

South Louisiana Swim Team

2025-2026 Competition Team Handbook

The **South Louisiana Swim Team** is a comprehensive aquatics program focused on teaching, training, and fostering a love for swimming to all children since 2010. We can teach your child to Swim Safely in our lesson program, develop their stroke technique on our Recreational Team, or prepare them to compete locally, regionally, and nationally on our Competition Team.

**Our mission** is to teach swimming in safe, diverse, joyful and goal-oriented environment by coaching athletes to be their best selves in and out of the pool.

**Our vision** is to enhance the SLST swimming environment by acquiring facilities to create space for growth in performance, members and satisfaction.

**Core Objectives**

* + Empowerment
	+ Leadership
	+ Collaboration
	+ Passion
	+ Performance
	+ Grit

**Communication Hubs**

**Website:** www.slst-seahorses.com

**Google Calendar:**

**Group Me:**

**Email:** **Slst.seahorses@gmail**(Competition team, meets, billing) slst.office829@gmail.com (rec, class management, general questions**)**

**Phone:** 504-256-6554 - text preferred

**Office hours**: Monday-Thursday 10-2pm

**Pool Hours**: Monday-Friday 4:00-7pm or Saturday 7-11am

# 2025-2026 Staff

**Kier Braendel:** slst.seahorses@gmail.com CEO, Head Junior team coach, program manager

**Sean McGuire:** coachsean.slst@gmail.com Head Senior Coach, Stregnth and Conditioning coach + Surefire Academy liason

**Kaci McGuire:** kacimcguire@gmail.comPrep team co-coach; Staff Instructional trainer, Social Media manager + program development

**Laura Fox:** lefox2006@gmail.com Competition Team Lead assistant: All groups and program assistant.

**Layla Hinchman:** laylach1101@gmail.com Head Prep team and Little Waves Coach, Recreational team assistant + office assistant

**Emily Quant:** equant1105@gmail.com Swim lesson instructor and supervisor, recreational team coach, assistant account manager

**Katie McGuire:** Lifeguard certification instructor+ safety coordinator. Substitute instructor

**Paige Williams:** Videographer

**Mason Tankersley:** Swim lesson instructor and recreational team coach

**Bridget Stillman** Swim lesson instructor and recreational team coach

**Alayna Fulgham-Clay** Swim lesson instructor and recreational team coach

**Nathan Nuack** Swim lesson instructor and recreational team coach

**Mac Harcher** Swim lesson instructor and recreational team

## Training Facilities

* + **Crescent City Christian School:** 4828 Utica St. Metairie,La 70001
	+ **UNO Lakefront Arena—**primarily during the Long Course season

## Training Groups

## Note: Coaches’ discretion is always the ultimate factor, with the child’s best interest as the top priority

### **Little Waves – Competition Team**

**Overview**
Little Waves is our beginner competition group designed for our youngest athletes who are ready to begin the competitive track. At this age, we also value participation in multiple sports to support well-rounded physical development.

**Practice Schedule**

* Two practices per week
	+ One with the Recreational Team
	+ One with the Prep Team

**Entry Requirements**
Swimmers must be able to:

* Swim all 4 strokes legally
* 8 x 25 freestyle on 1:00
* 8 x 25 backstroke on 1:00
* Be able to follow directions in a group setting
* Show emotional readiness for the group’s expectations

**Group Focus**

* Technical stroke fluidity and efficiency
* Effort, attitude, and coachability
* Learning to accept feedback and apply corrections
* Developing skills in racing, diving from the blocks, and learning flip turns
* Building confidence in a group learning environment

**Meet Expectations**

* Minimum of **2 competitions per season** (AAU or USA Swimming)

**Advancement Requirements**
To move to the Prep team, swimmers must be able to:

* Swim 4 x 50 freestyle on 1:15
* Swim 4 x 50 backstroke on 1:30
* Complete a legal 100 IM
* Can flip turn
* Can open turn and know the difference between and Flip and open turn
* Understand and follow group warm-up procedures
* Demonstrate social and emotional readiness

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### **Prep Team – Competition Team**

**Overview**
The Prep Team is the second level of our competition program. The focus of this group is on improving swimming ability through consistent technical work and weekly exposure to all aspects of competitive swimming. While swimmers are introduced to times, distances, and intervals, the emphasis remains on efficiency and skill development. The goal is to prepare athletes to achieve an IMR and IMX score, achieve a state qualifying times and transition successfully into the Junior Team.

**Practice Schedule**

* Offered 3 practices per week
* Minimum requirement:
	+ 2 practices per week, or
	+ 1 practice per week if participating in multiple sports during that sport’s season
		- Understanding that multi-sport athletes develop at different rates. At times faster, at times slower due.

**Entry Requirements**
Swimmers must be able to:

* Little Waves entrance skills
* Swim 4 x 50 freestyle on 1:15
* Swim 4 x 50 backstroke on 1:30
* Complete a legal 100 IM
* Can flip turn
* Can open turn and know the difference between and Flip and open turn
* Understand and follow group warm-up procedures
* Demonstrate social and emotional readiness

**Group Focus**

* Technical development and efficiency
* Introduction to racing strategies (pace, interval awareness)
* Building endurance and consistency in practice
* Understanding and respecting group training dynamics
* Preparation for their future in swimming

**Meet Expectations**

* Minimum of **2 competitions per season** (at least 1 must be a USA Swimming meet)

**Advancement Requirements**
To move to Prep plus swimmers must be able to:

* Prep team entrance skills
* Swim 6 x 50 freestyle on :50
* Legally complete a 200 IM
* Swim 3 x 200 freestyle with :20 rest between each and completing all flip turns correctly
* Perform flip turns consistently
* Understand pace, intervals, and pace clock usage
* Achieve an IMR Score
* Consistently complete full practices without excessive fatigue or sloppy strokes
* Demonstrate respect for coaches and teammates, with no discipline concerns

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### **Prep Plus – Competition Team**

**Overview**
Prep Plus swimmers are some of our most motivated and eager athletes. This group is designed for advanced Prep Team swimmers who are preparing to transition into the Junior Team. Practices build on fundamentals with added drills, increased yardage, and a greater emphasis on interval training. Prep Plus swimmers also practice with the Junior Team two times per week to make the transition smoother and to expand their training experience.

**Practice Schedule**

* Prep Plus practices are offered 3 Prep team workouts a week and two opportunities to swim with the Junior Team each week
* Minimum requirement:
	+ 3 practices per week with their plus practice as an add on
	+ 2 per week if a multi sport athlete
		- Understanding that multi-sport athletes develop at different rates. At times faster, at times slower due.

**Entry Requirements**
Swimmers must be able to:

* Prep team entrance skills
* Swim 6 x 50 freestyle on :50
* Legally complete a 200 IM
* Swim 3 x 200 freestyle with :20 rest between each and completing all flip turns correctly
* Perform flip turns consistently
* Understand pace, intervals, and pace clock usage
* Achieve an IMR Score
* Consistently complete full practices without excessive fatigue or sloppy strokes
* Demonstrate respect for coaches and teammates, with no discipline concerns

**Group Focus**

* Strengthening stroke fundamentals through advanced drills
* Increasing training yardage and stamina
* Developing interval-based practice habits
* Preparing for higher-level competition and group expectations

**Meet Expectations**

* Minimum of **3 competitions per season** (at least 1 must be a USA Swimming meet)

**Advancement Requirements**
To move to the Junior Team, swimmers must:

* Achieve **at least one state qualifying time**
* Have legally completed both a 200 freestyle and a 200 IM
* Successfully complete test sets:
	+ 5 x 100 freestyle on 1:45
	+ 3 x 200 freestyle on 3:30
* Achieve an **IM Ready (IMR) score of 2000 or higher**
* Achieve an **IMX score**

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### **Junior Team – Competition Team**

**Overview**
The Junior Team is designed for swimmers who have developed stronger skills, maturity, and a growing commitment to the sport. The focus at this level is to qualify for the State Championships and work toward Age Group Sectional meets. Training becomes more complex, building on the foundations established in our Previous competition groups.

This group includes swimmers ages **10–14**, typically achieving time standards from **BB through AAAA**. A primary goal of this group is to develop **independent learners, leaders, and competitors** who set the tone for the team by leading through example.

**Practice Schedule**

* Junior team is offered 5-6 practices per week
* Minimum Requirements
	+ **3 practices per week** (4 recommended)
	+ **Multi sport athletes can make 2 during their heavy cross over season, but should make every effort to swim 3 practice per week as often as possible**
	+ Understanding that multi-sport athletes develop at different rates. At times faster, at times slower due.
* Regular attendance and consistency are directly linked to meet success and become more important in this group

**Entry Requirements**
Swimmers must be able to:

* Prep plus entrance skills
* Achieve **at least one state qualifying time**
* Have legally completed both a 200 freestyle and a 200 IM
* Successfully complete test sets:
	+ 5 x 100 freestyle on 1:45
	+ 3 x 200 freestyle on 3:30
* Achieve an **IM Ready (IMR) score of 2000 or higher**
* Achieve an **IMX score**

**Group Focus**

* Aerobic development and endurance
* Racing strategies in 100s and 200s of stroke, plus the 500 freestyle
* Preparation for completing a 400IM
* Continued technical refinement across all strokes and race skills
* Leadership, accountability, and independence in practice and competition

**Meet Expectations**

* Minimum of **4 meets per season** (August–March / March–August)
* Focus on championship meet participation

**Advancement to Junior Plus**
Selection to Junior Plus is based on:

* 12–14 year olds: At least **two state qualifying times**
* 15 & over: At least **one BB time**
* Able to swim test sets:
	+ 5 x 100 freestyle on 1:30
	+ 5 x 100 IM on 1:50
	+ Compete a 100 of each stroke
	+ Complete a legal 400 IM
* Must know all pace intervals and stroke drills on recall
* End-of-season meet commitment
* Consistent attendance and effort in practice
* Performance in meets (time standards achieved)
* Social and emotional readiness
* Age and developmental considerations

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###  **Junior Plus – Competition Team**

**Overview**
The Junior Plus group is designed for athletes who have demonstrated the readiness to transition into the Senior Team. Swimmers in this group are highly committed, goal-oriented, and prepared to train with increased intensity. To ensure a smooth progression, Junior Plus athletes swim with the Senior Team at least two times per week.

**Practice Schedule:**

* Junior plus is offered 7-8 workouts per week
* Minimum requirements
	+ Four practice per week
	+ Understanding that multi-sport athletes develop at different rates. At times faster, at times slower due.
* Regular attendance and consistency are directly linked to meet success and become more important in this group

**Entry Requirements**
Selection to Junior plus is based on

* Junior entrance skills
* 5 x 100 freestyle on 1:30
* 5 x 100 IM on 1:50
* Compete a 100 of each stroke
* Complete a legal 400 IM

**Group Focus**

* Developing commitment to long-term training goals
* Building race strategies with a focus on pacing and times
* Increasing endurance through higher-volume, interval-based training
* Preparing swimmers for the demands of Senior-level practices and meets

**Meet Expectations**

* Minimum of **4 meets per season** (August–March / March–August)
* Focus on championship meet participation

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### **Senior Team – Competition Team**

**Overview**
The Senior Team is the highest-level training group within SLST. Swimmers must have successfully met the Junior Plus requirements and demonstrated the maturity, work ethic, positive attitude, and commitment necessary for this group. Senior athletes are expected to be leaders both in and out of the pool, serving as role models for the entire team.

Many Senior Team swimmers are training to pursue collegiate swimming opportunities and compete at high-level meets such as State, Sectionals, Junior Nationals, and beyond. While individual goals may vary, all swimmers in this group are held to the same expectations of effort, respect, and accountability.

**Practice Schedule**

* **Senior A and B athletes are offered 7-8 workouts per week, three dedicated strength and conditioning sessions per week, monthly meeting with Surefire Recruiting Academy**
* **Minimum requirements**
	+ **5 practice per week**
	+ **Multi-sport athletes can make 4 practice per week**

**Entry Requirements**
Swimmers selected to be on our Senior team must be able to

* Can perform Junior plus entrance skills
* Complete test sets:
	+ 5 x 100 freestyle on 1:20
	+ 5 x 100 IM on 1:30
	+ 3 x 200 freestyle on 2:40
* Compete in a **200 of each stroke**
* Successfully compete in a distance event (800, 1000, or 1500 freestyle)

**Group Focus**

* Advanced training for peak performance at championship meets
* Preparing athletes for collegiate and post-collegiate swimming
* Developing leadership, discipline, and resilience
* Maintaining a team-first attitude, respecting all athletes within the group

**Meet Expectations**

* All meets designated for your training group
	+ Let us know in advance prior conflicts
	+ Can swim one day of a multi-day meet

**Advancement Goals**
Upon completing their time with the Senior Team, swimmers are expected to:

* Participate in our State Championships
* Set meaningful goals and train with purpose throughout each season
* Strive toward their highest potential (State, Sectionals, Junior Nationals, Senior Nationals, or College Swimming)
* Graduate from SLST with not only competitive swimming accomplishments, but also a lasting love for the sport and readiness for collegiate or professional opportunities if desired

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### **Senior High-Performance Team – Competition Team**

**Overview**
The High-Performance Team is designed for our top-achieving athletes to train together and refine the advanced skills and concepts needed for out-of-state competition. The primary goal is for swimmers to achieve higher-level qualifying times and compete at the highest standard possible for their age and level.

This group is **not exclusionary but motivational**—athletes push one another to perform at their best while continuing to train with their regular practice groups during the week.

**Practice Schedule**

* Monthly High Performance practice in addition to:
	+ **Minimum of 4 practices per week** with regular training group
	+ **Saturday practices required**

**Group Focus**

* Advanced technical and race development
* Preparation for high-level travel competitions
* Learning how to compete with confidence and consistency
* Supporting regular training while enhancing performance opportunities

**Qualification Standards**
Athletes must meet one or more of the following:

* Achieved **at least one Texas Sectional qualifying time** OR **3 Age Group Sectional qualifying times**
* Achieved a **Zone automatic qualifying time or attended the Zone Championships**
* Must attend the qualifying meet in the upcoming season
	+ If aged out of the qualifying group, the goal is to achieve the next age-group qualifying time this season

**Meet Expectations**

* Compete at **State Championships** in both Short Course and Long Course seasons
* Compete in at least **one prelims/finals meet per season** (not including Championship meets, if offered by SLST)
* Complete an **IMX score each season** (exception: when events are not offered in the LC season)
* Compete a distance event over a 500 (800, 1000 or mile) at least once per season

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**Additional programming**

### Strength and Conditioning

**Overview**
Developing strength and conditioning is essential to becoming the best swimmer possible. Our goal is to help athletes build strong, healthy bodies that support success in the pool while encouraging lifelong fitness habits.

**Senior Team**

* Scheduled **3 times per week**
* Program includes:
	+ Core work
	+ Stretching and mobility
	+ Light weights
	+ Calisthenics and bodyweight exercises
* Cost is included in tuition (whether or not swimmers attend)
* If a swimmer participates in another strength program outside the team, please let us know

**Prep & Junior Teams**

* Participate in **dryland exercises** before practice on select days
* Athletes may also be advised to complete at-home workouts
* Focus on building strength, flexibility, and injury prevention appropriate for their age and training level

**Additional Programs**

* Previously partnered with CrossFit Gris Gris for weekend workouts. Due to scheduling challenges, this is not currently offered
* Some local programs that our athletes attend are: Southshore physical therapy, finnish strong fitness, the training room.

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## Surefire Recruiting Academy

### College Recruiting Support with Coach Sarah Woodbury

**Overview**
SLST is committed to supporting our athletes both in and out of the pool. For swimmers age 13 and older in the **Junior Plus, Senior A, and Senior B** groups, we provide additional resources to keep our swimmers focused and engaged through the high school years. There are a lot of stressors in a current high school athletes life. They are exacerbated with phones and technology. Our goal for Coach Sarah is aid in the collegiate selection process, but also to lend another voice to our teenage athletes. Our intention is that with this engagement, their ability to stay motivated to reach their goals is increased and attend the college of their choice.

**Program Details**

* Athletes meet **monthly** with **Coach Sarah from Surefire Recruiting**
* Coach Sarah brings experience as a:
	+ Collegiate athlete
	+ Collegiate coach
	+ Private recruiter
* She works directly with swimmers to:
	+ Explore whether they want to continue swimming in college
	+ Understand and navigate the recruiting process if they do
	+ Learn how to evaluate schools, programs, and opportunities beyond athletics

**Cost**

* Included in **Senior A and B tuition**
* **She can be used as a direct resource one to one, recommended in Junior year for an athlete that makes the decision to compete in college. Contact her for pricing: sarah@surefireathletes.com**

**Purpose**
This program provides guidance and support for every athlete—whether or not they choose to pursue collegiate swimming. Regular meetings help ensure athletes feel confident, informed, and prepared for the next step in their academic and athletic journey.

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## Training

SLST’s teaching methods are based on the USA Swimming Athlete Development model (ADM). We focus on whole athlete development, which performance is only one element. USA Swimming ADM includes 4 main areas of growth

· Conﬁdence

· Connection

· Character

· Competence

Each of these areas need to be fully developed to become a graduate of the sport.

Each training group's practice formats will alter from day to day and week to week depending on the goal of that season and where we are at in training. In addition, different skills within the 4 Competencies of USA swimming ADM are woven throughout workouts based on the appropriate skill level.

**Competitions**

Most of our meets are held in Metairie, New Orleans, Baton Rouge and Lafayette. We sometimes travel to Biloxi, Slidell, Sulphur, Texas, Florida, Georgia, North Carolina, Tennessee, or Alabama. You will get a copy of our short course meet schedule in late August. The Long Course schedule is released by February 1st.

Participation requirements are by group and listed above. Our team competes in AAU and USA Swimming meet. You will know which meet is appropriate for your swimmer by registration availability on Captyn and on our Meet Calendar. If a meet is 2-3 days, you are allowed swim in single days or sessions of a non-championship meet. It will count towards your meet participation goal. Meet requirements listed under groups above.

## Athletes qualiﬁed for State/Sectional/Winter Juniors and above

* If a swimmer competing with our Competition Team that qualiﬁes for the State Championship does not participate, they will be removed from the group and sent to the Recreational Team for the remainder of the swim season. Eligibility to the Competition team for the following season will be taken on a case-by- case basis.
* If a swimmer competes at the State Championships and earns a spot in the Top 16 (Consolation or Finals), they are required to compete in those events.
* If a swimmer qualiﬁes and competes at the State Meet, they are required to compete on relays. If they choose not to compete on a relay, they cannot swim in their individual events. This is the TEAM part of our State Championships
* If a swimmer qualiﬁes for a higher-level meet outside of the State Championships, prior to the start of the season that our team is attending, they are required to go.
* If you have a conﬂict or question about whether a meeting is appropriate for your child, just ask! Important meet information will be sent out prior to the meet date 1-2 weeks in advance depending on the meet host).

Always read the meet invitation, which is posted on the EVENT page when the meet is listed. The meet invitation gives you speciﬁc information such as warm-up times, events offered and location. Closer to the start of the meet, after entries are due, our team will receive speciﬁcs or changes and those will be sent to you. I’m a planner too, so these will be sent as early as possible.

**Coaching staff present at meets:** We plan to have a coach from the training group they work with at each session they compete. At times, circumstances do not allow this, but this is our intention when staffing each meet.

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**USA Swimming Competition Formats**

* Each meet is run differently, and speciﬁc details will be sent to you when we receive it from the host team.
	+ This is typically one to two days before a meet and when we receive heat sheets and warmup times.
* Swimmers are required to participate in warmups and should arrive 10min before they start.
* Any disagreements with disqualiﬁcations or entry events should be discussed with your child’s coach. If they are not there, then the coach in charge.
* Host teams can athletes and coaches from parents. Speciﬁc designated seating/viewing areas will be released as they are received.

**Meet registration**: Is now processed through your Captyn account.

* When the meet opens it will be visible to all invited swimmers
* You can choose to “opt in or Opt out”
* Once the entry deadline passes entries are closed
* Once the entry deadline passes you are charged for meet fees whether you are able to attend or not.

**Meet fees**

**Host team fees:**

These vary based on meet offerings -expect a range of $25-65 per meet

**Additional Team fees:**

* $1 added to each individual entry
* All local meets (UNO, St.Martins, Newman, Northshore):
	+ $5.00 per family
* All meets 1-2.5 hours away from our practice pool: Biloxi, Baton Rouge, Lafayette, Mobile
	+ $10 per family
* All meets 3 hours or further away: Pensacola, Tupelo, Auburn, Houston, Shreveport, Ruston
	+ $20 per family
* High Performance Meets
	+ Age Group Sectional, Speedo Sectionals, Best of the South: $50 per swimmer
	+ Futures, Juniors and Seniors: $100 per swimmer

## Team Performance Goals for our team

Our Swim Ladder outlines the steps athletes take to progress through each level of our program. The goal is for every swimmer to reach their **highest potential**—and for multiple athletes to climb all the way to the top.

We use **time standards** as the foundation of our competitive team, focusing on measurable improvement in performance. Times are prioritized over placements, as they reflect an athlete’s individual growth and progress.

While placements matter primarily for **team scoring at Championship meets**, the true focus is on individual swimmers striving to improve themselves while supporting their teammates. When each athlete pursues their best, our team goals are naturally achieved together.



**Competition Age:** The age of your child the ﬁrst day of the meet

**Time Standards in order of easiest to hardest to achieve** \* all of these are updated when new standards come out.

**Age Group Motivational Time Standards**: B, BB, A, AA, AAA, AAAA are the levels of time standards. Change every 4-6 years. There is overlap with some of these times and meet qualifying times.

**State Qualifying times:** Somewhat aligned with A times, but also determined by the last years swimmer’s performance. Change every 2 years.

**Age Group Sectional Qualifying times:** Aligned with AA time standards, but set by the Eastern Section of the Southern Zone and changes each year.

**Sectional Time Standards:** Varying levels of these meets, but similar to AAA-AAAA time standards

**Futures:** A stepping stone meet between Sectionals and Junior Nationals.

**Junior National Qualifying times:** Beyond the AAAA time standards

**Senior National Qualifying times:** Top 10% of swimmers in the country achieve these time standards

**Olympic Trials** Top 5% of swimmers in the country achieve these time standards **Olympics:**

Top 2 ﬁnisher in most events. Top 4 or 8 in select freestyle events.

\*Swimmers under the age of 8 can qualify for the State Championships, but are automatically able to participate in their season ending Championship

## Communication:

*From the team*

* Our Group ME (by training group)
* Weekly Newsletter via email through Captyn
	+ . If your account is active, they are sent to you. Make sure our emails aren’t in your SPAM folder and that your correct email is listed on your account.
	+ Updates to schedules and pertinent information in a weekly newsletter sent typically on a Monday. Might come earlier or later depending on meet travel schedule
* Via text through Captyn
* On our Instagram and Facebook pages
* Our newly hosted website by Capytn (will be completed by 9/30)

## Group Me

* Senior Athletes--

SLST Seniors

* Junior athletes and parents--

SLST Junior team

* Prep team + Little Wave parents-- Join here:

SLST prep team and Little 🌊

*To the Team*

* Via Group Me
	+ General questions can be made in your child’s training group, Group ME.
	+ If you have a question about something directly related to your family or swimmer, DM the coach privately.
	+ We will often gather picture from meets through a google folder here and may create a separate Group Me for travel meets
* You can also call or text the team at 504-256-6554. Between 10 am and 2pm are the best times to reach us! We do receive alot of communication and prefer text if using this method. We can more promptly be respond via Group Me or Email.
* Coaches do not hand out their personal cell phones due to some parents blurred boundaries of contact. If a coach does share their personal number, please do not expect a response during a swim meet, late in the evening, on the weekend or at a meet. Please do your best to communicate through our team channels.

When emailing, email us directly, coaches emails are at the top of this document.

 **Tuition and Fees*:***

SLST’s Competition team is a year-round swim program which, charges tuition monthly, quarterly, bi-annually or annually. We accept all registration and payments online through our competition team website at [www.slst-seahorses.com](http://www.slst-seahorses.com/) via Captyn swimming and STRIPE

 All accounts must have a method of payment set up on accounts. A credit card which is auto-drafted does have STRIPE fees added on to our charged tuition as part of their processing service.

 You can also pay via ACH/Check, which is a lower fee.

 Venmo to @LA-SLST as long as it is sent in by the 25th of the month **PRIOR**. If I have to request tuition or meet fees for more than two months in a row, this payment option will be canceled.

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 Auto-drafted and Member Submitted payments are **not** refunded. If there is an exception to this, the refund includes a 15% cc processing fee and $25 deduction.

 Any payment submitted as a one-time payment online is charged 2.5% cc processing fee.

 Late payments, after the 5th of the month, are charged a $15 late fee We offer a 10% discount for the second and of a family and charge only

$50 per month for any child thereafter, in our competition team groups. All registered checking accounts and credit/debit accounts linked to your account will be charged monthly tuition and meet fees (if applicable) **on the 1st of each month at midnight**.

All payments not on automatic draft must be paid by the 5th of the month or a $15 late fee applies.

**Our Venmo is** @la-slst

Venmo: @la-slst

**ON HOLD Option—Pause from team**

Your membership can be put on hold for any reason for up to 2 months per calendar year, as long as you notify Head Coach Kier Braendel at least one week before the ﬁrst of the month. The on-hold tuition fee is $50 per month per child and must be paid by the 5th of the month or a late fee will be charged. For the on-hold tuition to go in to affect you must notify me in advance. If you pay your on-hold tuition fee you are able to activate your membership at any time at no cost. If you do not pay your on-hold tuition fee you will be charged the on hold tuition balance plus the Team Membership fee ($175.00) plus one month’s tuition (this is applied to your ﬁrst month back with us) to your account before you can return to practice. ***You must notify me 1 week prior to the month you would like your membership to be on hold. Anytime after that your account will be adjusted for the following month. This must be done IN WRITING via email, text or letter and will start for the following month.***

## Canceling your membership

* If you would like to cancel your membership, you can do so at any time throughout the year via your Captyn account. The request must be approved by a staff member before being binding
* Not showing up to class is not considered cancellation. Notiﬁcation must be given by the 25th of the month for your account to be canceled for the following month with n no outstanding meet fees.
* Any account changes after the 25th of the month will be applied to the month following. **Example:** You cancel March 23rd and do not have any outstanding meet fees, your tuition payments will be canceled as of April 1st. or You cancel on March 31st, you will be charged for tuition for the month of April and your account will be canceled as of April 30th. If you do not swim from April 1st-April 7th and decide to cancel on April 7th, you are responsible for April tuition and your account will be canceled April 30th. There are NO refunds to prepaid tuition, USA Swimming fees and the Yearly team fee.

## TUITION AND FEES

 **Team Membership Fee:** Upon registration families become a member of SLST at a yearly rate of $200 for the ﬁrst child and $25 per each additional child. New and returning members are charged this fee in September annually. If you join throughout the year, it is charged the ﬁrst month you make a payment. It is non-refundable. This rate does become reduced when joining later in the season (MAY).

 **USA-S Membership fee:** This fee is $90 for the 2025-2026 swim year and paid directly to USA Swimming via the USA Swimming website.

 **Transfer fee:** This fee is $50 fee charged if your child has previously been attached to another Louisiana or USA-Swimming team prior to joining SLST. This is in addition to the USA-Swimming fee if re-registering and a one-time fee. If you are already registered for the year, then it is just the $50 transfer.

* **AAU annual membership:** $20 per year with our affiliate team. Enables more variable competition opportunities, extra insurance and training for our staff.
* Tuition-based on training group with 3 options for payment

## Tuition Rates for the 2025-2026 Swim year 9/1-08/31

|  |  |  |  |
| --- | --- | --- | --- |
| **Tuition** | **Yearly****(10%)** | **½ year****(5%)** | **Monthly** |
| **Senior Team** | **1998** | **1054.5** | **185** |
| **Junior Plus** | **1782** | **940.5** | **165** |
| **Junior Team** | **1728** |  **912** | **160** |
| **Prep Plus** | **1620** | **855** | **150** |
| **Prep Team** | **1566** |  **826.5** | **145** |
| **Little Waves** | **1458** | **769.5** | **135** |
| **Rec classes 1 day** | **N/A** | **N/A** | **75** |
| **Rec classes 2 days** | **N/A** | **N/A** | **135** |
| **Rec classes 3 days** | **N/A** | **N/A** | **202** |
| **Swim Less- one day** | **N/A** | **N/A** | **150** |
| **Swim Less- two day** | **N/A** | **N/A** | **285** |
| **Adult Swim** | **N/A** | **N/A** | **$25/$20SLS T parent** |

**Equipment + Apparel**

Our team opens a store annually at the end of August/beginning in September for a yearly apparel order. All orders are custom and we hold limited stock. This year we opened a store through swimoutlet.com that will offer shorts, sweatpants, mens shorts and PARKAS that you can get personalized. You can also ﬁnd equipment needed for your child’s training group as well as practice stuits.

A) **N.O.Vative printing**. They open an online store for us in late August/early September and handle all orders, payments, and sorting. T-shirts, shorts, hats, sweatshirts, tanks and pullovers

C) **Swim Outlet Store** all practice suits, team suits + equipment used can be found here. You can scan the QR code below. This store is open year round.



## Team Caps

Each Competition team swimmer receives one silicon cap for the year with their registration. You can add more caps and personalization to this also. High- performance team athletes get two caps, in a different style, with their names on them. If your child is allergic to silicon and needs latex, please let us know.

We order a limited amount of latex since it is not a popular style.

Our team caps are purchased through Coach Kier and are $10.00 for latex and

$20.00 for silicon. We will be ordering caps with the option of adding the last name this year for an extra $4.00 per cap (minimum of 2 per style). We only order personalized caps once per year in late August/early September. We do keep non-personalized caps on hand throughout the year and charge $20 cap if you need an additional one.

## Equipment--all equipment can be found on our Swim Outlet store so you can choose the correct item

 **Senior Team:** Required: ﬁns + snorkel, stretch band. Optional (we have in stock): buoy, kickboard, paddles

 **Junior Team and Prep Plus**: Required: FINS + Snorkel. Optional (we have in

stock): buoy, paddles, kickboard

 **Prep Team**: Required: FINS. Optional (we have in stock): Buoy,kickboard

 **Little Waves:** Required: FINS. Optional (we have in stock) Kickboard

## Team Gifts:

Each Competition team swimmer receives a training group gift in the fall. This will be a gift a group of athletes receives when the move training groups or earned special achievements. We want to be flexible in what we offer, so plan to give a gift each year, but it will vary from year to year.

**Fundraising:**

Our competition team holds one fundraiser each year. It is a USA Swimming sponsored event called a Swim A Thon. What is that exactly? Swimmers swim up to 200 laps in 2 hours and receive pledges from families and friends for their swim. We also sell t-shirts and products online with our annual theme.

Additionally, we sell raffle tickets for a 50/50 raffle. All pledges, 50% of the raffle tickets sold and a portion of the products purchased goes towards your annual fundraising obligation. Most of the ﬁscally strong and active swim programs that send athletes to a wide range of meets have a fundraising obligation.

Competition team athletes are expected to fundraise or opt out in one of the ways below, regardless of whether you swim the event. Swimmers who opt out of the fundraising can still swim in the event. If you would like to help with the planning and implementation of this fundraiser, please let us know!

· Individuals $250

· Family $400

## Can participate 3 ways:

· Opt-out and tuition increases from September -May

o Individual $22.72

o Family $40.90

## · Break up into two payments

o Individual: January $125 + May $125

o Family: January: $200 and May $200

## · PARTICIPATE + EARN money for your swim account.

o Any amount you receive will go to your obligation up to $400. Any amount collected beyond that 80% gets credited to your swim account.

o If the obligation is not met, then the difference will be charged in June.

o Individuals only need to fundraise $250 to meet their obligation but need to raise more than $400 to earn 80% back

# Miscellaneous policies and procedures

## Facility Closures

* In the case that a facility is closed due to inclement weather or maintenance, we will notify you of a canceled class via email and Group Me.
* If the closure lasts more than 10 practice days we will implement a plan to add practices to our schedule.
* If closures are less than 10 we can not guarantee we can make them all up, but will do our best to provide extra workouts depending on the circumstances.

## Hurricane Policy

* In the event of a hurricane, if the facility is closed due to safety and either a voluntary or mandatory evacuation is announced by Jefferson Parish (the parish of our facilities) we will cancel classes.
* These will not be made up and tuition will be charged.
* In the event of an evacuation/lack of practice for more than 10 days, we will coordinate opportunities for athletes to practice with neighboring clubs where you are located or within the city.
* If there is a hurricane that puts us out of training for 4-8 weeks and practice options are not available at any alternative site, we will reduce tuition to $50 per athlete, our on hold rate, for the duration of the time period until we are able to practice on site again. Families who paid in full will receive a $50 credit per month per swimmer paid in full.
* More than 8 weeks, this would be new territory and I would have to navigate as it comes.

## Extraordinary event policy

If we are required to cancel practice due to an extraordinary event such as a pandemic, we will continue to charge tuition for up to 6 weeks. Then, we will drop tuition to our on-hold rate until we can reconvene at some capacity.

Families who paid in full will not receive a $50 credit per swimmer per month

## Discipline Policy

Our swimmers a great people, but when groups of friends get together outside of school, things can happen. Here is how we approach discipline on our team.

When discipline is needed:

 Physical altercations between teamates or towards coaches  Using verbal threats or discrimanatory language

 Using sexual inuendos or inappropriate language to a teamate

 Disrepecting a coach when giving instructions during a practice on a repeated and regular basis

## First time:

 Time and space outside of practice with an opportunity to communicate with coach before getting back in. Can be 1-10min depending on age and situation

## Second time:

 Parental call, removal from practice for the day

## Third time:

 parental call, suspended from practice for a week

## Fourth time:

 parental call + removal from program

All athletes have to read and commit to the USA Swimming and our team’s Minor Abuse policies each year. Those are listed separately and reviewed by staff with swimmers.

Our team is expected to become Safe Sport Certiﬁed this year as well.

## Injury protocol

Swimming is a demanding sport, athletes will get sore, feel uncomfortable and will be pushed beyond their personal boundaries. It is our staff’s job to push past limitation while also maintaining the physical and emotional health of our swimmers. And, Although we focus on injury prevention by including stretching and strength and conditioning, bandwork --injuries can occur.

If your child skips laps, sits out of work outs and/or repeatedly complains of a physical issues, we will contact you if it happens:

 Daily for a week

 intermittently over the course of a month.

We will recommend a visit to an orthepedist, physical therapist and or chiropractor to get evaluated and will modify workouts to the injured area until a diagnosis is made, patient is cleared or training plan has been developed.

## If your swimmers is diagnosed with an injury

 Send us the doctors note and recovery plan

 Send your swimmer to do modiﬁed workouts, if able

 Communicate with your child’s coach regarding doctor’s orders

## Volunteering:

Competitive swimming is a sport like none other and depends on parental support in order to function. We have many different roles where you can ﬁt in to volunteer.

Last year I requested volunteers in the sub areas of work our team does. I was really leaning on support and setting up these pathways for the season when my start of the season direction was paused for a bit. So, we are trying again. In your google feedback form each family put their preference. I know that for some seasons all we can do is get our kids to the meets and time a shift. But, for those of us who have the space in their life and time, we could use the help. I will be reaching out to each of you in these areas to let you know the vision for the team this season and see what we can get done. I will connecting with our parents interested in becoming Certified Officals first.

*Areas where we can use parental leadership and support outside of timing at meets*

1. Publicity
2. Planning and implementing our Annual Fundraiser
3. Marketing and Graphic Design
4. Meet Stats and technical items
5. Becoming a USA Swimming official
6. Photography
7. Planning social events

## Required Volunteer required role

We need parent volunteers in several ways, but two are the most important**The only volunteer requirement we have is to time at swim meets.** All other areas are based on whether you would like to or are able to support the team in different ways.

**Timing**

We are assigned timers based on the number of swimmers entered in the meet. Therefore, plan on timing at least once at each meet. If you have more than one child, plan to time twice. Occasionally, there are situations where you may not be able to time, just let me know and I will not ﬁll you in to an assignment.

*The Process:* I will set up a sign-up list through Signup Genius. You are sent a link to follow and will have to set up an account if you don’t already have one. The signup will list shifts (a range of event number) with required shifts listed by day and session. If you do not sign up in advance a preferred time, I will ﬁll in all remaining participants the morning of the meet to ﬁll in all assignments.

Randomly, I will select timers who have timed to be put in a raffle for a team gift or gift card as a THANK YOU for timing. Tracking timing shifts and volunteer hours are a feature of Captyn that we are looking forward to using

## Lagniappe

## Health and Nutrition

All of our coaches are passionate about healthy lifestyles including nutrition. Please make sure your child has a healthy snack before coming to practice. Also, please make sure your child brings water or rehydrating beverage to practice. I believe what you put in your body has a direct effect on what you think, feel and can do.

## SODAS and CAFFEINATED Beverages are NOT ALLOWED during practice times.

If you need suggestion on healthy snacks/drinks I can provide you with suggestions.

## Fruits and Vegetables are always welcome ☺

## Parent education

**Mental Health**

It is our job as coaches to recognize signs of stress and indicators of a mental health issue in a swimmer. A part of the certiﬁcation process in becoming an AAU coach is getting certiﬁed by the Positive Coaching Alliance. Our team coaches your child through the lens of being a human being before an athlete and will work together with families if swimmers are having issues in the pool, outside of the pool or in general. One of our team goals this year is to partner with a local Sports Psychologist our athletes can use as a resource to manage their stresses as they compete at a high level.

### **Multi-Sport Participation & Expectations**

Our program is structured so that athletes—especially our 12 & under swimmers—can participate in more than one sport or activity. We encourage this, as we believe well-rounded athletes who choose to fully commit to swimming at an older age do so with confidence and without doubt.

That said, it’s important to maintain **realistic expectations** for your child both in and out of the pool when they are balancing multiple activities. Growth often happens through adaptation to stress. Not all stress is negative—learning to manage school, swimming, soccer, piano, or other commitments can be challenging, but it also helps athletes develop resilience. Every child adapts at a different pace, and we as coaches see this when swimmers:

* Transition to new training groups
* Experience growth spurts
* Navigate difficult academic years
* Face emotional challenges at home or school

Through consistency and commitment, athletes will adapt and ultimately grow stronger. Understanding this process can help parents feel less stressed about their swimmer’s short-term performance.

For our **13 & older swimmers**, achieving high levels of success requires greater commitment and, at times, social sacrifice. If your child chooses to continue with multiple activities, that is absolutely fine—but it’s not realistic to compare their progress to that of an athlete solely dedicated to swimming.

Unrealistic expectations placed on swimmers and coaches without consistent commitment only lead to disappointment. The best approach is to **set clear goals for the sport**, then work together—athletes, parents, and coaches—to determine what is needed to achieve them.

By joining SLST, it is understood that we operate under the tenants of this handbook and may ask you to refer to it when asking a question that is more readily available here.

## Other areas of importance to our team Health and Nutrition

All of our coaches are passionate about healthy lifestyles including nutrition. Please make sure your child has a healthy snack before coming to practice. Also, please make sure your child brings water or rehydrating beverage to practice. I believe what you put in your body has a direct effect on what you think, feel and can do.

## SODAS and CAFFEINATED Beverages are NOT ALLOWED during practice times.

If you need suggestion on healthy snacks/drinks I can provide you with suggestions.

## Fruits and Vegetables are always welcome ☺

group seminars as needed to ensure safe sport guidelines are understood

## Parent education

**Mental Health**

It is our job as coaches to recognizes signs of stress and indicators of a mental health issue in a swimmer. A part of the certiﬁcation process in becoming an AAU coach is getting certiﬁed by the Positive Coaching Alliance. Our team coaches your child through the lens of being a human being before an athlete and will work together with families if swimmers are having issues in the pool, outside of the pool or in general.

**Multi-Sport/Multi- Active athletes and School**

We have set up our program so our athletes, especially our 12 and under swimmers, can participate in more than one sport or activity. We encourage it because we would prefer well- rounded athletes who when they choose to commit to swimming at an older age have no doubts. We only ask that you are realistic about your expectations for your child in and out of the pool when they are involved in multiple activities. Kids mature and grow after they adapt to stress. So, when they are stressed (not all stress is negative think balancing swim, soccer, piano while in honors at school)—things may not look pretty, but when they adapt that’s when we see gains. All Children are different, and their stress-to-adaptation ratio is different lengths of time. We, as coaches, see this when swimmers move training groups, get taller, are balancing a difficult academic year or are having an emotional issue at home or school. Just know, that through consistency and commitment, they will adapt and be better.

Understanding this process will help you a lot as a parent in stressing about your swimmer’s performance. For our 13 and older swimmers, to achieve high levels of success it takes more commitment and social sacriﬁce. At these ages, if your child continues with multiple activities and sports, this is also okay—but they should not be compared to the swimmer who is only swimming. It is unrealistic. **Unrealistic expectations put on swimmers and coaches when consistent commitment is not there only leads to disappointment. Best plan is to make goals for the sport and then discuss what is needed and how we can reach those goals together as a team of athletes, parents and coaches.**

By joining SLST, it is understood that we op

erate from the tenants of this handbook.