

Welcome to the Forest Grove Swim Club

1. Registrations:

- a. Visit our team website & select Online Registration, our team management platform is Captyn. [FGSC Website.](#)
- b. USA Registration Annual Fee – Upon registering for the team via Captyn, a USA Swimming Registration link will be emailed to you. Please be sure to complete this online registration as well.
- c. Forest Grove Aquatic Center Membership (see #3)

2. FGSC Dues:

- a. Club Training fees are due at the first of the month to our Treasurer. These can be paid by check and mailed to: PO Box 242, Forest Grove, OR 97116, or set up online to be paid one time or recurring.
- b. Monthly Training Fees: Pre-Comp1-\$45.00, Pre-Comp 2-\$45.00, Bronze-\$70.00, Silver-\$90.00, Gold-\$105.00 and Senior Elite-\$130.00.
- c. Dues not paid by the 10th of each month are subject to a 5% late fee.

3. Forest Grove Aquatic Center Membership Dues:

- a. Every swimmer must have a current Forest Grove Aquatic Center (FGAC) membership. These are billed out by FGAC quarterly and are due on the 1st of January, April, July, and October. There are options to pay every 6 months or annually for discounted rates. See FGAC front desk for current rates or visit: [FGAC Aquatic Center](#)

4. Practice Schedule:

- a. Please see our team website &/or reach out to Coach Laura for our current practice schedule. Practice times differ in the Fall, Spring & Summer months. [FGSC Practice Schedule](#)

5. Fundraising:

- a. Senior Elite group swimmers are expected to commit \$330
- b. Gold group swimmers are expected to commit \$230
- c. Silver group swimmers are expected to commit \$125
- d. Bronze group swimmers are expected to commit \$75 towards fundraising
- e. Pre-Comp 1 & Pre-Comp 2 N/A
- f. Fundraising is calculated on your Captyn Account under “Token.” A token represents \$1; 330 tokens reflect \$330.00. As fundraising is credited to your account, tokens will be subtracted. Any remaining token balance on 8/31 will be charged to your team account.
- g. [Sponsorships](#) can count towards your fundraising!
- h. Did you join after September? Move up partway through the year? [Check the prorated chart](#) for your commitment

6. Service Hours:

- a. Senior Elite, Gold, & Silver Groups -- Two-parent families are expected to provide 35 hours of service to the club each year. When a swimmer attends a home meet, the family is expected to provide a minimum of 2 hours of in-person service at each home meet for each day the swimmer attends. Meets can last up to 4 hours per session.
- b. Bronze -- Two-parent families are expected to provide 25 hours of service to the club each year. When a swimmer attends a home meet, the family is expected to provide a minimum of 2 hours of in-person service at each home meet for each day the swimmer attends. Meets can last up to 4 hours per session

with separate sessions for ages 12 & under and 13 & over.

- c. Pre-Comp 1 & Pre-Comp 2 – N/A
- d. How to sign up for service hours: Log into your Captyn account Each job should tell you how many hours are expected or how many hours your job is worth. When you complete your hours, please login to your Captyn account to verify hours were properly recorded. Your hours will appear as Job Credits on your account page.
- e. At the start of each season in September, a family may elect to opt-out of providing their service hours and make a payment to the club of \$20 per expected service hour. All service hours are due by August 31st. At the start of September, families with unfulfilled service hour commitments will be notified & billed \$30 per unfulfilled service hour.
- f. Did you join after September? Move up partway through the year? [Check the prorated chart](#) for your commitment

7. Meets:

- a. We have 4 home meets a year. It is expected that all members attend FGSC home meets. Home meets are a great way to bond as a team and fulfill your required service hours. Home and Away Meets do have a fee attached, and will show up on your next billing cycle. Meet fees are variable and set by each meet host. Meet fees can range from around \$20 to around \$45 per meet.
- b. Pre-Comp Swimmers are encouraged to participate in our home meets.

8. Seasons:

- a. Short course yards (SCY) -- September to March.
- b. Long course meters (LCM) -- April to August

9. FG Dragons Apparel Store link: [Swimoutlet](#)

- a. Custom Team Suits & Gear
- b. Practice suits & Training equipment

10. Team Social Media:

- a. [Website](#)
- b. [Facebook](#) (private) & [Facebook](#) (public)
- c. [Instagram](#)

11. Canceling/Pausing Membership:

- a. If you wish to suspend or cancel your swimmer's membership, you must notify the head coach AND the club treasurer in writing (email is okay) at least two weeks prior to the month you wish the suspension/cancellation to begin. Upon cancellation of membership, it is expected that all dues, fees, fundraising, and service hour commitments must be paid in full.

12. Choose us:

- a. Fred Meyer – [Loyalty Customer Donation](#)
- b. Bottle Drop- pick up labeled bags at the pool or contact fgsc.vicepresident@gmail.com for assistance.
- c. All NIKE employees and members of the Nike, Inc Board of Directors are eligible for participation in NIKE's Employee Matching Gift Program.
<https://benevityapp.page.link/mWdrmRdb3YAVLM2R7> or
<https://nike.benevity.org/cause/840-930653280>
- d. Intel Employees – Intel Involved, log into <https://intel.benevity.org/user/login>
- e. Benevity Employee Matching Program: Numerous Corporations participate in Benevity, check with your employer and make the Forest Grove Dragons your community program of choice!

13. Questions please contact:

- a. Laura Logan – Head Coach – fgsc.headcoach@gmail.com
- b. Erica Debois – President – fgsc.president@gmail.com

Summary of Cost Commitment

Training Group	Training Fee	Forest Grove Aquatic Center Membership	USA Swimming Athlete Registration Fee	Fundraising Commitment	Service Hours Commitment (Min. 2 hours/home meet)	Estimated Meet Fees/ Meet	Total Annual Estimated Cost
Pre-Comp 1 & Pre-Comp 2	\$45 Monthly	\$94.50 3 months Individual membership	See Options Below **Flex **Seasonal **Premium	N/A	N/A	Contact Coach Laura for more info	Varies Based on level of participation
Bronze	\$70 Monthly	\$94.50 3 months Individual membership	\$92 Annual	\$75 Annual	Annual 25 hours or (\$500 opt out price)	\$20-45 per meet	\$1500 + \$20/hour unfulfilled service hours
Silver	\$90	\$94.50 3 months Individual membership	\$92	\$125	35 hours or (\$700 opt out price)	\$20-45 per meet	\$1675 + \$20/hour unfulfilled service hours
Gold	\$105	\$94.50 3 months Individual membership	\$92	\$230	35 hours or (\$700 opt out price)	\$20-45 per meet	\$1960 + \$20/hour unfulfilled service hours
Sr. Elite	\$130	\$94.50 3 months Individual membership	\$92	\$330	35 hours or (\$700 opt out price)	\$20-45 per meet	\$2360 + \$20/hour unfulfilled service hours

**Flex – For 12 & Under Swimmers only, allows for x2 meets each year – Cost: \$30

**Seasonal – For all Ages, allows for athlete registration during specific season (Summer only) – Cost \$50

**Premium – For all Ages allows a full year of athlete registration (ending 12/31) – Cost \$92.

**Flex & Seasonal swimmers may upgrade to a premium.

FGSC Training Groups

Athlete Development through Age Group Swimming

FGSC Dragons offer 2 developmental & pre-competitive levels that aim to bridge the gap between lessons and competitive swim team.

Pre-Comp 1:

- Minimum completion of level 3 swim lessons
- Fundamental understanding of Freestyle and Backstroke
- 15 yards Freestyle, Backstroke, and Flutter Kick in streamline and superman
- Required Training Equipment: Goggles
- Focus = Build freestyle and backstroke mechanics through kicking, posture, line & balance. Introduce progressions for breaststroke and butterfly by building the strokes from the inside out. Introduce streamlining, flip turns, open turns and circle swimming. Introduce the Racing Start progression.

Pre-Comp 2:

- Minimum of 5 years old
- Minimum completion of level 5 swim lessons
- 25-yard Freestyle with side breathing
- 25-yard Backstroke
- Required Training Equipment: Goggles
- Focus = pre-competitive, bridge the gap between lessons and competitive swim team

FGSC Dragons 4 Competitive levels

Bronze:

- Minimum of 5 years old
- 50-yard Freestyle with side breathing
- 50-yard Backstroke
- Safely Dive from the side
- Required Training Equipment: Swimming Fins

Silver:

- Minimum of 9 years old
- Legal in all 4 competitive strokes and the ability to consistently swim all four strokes legally
- Complete 8 x 50 Freestyle @ 1:15
- Required Training Equipment: Swimming Fins & Swimmer Snorkel
- Focus = Stroke, Turn & Start Refinement, introduction to the pace clock
- Focus = Stroke Development & the competitive basics

Gold:

- Minimum of 11 years old
- Legal in all 4 competitive strokes
- Demonstrates proficiency in practice
- Complete 8 x 100 @ 1:35
- Required Training Equipment: Goggles, Swimming Fins & Swimmer Snorkel, Small Bands
- Focus = Stroke, Turn & Start Refinement. Using & understanding the pace clock. Proficient in underwater swimming and begin to teach race strategy.

Senior Elite:

- Minimum of 13 Years old
- Proficiency in all 4 competitive strokes
- Complete 8 x 100 @ 1:25
- Required Training Equipment: Swimming Fins, Swimmer Snorkel, Small Bands, Pull buoy, Paddles and Tempo Trainer
- Focus = Stroke, Turn & Start Refinement. Using & understanding the pace clock. Perfect underwater swimming. Become academic about your sport, teaching race strategies & advanced tactics.

***Swimmers may be allowed to advance to a new group with Head Coach approval**

***Practice attendance philosophy: What you put in you get out. Goals, commitment and effort must align.**

***Meet attendance expectation: Expected to attend/support all home meets. Away meets family decision.**

Training Equipment

Goggles [Competition Swim Goggles | SwimOutlet.com](https://www.swimoutlet.com/)

<https://www.swimoutlet.com/>



Fins [Sporti Essential Floating Swim Fins](#) --

Perfect for our PreComp, Bronze & Silver Groups



[Arena Powerfin Pro II at SwimOutlet.com](#)

Perfect for our Sr. Elite & Gold Groups



Swimmer's Snorkel [Swim Snorkels | SwimOutlet.com](https://www.swimoutlet.com/swim-snorkels)

Perfect for all Groups



Pull Buoy & Paddles

[Pull Buoy | SwimOutlet.com](https://www.swimoutlet.com/pull-buoys)

[Swim Paddles & Resistance Gloves | SwimOutlet.com](https://www.swimoutlet.com/swim-paddles-resistance-gloves)

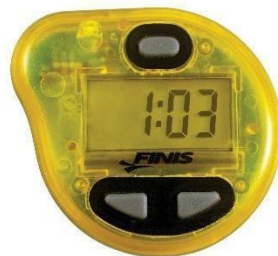
For our Sr. Elite & Gold Groups



Tempo Trainer

[Swim Tempo Trainers at SwimOutlet.com](https://www.swimoutlet.com/swim-tempo-trainers)

For our Sr. Elite & Gold Groups



FOREST GROVE



SWIM CLUB