way of contacting our coaches is through email. The coaches will either respond via email or make arrangements to meet with you either before or after practice to discuss your concerns or questions.

Swimmer Feedback Cards

Each swimmer should use a Swimmer Feedback card at least once a season. This card is a tool to use to help swimmers set goals, allow coaches to make clear communication between the swimmer and their parents and as a reference point for future communication. These cards are located near the front of the file box behind the coaches' files. Fill one out and place it in your coach's file. They will return it in about a week. After you have read through it set up a time with your coach to discuss the points on the card.

General Behavior Policy

The coaching staff will evaluate each behavior issue as it presents itself and will have the flexibility to make whatever judgment call is necessary to promote the health and safety of the team. Adults (parents, guardians, spectators) are also subject to team discipline for offensive and disruptive behavior at any team events.

Penalized Activities

- First offence – Warning
- Second offence – Removal from pool for ten minutes
- Third offence – Removal from workout. Parent informed of action and offence.
- If a swimmer is kicked out of practice two or more times in a month, a parent or guardian will be required to attend all practices, meets, or team events that the swimmer is at for a 30 day period following the last offence.
- Swimmers who repeat the third offense behavior within the same month can be suspended from team participation.

Penalized Activities Examples

- Threatening/Intimidating behavior
- Intentionally disruptive lane/workout behavior
- Talking while the coach is talking
- Disrespectful attitude or behavior
- Foul language

Suspension

- One week or more, determined case by case; dues and fees will not be prorated.
- Length of suspension will be determined by the coach.

Suspension Examples

- Physical violence
- Vandalism or destruction of pool property
- Sexual misconduct
- Theft
- Drug use

Locker Rooms

- Locker rooms are a place of special interest. Swimmers are in close quarters with pool patrons and good behavior is essential for a positive, long term relationship with pool management. We are renters and will lose the ability to use the pool if our swimmers misbehave in the locker rooms; therefore a tough, no tolerance approach must be used.
- Swimmers will receive one warning. A second offense will result in suspension for one week or more.

Appeals

Any appeals to suspension or disciplinary action must be submitted in writing to the coach and board to determine appropriate action.

Parent Responsibilities

Please make every effort to have your swimmers at practice on time. Realize that your child is working hard and give all the support you can. Encourage good diet and sleeping habits. The greatest contributions you can make to your swimmer's progress are to be a loving, supportive parent.

Please remember that the coaches want to be very focused on our swimmers during practice and swim meets. Parents should refrain from distracting the coaches during those times and are encouraged to communicate with the coaches either *before* or *after* the event.

Remember: A PARENT parents and a COACH coaches.

The following article *The Ten Commandments for Parents of Athletic Children*, reprinted from "The Young Athlete" by Bill Burgess, offers useful and sound advice on communicating with your swimmer.

- I. Make sure your child knows that – win or lose, scared or heroic – you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best without a fear of failure. Be the person in their life they can look to for constant positive reinforcement.
- II. Try your best to be completely honest about you child's athletic ability, competitive attitude, sportsmanship and actual skill level.
- III. Be helpful, but don't coach him or her on the way to the pool or on the way back, or at breakfast and so on. It's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks and, often critical, instruction.
- IV. Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve his or her swimming skills and attitudes. Help them to develop the feel for competing, for trying hard, for having fun.
- V. Try not to re-live your athletic life through your child in a way that creates pressure; you lost as well as won. You were frightened, you backed off at times and you were not always heroic. Don't pressure your child because of your pride. Athletic children need their parents, so you must not withdraw. Just remember there is a thinking, feeling, sensitive free spirit out there in that uniform who needs a lot of understanding, especially when his world turns bad. If they are comfortable with you, win or lose, they are on their way to maximum achievement and enjoyment.
- VI. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment with your athlete.
- VII. Don't compare the skill, courage or attitudes of your child with other members of the team, at least within their hearing.
- VIII. Get to know the coach so that you can be assured that their philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under their leadership.
- IX. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before over-reacting.
- X. Make a point of understanding courage and the fact that it is relative. Some of us can climb mountains and are afraid to fight. Some of us will fight, but turn to jelly is a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear.

Record Board Rules and Regulations

1. Only times swam during USA Swimming sanctioned meets will be eligible for posting on the Storm Aquatics record boards. This includes all sanctioned high school District and State meets.
2. Swimmer must have received over half of their training with Storm Aquatics during the year the record is broken.
Examples -
 - College Student – College Students who swim on their college’s team get more than half of their training with that team and their times will not be placed on our record boards.
 - Swimmer transferring from another team – At the time of the record breaking swim if the swimmer has trained more with their past team then the times will not be placed on our record boards.
 - Summer League Swimmers #1 – If the Summer League Swimmer has trained with another team during the current season then that time must be less than the time they swim with Storm for their times to be placed on our record boards.
 - Summer League Swimmers #2 – If the Summer League Swimmer has not trained with another team then their total season with us is the Summer League Season and then their times will qualify for our record boards as long as their swim takes place during a USA Swimming sanctioned meet.
3. All swimmers must have their Storm Aquatics accounts current.
4. New records will be posted once a year at the beginning of the season to reflect records broke during the previous season.

Adopted 2/09
Rule 2 clarified 10/09

Top Ten Rules and Regulations

1. Only times swam during USA Swimming sanctioned meets will be eligible for posting on the Storm Aquatics Top Ten. This includes all sanctioned high school District and State meets.
2. Swimmer must have received over half of their training with Storm Aquatics during the year the record is broken. See Rules and Regulations for Record Boards for examples of this rule.

12/09

Swim Level Guidelines

Overview

There are several different levels available for swimmers on Storm Aquatics. It is the Head Coach's decision which level swimmers are placed in or moved to. The Head Coach takes into consideration many things, including swimmer's goals, ability, endurance, attitude, attendance, and age when placing or moving swimmers. Ultimately placement into a level or movement from one level to another is subject to the Coach's judgment. These guidelines are subject to change.

Group Descriptions

Developmental – Swims three times a week for 45 minutes

Swimmers, usually 6 years or older, who can easily swim 25 yards of freestyle and backstroke. This level is where swimmers will gain the basic knowledge of the four competitive strokes (Butterfly, Backstroke, Breaststroke, and Freestyle), turns, and starts.

White – Swims three times a week for one hour.

Swimmers, usually 8 years or older, who have mastered the skills at the Developmental level. This group has an increased emphasis on competitive swimming. At this level, swimmers will begin to do Test Sets that will help the coaches assess the swimmer's abilities.

Test Set General Guidelines (not all inclusive and subject to change):*

T-15 minute swim with results of 500 yards or more

A legal 50 in each of the 4 competitive strokes

Swimmers' ability to lead their lane (requires reading the clock, understanding sets, ect.)

Red – Swims three times a week for 1.5 hours.

Swimmers, usually 10 years or older, who have mastered the skills at the White Group level. In the Red Group, swimmers are working to build confidence, endurance, and competitive experience while fine tuning basic skills. Swimmers are expected to have regular attendance at practice and participate in swim meets.

Test Set General Guidelines (not all inclusive and subject to change):*

10 x 100 Free on or under 2:10

10 x 50 Free Kick on or under 1:15

10 x 100 I.M. on or under 2:15

8 x 100 I.M. Kick on or under 2:50

Blue – Swims five to six days a week for 1.5 hours.

Experienced swimmers, usually 11 years or older, who have mastered the skills at the Red Group level. In this level, swimmers are competitive and working to refine basic skills, build endurance and confidence. Swimmers in the Blue Group are expected to have regular attendance at practice and participate in swim meets.

Test Set General Guidelines (not all inclusive and subject to change):*

10 x 100 Free on or under 1:40

10 x 50 Free Kick on or under 1:05

10 x 100 I.M. on or under 1:50

8 x 100 I.M. Kick on or under 2:15

Senior – Swims five to six days a week for 2 hours.

Serious, experienced, competitive swimmers, usually 13 years and older, who have mastered the skills at the Blue Group level. Swimmers in the Senior Group are expected to have regular attendance at practice, participate in swim meets, and be leaders on the team.

Test Set General Guidelines (not all inclusive and subject to change):*

10 x 100 Free on or under 1:20

10 x 50 Free Kick on or under 0:55

10 x 100 I.M. on or under 1:35

8 x 100 I.M. Kick on or under 1:50

High School Conditioning - Swims two days a week for 1-2 hours depending on the experience and ability of the swimmer. Swimmers must be in the 9th Grade or above, who want to condition for High School swimming. The test sets* for this group are the same as the group the swimmer will be training with. Please speak with Coach David to determine which group is most appropriate.

***Test sets are not the only determination in a swimmer’s ability; they are a guideline for the Coaches.** Successful completion of Test Sets at a given level does not guarantee a Group Move or hold a swimmer back from a Group Move. Group Moves will be determined by the swimmer’s Coach and the Head Coach. The Coach will discuss the move with the parents prior to the move being made.

Meet Information

Swim meets are a great family experience! Listed below are some very in-depth guidelines geared to help you through your first couple of swim meets. It may seem a little overwhelming, but we tried to be as specific and detailed as we possibly could. Once you have attended a few meets, this will become routine. Please do not hesitate to ask any other Storm parent for help or information.

Meet Entries

The host club for each meet charges a per swimmer meet entry fee and a per event entry fee. Storm also charges our own meet entry fee for each meet to cover the costs of relays and other team fees. Swimmers will be billed for meet fees based upon the meet entries Coach David submits to the host team.

- **Swimmers who do not enter by the registration due date will not be able to attend the meet.**
- **There are no refunds of meet entry fees after the entry deadline regardless of meet participation.**

Before the Meet Starts

1. Arrive at the pool at least thirty (30) minutes before the scheduled warm-up time begins. The warm-up time will be listed in the meet information available to all swimmers or you may check out the meet information at www.pns.org choose the tab Meets.
2. Upon arrival, find a place to put your swimmer’s blankets, swim bags and towels. The team usually sits in one place together, so look for some familiar faces.
3. Find the coach, check in and get a heat sheet (usually for sale for between \$5-\$15)
4. The heat sheet is usually available for sale in the lobby or concession area of the pool. Each swimmer and their previous best time in that event are listed. If the swimmer is swimming an event for the first time, they will be listed at a “No Time” (NT) and will most likely swim in one of the first heats of the event.
5. Read the heat sheet and find your swimmers events. Write each event-number on your swimmer’s arm in ink. Sharpie works best. This helps them remember what events they are swimming and what event number to listen for. This is usually written as **Event, Heat, Lane and Stroke**:

E	H	L	S
5	2	3	50 free

6. Your swimmer now gets their swim cap and goggles and reports to the coach for warm-up instructions. It is very important for all swimmers to warm-up with the team. Swimmer's bodies are just like cars on a cold day, they need to get the engine going and warmed up before they can go all out.
7. After warm-up, your swimmer should gather their snacks, water, towels and find a place close to the coach to stay.
8. The meet will usually start about ten to fifteen minutes after warm-ups are over.
9. According to USA Swimming rules, due to insurance requirements, parents are not allowed on deck unless they are a USA Swimming member. Similarly, all questions concerning meet results, an officiating call or the conduct of a meet, should be referred to the coaching staff. They will pursue the matter through the proper channels.

Note: The four competitive strokes are freestyle, backstroke, breaststroke, and butterfly. Events are held in all of the competitive strokes at varying distances depending on the age group of the swimmer. In addition, there is a combination of the strokes swum by one swimmer called the Individual Medley (IM). Other swimming events include relays, which are a group of four swimmers who either all swim freestyle or each swim one of the competitive strokes in the order of backstroke, breaststroke, butterfly and freestyle.

Meet Starts

1. It is important for all swimmers to know what event numbers they are swimming in; this is why they need to have the numbers on their arm. They may swim right after warm-up or wait awhile.
2. Swimmers should check in with their coach before each event.
3. A swimmer's event number will be called, usually over the loudspeaker and they will be asked to report to the blocks. Swimmers should report with their cap and goggles on. Generally girl's events are odd numbers and boy's are even.
4. The swimmer swims their race and checks with the timer for their time.
5. After each swim, the swimmer should go directly to the coach. The coach will discuss the swim with each swimmer.
6. As a parent, remember to do the following after each swim:
 - a. Tell them how great they did. Remember: A PARENT parents and a COACH COACHES. The coach will discuss stroke technique; you need to tell them how proud you are and what a great job they did.
 - b. Make sure they get a drink and have something light available to eat.
 - c. Make sure they get back to their towel area to wait for their next event.
7. When a swimmer has completed all of their events they can go home. Make sure to check with the coach before leaving, it is possible that your swimmer is included in a relay event. It is not fair to other swimmers who may have stayed to swim on a relay and one of the relay team members is not there.

A Disappointing Swim

If your child has a poor race and comes out of it feeling bad, talk about the good things you saw. There is nothing wrong with a swimmer negatively evaluating a race. The important thing is for the child not to dwell on it. You should move the swimmer on to something good. Immediately start talking about the positive things.

What to Take to a Meet

1. Bring your team swim suit, team cap and 2 pair of goggles.
2. Towels, your swimmer will be at the meet for a while so pack a few.
3. Bring something to sit on like a thick blanket or sleeping bag.
4. Sweat suits, swimmers may want two because they can get soggy
5. A change of clothes
6. Games, books, things to pass the time
7. Food, light snacks and drinks. There are usually snack bars at meets, but the lines can be long.

Special Parent Note

The pool area is usually very warm. Therefore, you need to make sure you dress appropriately. There is nothing worse than being hot at a swim meet. At some of the meets, the parents are allowed to sit with the swimmers. Feel free to bring folding chairs to sit on.



Nutrition

Reprinted from USA Swimming Website <http://www.usaswimming.org>

Nutrition 101 - The Eight Lessons

Something every swimmer should know before learning about good nutrition is this: Food does NOT make you swim fast. That's right. Food does not make you swim fast. What DOES make you swim fast? Training. Training makes you swim fast. Better yet, QUALITY training makes you swim fast and part of quality training is good nutrition!

Workouts are hard. Yes they are. They're supposed to be. They're designed to tell the body, "This is hard work for me...you better do something to enable me to do it again later." And the body actually responds by becoming more efficient – aerobically and anaerobically. During its time off, the body WILL adapt, but only if you give it the proper fuels.

In general, following these guidelines for incorporating carbohydrate, protein and fat into your day:

- Spread carbohydrate intake out over the course of the day (i.e. smaller meals and frequent snacks). This keeps blood sugar levels adequate and stable.
- Eat some carbohydrate before morning practice. Note: This can be in the form of juice.
- Eat carbohydrates in the form of a carb-electrolyte drink, such as Gatorade or PowerAde, during workout IF workout is 90 minutes or longer. Gels are also acceptable. Stay away from high fructose corn syrups and high sodium sports drinks.
- Eat carbohydrates and protein within the first 30 minutes after practice. This enables the body to replenish glycogen stores and repair muscle tissue. This is perhaps the most important time to eat!!!!
- Eat again (something substantial, like a real meal) before two hours post-practice has elapsed. This is critical to maximizing recovery!
- Incorporate fat into the day at times that are not close to workout. Fat is necessary, but contributes little to the workout or immediate post-workout recovery period.

Eating on the Go

Examples of High-Carb Breakfast Meals

- At Home:
Orange juice, Fresh fruit, Low-fat yogurt, Pancakes with syrup, 2% or skim milk
or
Plain English muffin, Strawberry jam, Scrambled Egg, Orange juice, 2% or skim milk
- At a Fast Food Restaurant:
Hot cakes with syrup (hold the margarine and sausage), Orange juice, Low-fat milk
or
Cold cereal with low-fat milk, Orange juice, Apple, bran or blueberry muffin
- At a Convenience/Grocery Store:
Fruit flavored yogurt, large bran muffin or pre-packaged muffins, Banana, Orange juice, Low-fat milk
- At a Family Style Restaurant:
Pancakes, waffles or French toast with syrup (hold the margarine, bacon and sausage), Orange juice, and Low-fat milk

Examples of High-Carb Lunch or Dinner Meals

- At Home:
Large turkey sandwich on 2 slices of Whole-wheat bread
Slice of low-fat cheese
Lettuce, Tomato
Fresh vegetables (carrots and celery strips)
Low-fat yogurt
Fresh fruit or fruit juice
- Minestrone Soup
Spaghetti with Marinara Sauce
Salad Italian Bread
Fresh Fruit
2% or skim Milk
Sherbet
- Chili on a large baked potato
Whole grain bread or muffin
Low-fat chocolate milkshake
Fresh fruit
Thick crust cheese and vegetable pizza
Side salad
Fresh fruit
2% or skim milk
- Lunch/Dinner at Fast Food Restaurants
McDonald's - 500 kcal
Chicken fajita
Vanilla low-fat milkshake

McDonald's - 700-750 kcal
Hamburger
Side salad with low calorie dressing
Strawberry low-fat milkshake

McDonald's - 1,000 kcal
McLean Deluxe with cheese
Medium fries
Chocolate low-fat milkshake

Burger King - 500 kcal
BK Broiler with BBQ sauce
2% milk
Orange juice

Arby's - 700-750 kcal
French dip
Side salad with lite Italian dressing
Jamocha shake

Taco Bell - 700-750 kcal
Bean burrito with red sauce
Plain 10" tortilla
Low-fat milk

Pizza Hut - 1,000 kcal
2 slices medium cheese pan pizza
6 breadsticks
Beverage

Wendy's - 1,000 kcal
Plain baked potato
Chili
Side salad
Small frosty

Directions to Area Pools

Anacortes – Fidalgo Pool and Fitness Center

1603 22nd St, Anacortes 360-293-0673
Take Burlington / San Juan Ferries exit off I-5; turn left at stoplight. Follow Hwy 20 into Anacortes. The road makes a right turn onto Commercial St. Go to 22nd and turn left. Go up the hill; the pool is on the left side of the street.

Bainbridge Island – Ray Williamson Memorial Pool

Madison Ave NE and NE H, Bainbridge Island 206-842-2302
Take ferry from Seattle to Bainbridge Island. Upon leaving the ferry, you are on Hwy 305. Stay on 305 for about one mile and turn left at the second stoplight on to High School Rd. Go to next intersection at the traffic circle and take a right on to Madison Ave. Go 1 block and take the first left to the pool entrance.

Bellingham – Arne Hanna Aquatic Center

1114 Potter St, Bellingham 360-647-7665
Take I-5 north to Lakeway Dr, exit 253. Go straight through two stop signs to Potter St. The pool is on the right side by the grade school.

Bremerton – Olympic Swim Center

7070 Stampede Blvd NW Bremerton 360-662-2888
Take Edmonds / Kingston Ferry. Go north on SR 104 out of Kingston. Turn west on Bond Rd NE (SR 307) to SR 305. Take a right on SR 305 and continue to the on-ramp to go south on SR 3. At Silverdale, take exit to NW Waaga Way (SR 303). Take Central Valley Rd NW exit off of SR 303 and turn left onto Central Valley Rd NW. At NW Fairgrounds Rd turn right and continue west to Stampede Blvd NW. Turn left and continue south to pool at Olympic High School.

West Seattle – Colman Pool at Lincoln Park

8603 Fauntleroy Way SW, Seattle 206-684-7494
Take I-5 S to Seattle. Take exit #163A West Seattle Bridge onto West Seattle Bridge. Continue on Fauntleroy Way SW, go 3.0 miles to the pool on the right. Park where space is available near the south end of the park and take trail #1 from the south parking lot to the pool, about a third of a mile.

Federal Way – Weyerhaeuser King County Aquatic Center

660 SW Campus Dr, Federal Way 253-927-5173
Take I-5 South to exit 142B. Go west on 348th (becomes Campus Dr after crossing 1st Ave). Pool is on the right about a mile and a half from I-5.

Kirkland – Juanita High School

10601 132nd Ave NE, Kirkland 425-823-7600
Take I-405 to exit 20B. Go west on W 124th to 116th. Turn right (north) and go to NE 132nd. Turn left (west) and follow NE 132nd until you begin to go down a hill. Juanita High School is on the left about a quarter of the way down the hill on its own road.

Marysville – Maysville-Pilchuck High School

5611 108th St NE, Marysville 360-653-0600
Take the 88th St exit off of I-5 and to east. Turn north on 51st Ave and follow to 108th St. Turn east; the pool is on the north side of 108th.

SWIM TAXI

Mercer Island – Mary Wayte Pool

8815 SE 40th St, Mercer Island

206-296-4370

Take I-405 to I-90 west. Take Island Crest exit and turn left up the hill to 40th. Take a left on 40th. The pool is on the right about two blocks down the road.

Mukilteo – Kamiak High School Pool

10801 Harbour Pointe Boulevard, Mukilteo

425-356-6620

Take I-5 to SR 526 (Boeing/Mukilteo Freeway). Follow to the end and turn left onto the Mukilteo Speedway (SR525). Turn right on Harbour Pointe Blvd (first light). Follow the road past the first station and middle school. Kamiak High School is on your left after the curve near the middle school.

Pasco, WA – Pasco Memorial Pool (TriCity)

1520 W Shoshone, Pasco WA 99301 – Memorial Park

Take I-5 South to I-405 South to I-90 East toward Spokane. In about 1.5 hours take a slight right to US-97 S (signs for I-82 E/Yakama) continue on I-82 E for about 1.5 hours. Take exit 102 to merge onto I-182 E/US-12E toward Richland/Pasco. Take exit 12A to for US-395S toward Kennewick/Pendleton. Take exit 12B on the left for N 20th Ave toward Columbia Basin College. Turn right at N 20th Ave. Turn left at W. Shoshone St. Pool will be on the right.

Port Angeles – William Shore

Memorial Pool

225 E 5th St, Port Angeles 360-417-4595

Follow Hwy 101 west into town to Peabody St. Turn left (south) to 5th St. At 5th, turn right (west) and continue a half a block to the pool on the north side of the street.

Puyallup – Rogers High School Pool

12801 86th Ave E, Puyallup, 253-841-8717

Take I-5 south to I-405 south. Take exit 2A onto WA-167 S toward Kent/Auburn. Take the exit to WA-161 S/WA-512 W toward Puyallup/Olympia. Take WA-161 toward S Hill/Eatonville; turn right at 31st Ave SW and then take the 2nd left onto 94th Ave E/9th St SW. Continue to follow 94th Ave E. Turn right at 128th St E and then take 1st left onto 86th Ave E. The pool will be on the left

Renton – Hazen High School

1101 Hoquiam Ave NE, Renton

425-204-4200

Take I-405 to Sunset Blvd. Go east to 142nd Ave SE (Hoquiam Ave NE). Turn right and go to the end to the high school. Pool entrance is at the end of the parking lot.

Shoreline – Helene Madison Pool

13410 Meridian Ave N, Seattle

206-684-4979

Take I-5 to 145th St Exit and turn right (west) on 145th to Meridian (second light). Turn left (south); the pool is on the right at 134th.

Tacoma – Titlow Pool

8355 6th Ave, Tacoma 253-564-4044

Take I-5 S to Tacoma. Take exit #132 onto WA-16 W toward Sprague Ave. - go 4.6 miles. Take exit #4/Jackson Ave. turn left on N Jackson Ave. Turn Right on 6th Ave. The pool will be on the right.

Time Standards

You can find the most up-to-date standards at www.pns.org choose the tab Fast Times and look down for 2011– 2012 Time Standards or you can find a direct link on our website.

Yards:

- PNS Short Course Silver/Gold
- PNS Short Course 14 and Under
- Washington State Seniors Champs
- Age Group Sectionals
- Senior Sectional
- Junior National
- National

Meters:

- PNS Long Course Silver/Gold
- PNS Long Course Championships
- Senior Sectionals
- Junior National
- Nationals
- US Open
- Olympic Trials



Storm's IM Extreme Challenge

Coach David would like to challenge all Storm swimmers to complete the IM Ready or Extreme Challenges through USA Swimming.

To do this, each swimmer needs to compete in specific events at USA Swimming sanctioned meets depending on their age group during our two seasons.

Following are the requirements needed for each season:

IM READY		IM EXTREME	
<u>10 & Under</u>			
Short Course Yards	Long Course Meters	Short Course Yards	Long Course Meters
100 Free 50 Back 50 Breast 50 Fly 100 IM	100 Free 50 Back 50 Breast 50 Fly 200 IM	200 Free 100 Back 100 Breast 100 Fly 200 IM	200 Free 100 Back 100 Breast 100 Fly 200 IM
11 & 12 Year Olds			
200 Free 50 Back 50 Breast 50 Fly 100 IM	200 Free 50 Back 50 Breast 50 Fly 200 IM	500 Free 100 Back 100 Breast 100 Fly 200 IM	400 Free 100 Back 100 Breast 100 Fly 200 IM
13 – 18 Year Olds			
200 Free 100 Back 100 Breast 100 Fly 200 IM	200 Free 100 Back 100 Breast 100 Fly 200 IM	500 Free 200 Back 200 Breast 200 Fly 200 IM 400 IM	400 Free 200 Back 200 Breast 200 Fly 200 IM 400 IM

Please use the lists above as a check list to help you when you are entering swim meets. For more information on the IM Extreme Challenge talk to Coach David or go to USA Swimming and search for IM Extreme Challenge. Use the link from our website.

If you complete your IM Extreme Challenge, you will receive a printed certificate at either the fall or spring Awards Banquet.

2011-2012 Meets

Meets are subject to change

- **Storm Aquatics' 3rd Annual Fall Intra-Squad (September 30)**
Lake Stevens HS Pool, Lake Stevens, WA
All Storm Swimmers
- **October Challenge (October 15-16)**
Arne Hanna Memorial Pool, Bellingham, WA
All Storm Swimmers
- **Chinook Pentathlon (November 6)**
Mary Wayte Pool, Mercer Island, WA
All Storm Swimmers
- **Storm November Distance Meet (November 13)**
Lake Stevens HS Pool, Lake Stevens, WA
Blue and Senior Swimmers
- **November Age Group Invitational (November 19-20)**
Kamiak HS Pool, Mukilteo, WA
Gold Times for Each Event
- **Fall Divisional Champs (December 3-4)**
Hazen HS Pool, Renton, WA
10 & Under: No Dequalifying Times; 11 & Over: Only Non-PNS Swimmers
- **14 & Under PNS Champs (December 9-11)**
KCAC, Federal Way, WA
14 & Under PNS Times for Each Event
- **Washington State Senior Champs/Sr PNS (December 15-18)**
KCAC, Federal Way, WA
Washington State Sr Champs Times for Each Event
- **January Challenge (January 14-15)**
Juanita Aquatic Center, Kirkland, WA
All Storm Swimmers
- **February Challenge (February 4-5)**
Kamiak HS Pool, Mukilteo, WA
All Storm Swimmers
- **Storm February Distance Meet (February 19)**
Lake Stevens HS Pool, Lake Stevens, WA
Blue and Senior Group Swimmers
- **February Age Group Invitational (February 24-26)**
Kamiak HS Pool, Mukilteo, WA
Gold Times for Each Event

- **Spring Divisional Champs (March 3-4):**
KCAC, Federal Way, WA
10 & Under: No Dequalifying Times; 11& Over: Only Non-Regionals/Sectionals Swimmers
- **Western Region Short Course Senior Sectionals (March 8-11)**
KCAC, Federal Way, WA
Senior Sectionals Time Standards for Each Event
- **Storm Aquatics' 3rd Annual Spring Intra-Squad (March 23)**
Lake Stevens HS Pool, Lake Stevens, WA
All Storm Swimmers
- **NW Age Group Regionals (March 30-April 1)**
KCAC, Federal Way, WA
NW Age Group Regionals Time for Each Event
- **Marlins Madness Invite (April 21-22)**
Marysville-Pilchuck HS Pool, Marysville, WA
No Silver Times
- **Dick LaFave LC Kickoff (April 27-29)**
KCAC, Federal Way, WA
Silver Times
- **Pacific Coast Invitational (May 18-20)**
KCAC Federal Way, WA
Gold Times
- **Tri-City Invitational (June 1-3)**
Pasco, WA
All Storm Swimmers
- **Titlow Classic (June 22-24)**
Titlow Pool/South Kitsap Community Pool
Silver Times
- **Age Group Seattle Open (July 13-15)**
Colman Pool, West Seattle, WA
Gold Times
- **Summer Grand Challenge (July 21-22)**
Titlow Pool/South Kitsap Community Pool
Non-PNS Swimmers
- **Long Course PNS Champs (July 26-29)**
KCAC, Federal Way, WA
Long Course Meters PNS Times by Age
- **NCSSL Summer League Champs (August 4)**
TBD
All Non-PNS