Swimming Simply

Colorado Blue

Team Guidebook

2025 - 2026 Season

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OVERVIEW

Welcome to the Colorado Blue Team Guidebook! **The Colorado Blue Swim Team (CBLU-CO**) offers a national caliber, technique based, comprehensive swimming program for children, youth, adolescents and young adults.

This handbook will familiarize you with all facets of the Colorado Blue club. Please review the following team policies and basic information concerning your day-to-day participation.

Colorado Blue is a part of Swimming Simply.

VISION & MISSION STATEMENT

We believe that everyone can swim.

We are swimmers first. We are also coaches, teachers, and other professionals who have between 3-40 years of experience as swimming experts. We invest in our coaches and instructors and in the craft of swim instruction.

THE COACHING STAFF:

Name	Title	Email	Cell phone
Gavin Ross	Head Coach	gavin_ross@swimmingsimply.com	772-713-3501
Erika Garcia	Assistant Coach & Team Manager	erika@swimmingsimply.com	303 945 1549
Adam Walters	Assistant Coach	adam_walters@swimmingsimply.com	

COMMUNICATIONS

WEBSITE- www.swimmingsimply.com

COMMIT SWIMMING

Your swimmer must be registered in Commit Swimming. This is how we will register them for meets, and ultimately, how we will bill you.

Please note: Commit does not have an app that is super useful for parents. Please toggle to commit on your smartphone to the website team.commitswimming.com!

EMAIL

Another form of communication that will be used is email. We send one email a week to families; we try to be as comprehensive as possible while not overloading you with emails. You can update your family information in Commit Swimming!

SOCIAL NETWORKING PAGES:

Instagram- @coloradoblueswim

Facebook- Colorado Blue Swim Team

CONTACTING COACHES

Parents should use the coaches email accounts to contact a coach in regard to anything dealing with the Colorado Blue Swim Team and their child. Parents are welcome to contact the staff administration at the Swimming Simply office at any time (303-554-SWIM). The administration will relay any information to the assistant coaches that is necessary.

SWIM PHILOSOPHY

Gavin Ross:

My philosophy centers on a holistic, education-based approach to youth development. I believe the swim team environment is an ideal vehicle to help young people reach their full potential, both in and out of the pool.

My swim and meet practice programs are founded on aerobic training across all four strokes, balanced with technical, power, and strength work. This is complemented by cross-training, including other sports and activities (like "fun Fridays!").

My goal is for consistent program participation to prepare swimmers to comfortably race a 400 Individual Medley and 1000 Freestyle. The main focus is on strategically learning to race and pace 200-yard events, ultimately leading to enjoyment in racing 100, 50, and relay events at sanctioned and varsity meets.

I continually foster a "Swim Family" culture, encouraging the swimmers' support structure to engage and get involved during this crucial developmental period of their lives.

ANNUAL TRAINING FLOW - WHAT TO EXPECT

Post- Summer (Long Course Meters, LCM) Season Training (August - 4 Weeks)

- 1 Practice Meet
- Focus: Stroke, Start & Turn Clinics; Power-creating "Navy Seal" Work; Pre-during-post Flexibility Routines; Interval, Locomotive & Aerobic Training; Games.

Fall Season (Short Course Yards (SCY) Training Block (September, October, November - 12 Weeks)

- 3 Practice Meets, 3 Sanctioned Meets
- **Non-Meet Weeks:** Stroke Clinics (using equipment); Starts & Turns Clinics; Power-creating "Navy Seal" Work; Pre-during-post Flexibility Routines; Interval, Locomotive & Aerobic Training. ZZ
- **Meet Weeks:** Build-up/Pacing/Speed/Sharpen Sets; Front-Middle-Hold-Back End Sets.

Winter Season (SCY) Training Block (December & January - 10 Weeks)

- 2 or 3 Practice Meets, 2 or 3 Sanctioned Meets
- **Non-Meet Weeks:** Stroke Clinics (using equipment); Start & Turns Clinics; Power-creating "Navy Seal" Work; Pre-during-post Flexibility Routines; Interval, Locomotive & Aerobic Training.
- **Meet Weeks:** Build-up/Pacing/Speed/Sharpen Sets; Front-Middle-Hold-Back End Sets.

Spring Championship Preparation (February - 3 Weeks)

- 1 Sanctioned Meet, 1 or 2 Championship Meets
- Focus: Build-up/Pacing/Speed/Sharpen Sets; Front-Middle-Hold-Back End Sets.

Post-SCY Season Training (March - 4 Weeks)

- 1 Practice Meet
- Focus: Stroke, Start & Turn Clinics; Power-creating "Navy Seal" Work; Pre-during-post Flexibility Routines; Interval, Locomotive & Aerobic Training; Games.

LCM Prep Season Training Block (April, May, June - 12 Weeks)

- 3 Practice Meets, 3 Sanctioned Meets

- **Non-Meet Weeks:** Stroke Clinics (using equipment); Start & Turns Clinics; Power-creating "Navy Seal" Work; Pre-during-post Flexibility Routines; Interval, Locomotive & Aerobic Training.
- **Meet Weeks:** Build-up/Pacing/Speed/Sharpen Sets; Front-Middle-Hold-Back End Sets.

Summer Championship Preparation (July - 3 Weeks)

- 1 Sanctioned Meet, 1 or 2 Championship Meets
- Focus: Build-up/Pacing/Speed/Sharpen Sets; Front-Middle-Hold-Back End Sets.

PRACTICE GROUPS

- **Junior I:** **Swimmers must practice 3 or more times a week. Swimmers are aged 9-12.**
- **Junior II:** **Swimmers must practice 2x or more times a week. Swimmers are aged 7-10.**
- **Senior I:** **Swimmers must practice 4 or more times a week. Swimmers are 11 or older or have Head Coach Gavin Ross's recommendation for this group.**
- **Senior II:** **Swimmers must practice 2-3x a week. Swimmers are 11 or older or have Head Coach Gavin Ross's recommendation for this group.**

PRACTICES

POLICY ON BEHAVIOR AT SWIM PRACTICE

It is the goal of the Colorado Blue Swim Team and the coaching staff, to provide instruction and training during the entire practice session. Colorado Blue Swim Team coaches create lesson plans for each day and week of the short and long course seasons to teach the swimmers proper technique, prepare them for competitive swimming. and meet the needs of each swimmer in the practice group. If time is spent disciplining children rather than coaching, the goals of that session are not being achieved.Therefore, Colorado Blue SwimTeam expects swimmers to adhere to the following behavior guidelines:

- *Parents/Guardians are to directly supervise their children before practice starts and*

again immediately following the end of their child's practice

- All swimmers are expected to encourage and support their teammates at practice as well as in competition. Swimmers may not conduct themselves in any manner that is disruptive to others.
- Swimmers are expected to follow the coach's instructions. At no time will disrespectful attitudes be tolerated from any swimmer.
- All swimmers using the locker-room should exhibit proper behavior. Rough housing, yelling, and touching items that belong to other swimmers is not acceptable.
- Abusive language, lying, or stealing are grounds for immediate expulsion from the team.
- Vandalism will not be tolerated. Any property that is vandalized by a Colorado Blue Swim Team swimmer will be repaired or replaced by the swimmer's family.
- Bullying, teasing, harassing, and any behavior that makes a teammate feel uncomfortable will not be tolerated.
- Violation of the above-mentioned behaviors will be disciplined as follows:
    - First violation will receive a warning.
    - Second violation will result in expulsion for the rest of that practice session and a phone call/meeting with the parents of the swimmer.
    - Third violation will result in suspension from practice for 1 week.
    - Fourth and final violation will result in expulsion from the team.
- Monthly dues / season fees will not be adjusted for suspended swimmers.

POLICY REGARDING PARENTS WATCHING PRACTICE

The Colorado Blue Swim Team coaching staff encourages parents to watch their swimmers practice occasionally. Here are some important guidelines to keep in mind when observing a practice.

- We ask that parents never communicate with their children during practice or compete with the coach for his/her attention.
- **We insist that parents do not interrupt the coaches on deck while they are coaching. <u>Please watch practice from the stands, not on the deck</u>. If you need to communicate with a coach, please do so by contacting them by phone, email, or**

in person before or after practice.

- Colorado Blue Swim Team coaches spend a considerable amount of time planning training sessions for each of the practice groups. Each training set or instructional drill has a purpose and one practice and/or practice set often builds on another throughout the week.
- **Finally, please do not try to coach your child.** We need to progress through these drills to achieve an improved total stroke. Our coaches' voices need to be the only one's young swimmers hear in regard to swimming technique.

PRACTICE SCHEDULES

Our practice schedule is on Commit Swimming (see the calendar) and also kept on a Google Calendar that is updated consistently. We will keep this as up to date as possible!

When do practices start in Fall 2025?

- **Seniors:**
  - Pre-Season: Monday, August 4th
  - Official Season Start: Monday, August 11th
- **Returning Juniors:**
  - Pre-Season: Monday, August 11th
  - Official Season Start: Monday, August 18th
- **NEW Juniors:**
  - Monday, Sept 1st

PRACTICE EQUIPMENT

- Required and Provided by CO Blue:
  - Team Meet Cap (you receive one when you register / join)
    - If you need to purchase new meet caps, they are $15.
  - Team T-Shirt (you receive one when you register / join)
    - If you need to purchase a new team t-shirt, they are $20.
- Required:
  - Team Suit (see below for details)
  - Mesh Bag
  - Kickboard

- Fins
- Paddles
- Bouy
- Snorkel

We have created a team shop on SwimOutlet. Here you will find our team suits, equipment for practice, as well as new Fan Wear! If there is something you wish to see in the fan wear section of the team store we would love to hear suggestions! You can scan the QR code here or click the link below.

HERE is where you can find our team store on SwimOutlet

WHAT TO BRING TO PRACTICE

- Filled water bottle
- Well-fitting swimsuit. This should be a one-piece suit for girls and jammers or a brief-style suit for boys.
- A 'marked' swim bag that includes goggles, fins, a kickboard, pull buoy, and extra swim caps. Please mark your equipment.
- Epipen/inhaler and/or other medical needs (if applicable)
- **ALL swimmers with hair below their ears are required to wear swim caps at EVERY practice and meets.** This is because pools are very sensitive and we need to keep them clean and tidy AND we are a team! It looks better when we have caps on and is helpful in preparing for meets. We have some extra practice caps we can give out if needed.

WHAT TO BRING TO MEETS

- All swimmers are given a silicon meet cap and t-shirt with their registration fee ($42.50)
- Swimmers are required to purchase team suits
- Meet Suits:
    - Speedo Race Maze In Blue / Green is our meet suit.
        - Girls can have the racerback or flyback backs. Here are some options for



purchase. MAKE SURE TO GET BLUE / GREEN (Not blue and not Green)
    - Girls link #1 (Speedo)
    - Girls link #2 (Dicks)
    - Girls link #3: (Swim Outlet)
- Boys should have the jammers or briefs - MAKE SURE TO GET BLUE / GREEN (Not blue and not Green)
    - Boys link #1 (Jammers): (Swim Outlet)
    - Boys link #2 (briefs): (Swim Outlet)
    - Boys LInk #2 (Jammers): (Dicks)

ATTENDANCE POLICIES

Consistent attendance is important in the development of all swimmers. Colorado Blue Swim Team does recognize the value of other activities, including other sports. Please discuss with the Head Coach concerning other activities in which you plan to participate. As swimmers become more involved and compete at higher levels it is important to check with your coach about extended absences from the pool. If a swimmer is going to miss more than one consecutive practice session, it is very helpful to call your coach and let them know. Certain practice groups (eventually) must meet the minimum required number of practices per week.

OUT-OF-WATER / ILLNESS / INJURY POLICY

If your child has an injury or illness that requires them to be out-of-the-water and off of dry land for 30 days or more, the fees for that month can be credited with a note from the doctor. The note must state the reason, and time period for being out. **This notice must be sent via email to Erika Garcia at erika@swimmingsimply.com in order for your notice to be official and exempt you from the month's fee. Telling the coach is not an official notification.**

PRIVATE LESSON POLICY

Every swimmer on Colorado Blue is provided one private lesson with a coach (Gavin, Erika or Adam) each season. Please just work with the coach directly to schedule this lesson! We strongly discourage private lessons with other coaches outside of Colorado Blue. It can be very confusing for swimmers; if you need more from our coaching staff than what we are providing, please ask for it!

INCLEMENT WEATHER AND/OR LAST MINUTE PRACTICE CANCELLATION POLICY

If our pools are closed or close early due to inclement weather, we will not have Colorado Blue swim practice. We will make sure to email and text all families if this is the case!

SWIM MEET POLICIES

Swimmers and their parents should understand that the swimmers are under the direction of the coaches at all times during the meet. Any questions regarding this should be directed to the coach. The following policies are expected to be followed by all Colorado Blue Swim Team athletes:

- Be on time for all sessions and team meetings
- **Team suits and caps (if a cap is worn) are to be worn by all Colorado Blue Swim Team athletes. No gear from other teams may be worn. Swimmers not wearing the team suit and cap will be asked to change before competing.**
- Swimmers are expected to swim all events entered, unless it has been discussed with the coach
- Swimmers should remain in the team area and should talk to the coach before and after each event.
- Swimmers are not allowed to attend an out-of-town meet without coaches' approval.
  • Please let the coach know when you leave the pool area.
- Good Sportsmanship and courteous behavior are expected from all swimmers.
- Swimmers are expected to clean their sitting area at the end of each session. All trash, water bottles, and personal items must be picked up at the end of the session.

SWIM MEET SCHEDULE - *Subject to change as of July 2025*

SAVE THE DATES!

Here are mandatory meet weekends through March 2026. We aren't 100% sure exactly which meets we will go to during these weekends, but please know that we want our team to attend meets together and as a team as much as possible.

- ***Mandatory* Sanctioned Meet Weekends for all Swimmers**: ***Please save these dates and plan to have swimmers at meets these weekends!***
    - September 19th - 21st
    - September 27th (new swimmers only)
    - October 17th - 19th
    - November 14th-16th
    - December 13th-15th
    - Jan 23rd - 25th (2026)
    - Feb 1st (new swimmers) (2026)
    - Feb 13th - 14th (2026)

- ***Additional* Meet Weekends (strongly recommended):**
    - September 26th- 27th (returning swimmers only)
    - October 10th-12th
    - November 22nd - 23rd: *Highly recommended for returning swimmers and some new swimmers*
    - December 19th
    - Jan 2nd - 4th (2026)

- **Qualifying Time Meet Weekends:** ***Swimmers only attend these meets if they make the qualifying times. See below for details re: age and meet type***
    - December 5th-7th
    - Feb 20th-21st (2026)
    - Feb 26th- 28th (2026)
    - March 6th - 8th (2026)

COMPETITIONS

TYPES OF MEETS

One of the rewards of swimming on a competitive swim team is participating in swim meets. Swim meets are held throughout the area, just about every weekend, on Friday, Saturday, and/or Sunday. At all levels, swimmers can expect to attend a meet about once a month, once they are ready.These meets are opportunities to see where you are at in

your swim training as well as the chance to compete against other swimmers from across Colorado. Time standards can be achieved at these meets that open up opportunities for swimmers to compete at higher level meets.

At the beginning of each season, a tentative meet schedule is posted on the Colorado Blue Swim Team website. This schedule lists the meets that the coaches are anticipating will be the best for team members to attend, and each swimmer should make every effort possible to participate in all of the meets for which they are eligible. USA club swimming is broken up into two seasons, Short Course (SCY) and Long Course (LCM). The short course season typically occurs during August-March and is swam in a 25-yard pool. The long course season is usually between the months of April- July and is swam in a 50-meter pool.

Practice Meets - These meets are run by Colorado Blue Coaches, to educate athletes on meet processes which include the meet warm-up, a warm up before an event, a race, and then a loosen down after that race. Practice Meets plus a Club Championship are offered annually. A reminder about practice meets:

- These meets are only 1x a month on Fridays.
- Practice meets are $10 / swimmer as we provide pizza dinner, and we will charge you a few days after the meet! We do NOT have “regular” practice when we have practice meets.
- *NO SIGN-UP REQUIRED FOR MEETS. JUST SHOW UP!*
- *We offer many more practices each week than swimmers are registered for, so if your swimmer usually comes on Friday and you do not want them to attend the practice meet, we encourage them to come to other days of practice!*

- **Objectives of Practice Meets**:
  - To have fun swimming
  - To practice new events
  - To practice cheering for your teammates
  - To better understand racing and race strategy
  - To help parents practice what is required for USA swimming sanctioned meets.



- **Parent Responsibilities:** We may ask parents to help with our practice meets, in the same way we do at USA Sanctioned Meets; such as being asked to help time and volunteer.

USA/ Colorado Swimming Sanctioned Meets - These are 2-3 day meets offered by Colorado Swimming and are open to registered swimmers of all ages and ability levels. Overnight stays in hotels are sometimes required.

Championship Meets- These are USA/Colorado meets requiring qualifying times. These times must be achieved at Sanctioned Meets.

https://www.gomotionapp.com/team/wzcolsc/page/standards

MEET ENTRIES

You will confirm registration for meets on Commit Swimming. *In order to confirm that you would like your swimmer to be signed up for a meet, you must register them on this site.*

Your swimmers coach will determine the events which your swimmer will be entered in at each meet. Swim meets are an integral part of a swimmer's development, and the coach will be entering each swimmer according to his or her readiness and progression in practices. If there are special considerations that you would like to bring to the coaches' attention, please email them prior to the scratch deadline. **Please do not, however, e-mail a list of events for your swimmer. Those decisions are to be made explicitly by the coaches.**

The Coaching Staff will post SCRATCH deadlines for each swim meet. These will be posted in each newsletter, on the web page by each meet on the meet schedule, and on the Swimming Calendar of events on the website.

Once meet entries are completed, they are posted both on the Colorado Blue Swim Team website and emailed to the membership. Please review these entries with your swimmer(s) so that they are aware of and prepared for the events in which they will be participating at the meet.

Preliminary relay assignments will be posted at the meet. However, relay participants are subject to change at the meet. Who swims on a relay, and who swims which stroke on a relay, is the sole decision of the coach on the day of the meet. The coach will use such factors as attitude, best time for the stroke, performance under pressure, and how the

individuals are swimming that particular day. If you are seeded to swim a relay, do not leave the meet early because your teammates are counting on you.

When attending a meet, swimmers will need to wear their team suits and bring their team caps, goggles, and Colorado Blue Swim Team t-shirt. It is critical that swimmers wear Colorado Blue caps at meets so that they are easily distinguished as members of our team. Colorado Blue Swim Team will have a designated “team area” at each meet. A proper warm-up is very important for a swimmer, since it gives him/her the chance to stretch muscles and loosen up before competing. After warm-ups, the swimmer should stay warm by putting on warm clothes.

FINANCIAL INFORMATION

We want to make sure the costs of swimming are as clear as possible.

Annual Fees for ALL Swimmers:

- $42.95 ANNUAL registration fee (includes silicone meet cap and t-shirt). We charge this at registration
- ~$100 Annual USA Swimming Fee (mandatory every ~365 days for each swimmer). This is charged in September of each year.

Costs per Practice Group

Practice Group	**Total Cost (Aug - December).** *Includes 5% discount for paying upfront*	**Cost of paying in Installments (6 per Fall Season)**
Junior II	$822	$145
Junior I	$965	$170
Senior II	$822	$145
Senior I	$1012	$178

Meet Fees

Finally, families should understand that USA Swimming Sanctioned Meets are charged separately. Once a swimmer is registered for a meet, Colorado Blue is on the hook for all costs associated with that swimmer. So, unfortunately, once a swimmer is signed up families are charged regardless of whether the swimmer attends the meet (e.g., if they get sick or hurt)

When considering the price of a meet, take into consideration the cost per event, cost per relay (divided by 4, for each person on the relay), the facility surcharge (if they have one), and the athlete surcharge. All of this information can be found in Commit Swimming under the meet you are interested in attending. CBLU charges a $10 per athlete fee for local meets and a $20 per athlete fee for travel meets to help cover coaches travel costs.

***Approximate* cost per meet:** (meets are charged per event, but the below provides a good estimate for most swimmers at most meets)

Practice meets: $10 / swimmer. (includes pizza and drinks)

Local Meets: Approximate total cost (in or near Denver):

- One Day Meet: ~$40
- Two Day Meet: ~$70
- Three Day Meet: ~$100

Travel Meets in Colorado: Approximate total cost (usually Ft Collins or Colorado Springs):

- One Day Meet: ~$50
- Two Day Meet: ~$80
- Three Day Meet: ~$120

In January 2026, We *will automatically re-enroll you for the next season unless we hear from you that you want to drop*.

There are no mid-season drops (except for emergencies / injury). Even though we charge you by the month, you are signing up for the entire financial commitment of the season. If your swimmer wants to do a shorter time frame, we strongly recommend signing them up for Swim Squad (seasons last 6-7 weeks).

For High School Swimmers ONLY:

You may do drop-ins during your HS season (Nov-December for girls); (March - May for boys). We will not charge you the monthly fees, and you will pay for a practice drop-in ($25 / practice).

For Girls HS season and swimmers who will not swim with Colorado Blue consistently during the season, we will charge you through the installment fees through the end of October OR mid November 13, 2025 (when the season officially starts.)

COACH RESPONSIBILITIES

The Head Coach is to supervise all aspects of the Colorado Blue Swim Team program. The coaching staff is dedicated to providing a quality swim program that enables each swimmer to be “the best one can be”. The Colorado Blue coaches are members in good standing of United States Swimming.

- Coaches are responsible for placing returning swimmers in practice groups. When the coaching staff assigns a swimmer to a specified practice group, we consider several variables including, but not limited to, age, speed, technical ability, emotional maturity, work ethic, and attitude. However, the primary consideration for practice group assignment is a swimmer’s technical correctness in the practice environment. The coach also decides when a child will be moved to another group.
- Coaches are responsible for the meet schedule and the events the swimmers enter. Relay positions are the sole responsibility of the coaches. Coaches are also responsible for warm-up procedures and behavior at swim meets.
- Coaches are responsible for the practice schedule and behavior of swimmers at practice.
- Coaches are to keep parents informed of all schedule changes. This includes practice times as well as any information concerning competitions. This information will be emailed out to the membership.

PARENT RESPONSIBILITIES

- Swim Team programs provide many benefits to young athletes. They develop self discipline, good sportsmanship, and time management skills.

- Have your swimmer at the pool on time ready to swim. Please do not leave your swimmer at the pool unattended.
- Please use a permanent marker to mark your swimmers name on all their equipment. .
- Newsletters and other items are emailed out frequently. You are responsible for the information that is emailed out..
- Read your newsletter! Email and/or text are the best forms of communication that the coaches use to inform parents and swimmers. Your role as a swim parent can be a very difficult, but a very rewarding one.
- At the senior level, the swimmers are expected to be responsible for all aspects of their swimming. **Most communication at this level is between the coach and the swimmer.** The motto is “our highs should never be too high, and our lows should never be too low”
- **Following are some observances which may help you in your role as a swimming parent:**
    - Every swimmer will experience success and failure, and each is important in the child’s long-term development.
    - Performance is a complicated issue. Sometimes the child does all the obvious things that are necessary to perform well and yet they still do not. It is not just going to practice, working hard, doing what the coach says, or a win. There are many mental and emotional factors as well as physical factors that go into performance. Some are obvious, some are not.
    - Learning takes place at different rates for different individuals.
    - The Colorado Blue Swim Team program is designed to develop a swimmer holistically. This involves an incredible amount of patience from parents and coaches alike.
    - Plateaus can and will occur at various times in a swimmer’s career. They occur for a variety of reasons.
    - **It is the coaches’ job to critique the swimmer’s performance, not the parents.** Feel free to discuss any concerns or questions you have concerning your child’s swimming with the coach. FIRST, contact the coach working directly with your child.

APPENDIX A: MEET DETAIL

Here is a tentative detailed list of all of our USA Sanctioned Swim Meets from August 2025 - March 2026.

Meet Name	**Date(s)**	**Location (e.g., Denver / Ft Collins)**	**Who should attend? (New Swimmers, Seasoned Swimmers, Invite / Cut Time Only, All)**
PPA September Kick Off	Fri, Sep 19	PPATC, Colorado Springs	All swimmers
Rapids Senior Distance Meet	Sat, Sep 20	Pine Creek HS, Colorado Springs	All swimmers, 11 & over
Rapids 14 & Under Single Age	Sun, Sep 21	Pine Creek HS, Colorado Springs	All, 14 & under
PPA Distance Rally	Sat, Sep 26 & Sun, Sept 27	PPATC, Colorado Springs,	All
Gregg Gracheck Memorial	Sun, Sep 27	Gateway HS, Aurora,	All
Gian Luc Jordan,	Fri, Oct 10 ; Sat Oct 11 & Sun Oct 12	Pine Creek HS, Colorado Springs	All

Loveland Fall Open	Fri, Oct 17 ; Sat Oct 18 & Sun, Oct 19,	Mountain View Aquatic Center, Loveland,	All
PPA Harvest Heats	Fri, Oct 17 ; Sat Oct 18 & Sun, Oct 19,	PPATC, Colorado Springs, ALL	All
Loveland Harvest Meet,	Fri, Nov 14 ; Sat Nov 15 & Sun Nov 16	Mountain View Aquatic Center, Loveland	All
Rapids High Point	Fri, Nov 14 ; Sat Nov 15 & Sun Nov 16	Pine Creek HS, Colorado Springs	All
CUDA Pentathlon	Sat Nov 22 & Sun Nov 23	VMAC, Thornton	All
CSI Pioneer	Fri, Dec 5 ; Sat, Dec 6 & Sun, Dec 7	DU, Denver	Swimmers who meet qualifying times
Falfins Holiday Open	Fri, Dec 12 ; Sat, Dec 13 & Sun, Dec 14	AFA, Colorado Springs	All
Loveland Holiday Showdown,	Fri, Dec 12 ; Sat, Dec 13 & Sun, Dec 14	Mountain View Aquatic Center, Loveland, ALL	All

FORM Winter Open	Sun, Dec 14	Hinkley High School, Aurora	All
COSA Developmental Meet	Fri, Dec 19	Cheyenne Mountain Aquatic Center, Colorado Springs	All
COSA New Years Open	Fri, Jan 2 ; Sat, Jan 3 & Sun, Jan 4	Cheyenne Mountain Aquatic Center, Colorado Springs	All
FAST Winter OPEN	Fri, Jan 23 ; Sat, Jan 24 & Sun, Jan 25	EPIC, Fort Collins	All
TOPS OPEN	Fri, Jan 23 ; Sat, Jan 24 & Sun, Jan 25	DU, Denver	All (qualifying times for 200 events and up)
FORM February Freeze	Sun, Feb 1	Gateway HS, Aurora	All
COSA Valentines Open	Fri, Feb 13 ; Sat, Feb 14 & Sun, Feb 15	Cheyenne Mountain Aquatic Center, Colorado Springs	All
Rapids Championship Kick-Off	Fri, Feb 13 ; Sat, Feb 14 & Sun, Feb 15	Pine Creek HS, Colorado Springs	All
FAST Last Chance	Fri, Feb 20 & Sat, Feb 21	EPIC, Fort Collins	All

Colorado Swimming Senior State Championships	Fri Feb 20 ; Sat, Feb 21 & Sun, Feb 22	TBD	Swimmers who meet qualifying times
Colorado Swimming 14&U Age Group State Championships,	Fri Feb 27, Sat, Feb 28 & Sun, March 1	AAC, Denver	Swimmers who meet qualifying times
Colorado Swimming 14&U Silver State Championships	Fri March 6 Sat, March 7 & Sun, March 8	TBD	Swimmers who meet qualifying times

COLORADO BLUE

MEET SCHEDULE

SEPT. 2025

19 SEPT	**PPA SEPTEMBER KICK OFF** PPATC, COLORADO SPRINGS OPEN TO ALL SWIMMERS
20 SEPT	**RAPIDS SENIOR DISTANCE MEET** PINE CREEK HS, COLORADO SPRINGS OPEN TO SWIMMERS 11+
21 SEPT	**RAPIDS 14 & UNDER SINGLE AGE** PINE CREEK HS, COLORADO SPRINGS OPEN TO SWIMMERS 11+
26-27 SEPT	**PPA DISTANCE RALLY** PPATC, COLORADO SPRINGS OPEN TO ALL SWIMMERS
27 SEPT	**GREGG GRACHECK MEMORIAL** GATEWAY HS, AURORA OPEN TO ALL SWIMMERS

APPENDIX B: OTHER

WHAT IS USA SWIMMING?

USA Swimming is the National Governing Body for amateur competitive swimming in the United States. USA Swimming was conceived in 1978 with the passage of the Amateur Sports Act which specified that all Olympic sports would be administered independently. Prior to this act USA Swimming was the Competitive Swimming Committee of the Amateur Athletic Union (AAU) located in Indianapolis, Indiana. USA Swimming Headquarters office was established in Colorado Springs, CO, in 1981 and is located at the Olympic Training Center.

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

USA SWIMMING- www.usaswimming.org

HOW ARE DECISIONS MADE IN USA SWIMMING?

USA Swimming is a non-profit organization made up of very dedicated volunteers. Interested individuals donate their time, energy, and expertise at every level from the national Board of Directors to the local swimming clubs. All policy decisions are made through a chain of committees- committees reporting to elected vice presidents. The USA Swimming House of Delegates meets once a year at the USAS Convention and determines the rules and regulations for swimming the following year. In between yearly meetings of the House of Delegates, an elected USA Swimming Board of Directors is charged with the responsibility of making decisions for the corporation.

MORE INFORMATION ON USA SWIMMING visit: www.usaswimming.org

USA Swimming SAFE SPORT

USA Swimming is committed to fostering a fun, healthy and safe environment for all its members. For that reason, we have in place a detailed Code of Conduct. The following rules, policies, reporting structure, education and tools are intended to serve our members

as we work together to maintain this environment. ***_All athletes are required to take the Athlete Protection Training as soon as they turn 18 years old. This course must be completed in order to participate in both practices and meets. The course is found on the USA Swimming website under the safe sport heading. This course must be completed yearly. ***_

TERMS & CONDITIONS for PARTICIPATION

- Registration fees are not refundable and must be paid prior to the swimmer entering the water.
- Meet entry fees are in addition to registration fees. .
- All swimmers, who are members of the Colorado Blue Swim Team are required to participate at their highest level of achievement in championship meets (including relays)
- Each parent and swimmer are responsible for reading and understanding and abiding by all the contents of the Colorado Blue Swim Team handbook.
- I understand and agree to the above terms and conditions as well as all other aspects of the Colorado Blue Swim Team handbook in exchange for the privilege of my child(ren), to participate in the activities and swimming program of Colorado Blue Swim Team.
- All parents and swimmers must sign our Colorado Blue- Parent and Student Code of Ethics prior to the start of the season.