

Decatur Township Aquahawks

Decatur Township Aquahawks is the official Club Swim team for Decatur Township. DTA is divided into four smaller training groups to better serve the athletes. Each team will have a coach on deck to teach, train, and motivate. Below is a brief description of each group:

Bronze Team

Bronze Swimmers primarily focus on body control and balance in the water, as well as learning the basic techniques of swimming the four competitive strokes: butterfly, backstroke, breaststroke, and freestyle. The swimmers learn how to listen and respond to instructors from coaches and prepare for and participate in meets. The criteria for joining the Bronze team is the swimmer can swim 25 yards without stopping and be comfortable in deep water.

Silver Team

Silver Swimmers continue to focus on body control, the four competitive strokes, as well as starts, turns, and small training sets to develop aerobic capacity. The swimmers continue to focus on listening to instructions from coaches, prepare for and participate in meets. Silver swimmers also perform simple math via counting laps, calculating sets, and reading the pace clock. The criteria for joining the Silver team is the swimmer must be able to swim a 100 freestyle without stopping, can do a 25 of backstroke and breaststroke, and have a basic understanding of butterfly.

Gold Team

Gold Swimmers continue to focus on body control, the four competitive strokes, turns, starts, training sets to develop aerobic capacity, the athletes will also learn race strategy and how to set and track goals. In addition to the basic life skills developed in the other levels the athletes learn self-discipline and training techniques. The criteria for joining the Gold team is the swimmer must be proficient in all 4 strokes and legally complete a 100 Individual medley.

Senior Team

Senior Swimmers are usually in the end of middle school or high school and primarily focus on developing aerobic capacity, strength training, technique, and race strategy. Athletes learn how goal setting, discipline, and practice impact personal performance. The criteria for joining the Senior team is the swimmer must be proficient in four strokes, legally complete a 200 Individual medley, and have a base aerobic capacity.

Decatur Township Natatorium

Decatur Township Aquahawks is very fortunate to get to use the Decatur Township Natatorium on the Decatur Central High School Campus as a practice facility. The facility includes an adjustable bulkhead so the team can train in meters or yards.

Decatur Township Aquahawks Mission Statement

The purpose of the Decatur Township Aquahawks is to use the sport of swimming to create an atmosphere that teaches life-long skills through discipline, strong work ethic, and a sense of community.

In this packet you will find the following Registration forms:

- Decatur Township Aquahawks New Member Registration form
- Decatur Township Aquahawks Parent/Swimmer Contract

Decatur Township Aquahawks New Member Registration Form

Swimmer Information

Name: _____
 Last First Middle Initial Preferred

Birth Date Age Sex Grade T-shirt Size

Parent Information

Mother/Guardian Name: _____ Father/Guardian Name: _____
 Swimmer Resides with: _____ Both Parents ___ Mother ___ Father ___ Other

Mailing Information

Primary Address: _____ Mother ___ Father ___ Other

Street Address City Zip
 Secondary Address: (if different than above) ___ Mother ___ Father ___ Other

Street Address City Zip

Contact Information

Home Phone _____ School/School System _____
 Mother/Guardian: Father/Guardian:
 Cell Phone _____ Cell Phone _____
 Office Phone _____ Office Phone _____
 [] E-Mail _____ [] E-Mail _____

Place an X in front of the email address that you prefer to receive information
An email address is required as it will be the primary use of communication for the team.

Texting Communication

I would like to be contacted via Text Messaging: ___ YES ___ No If yes, Mobile Carrier: _____
 Phone Number: _____

Payment Options

Please check which payment option you prefer

Training Group	Per Month	✓	Summer Season (4 months)	✓	Equipment needed for each team
Bronze Team	\$60	<input type="checkbox"/>	\$220	<input type="checkbox"/>	Goggles, Kickboard, Swim Cap
Silver Team	\$60	<input type="checkbox"/>	\$220	<input type="checkbox"/>	Everything above, Fins, Pull Buoy
Gold Team	\$65	<input type="checkbox"/>	\$240	<input type="checkbox"/>	Everything above, Paddles, Swimmer's Snorkel
Senior Team	\$65	<input type="checkbox"/>	\$240	<input type="checkbox"/>	Everything above

Currently we are an independent swim club but we are planning on becoming a USA Swimming certified club team. This will require a small annual fee for each swimmer to be a part of USA Swimming.

A Copy of each swimmers birth certificate is required to join the Decatur Township Swim Club

Decatur Township Aquahawks Parent/Swimmer Contract

Training and Other Fees

All training fees are due at the beginning of the month, additional meet entry fees may be charged for participating in swim meets. All away swim meets are voluntary and not required, but if you choose to participate you are agreeing to pay the meet entry fees. For home swim meets participation would be required, currently we do not have any home swim meets scheduled for the upcoming season. All fees are non-refundable, if a swimmer wishes to withdraw from the season they will be charged up to the end of the current month. To terminate membership a parent or guardian must submit an email to DTAswimming@gmail.com or a written note to one of the coaches.

Parent Involvement

Each family will be required to volunteer at any home swim meet that we host. A fine of up to \$25 can be assessed to any family not represented at a home swim meet. If a meet has multiple sessions each family only needs to be represented at one session.

Team Rules and Expectations

1. Swimmers should be ready to begin practice at the scheduled time with all required equipment ready. If a swimmer is late, they should inform the coach as to the reason why they are late.
2. Swimmers are expected to stay the entire practice session. In the event that a swimmer needs to be dismissed early from practice, they should notify the coach at the start of practice.
3. Swimmers may not leave practice at any time without notifying the coach.
4. All swimmers, at the direction of the coach, must help in setting up and taking down of equipment.
5. Only proper and legal strokes, turns, starts and finishes are allowed at practice.
6. Swimmers must start and finish at the walls using a proper push-off and finish.
7. Swimmers must learn to use the pace clock and leave on the designated time.
8. Swimmers may never interfere with the progress of another swimmer.
9. Swimmers are expected to practice appropriate lane etiquette during practice. Passing is done by moving to the center of the lane. Swimmers being passed should move to the side as much as possible, but not stop. Swimmers passing other swimmers may never grab, strike, or interfere with the swimmer they are passing in any way.
10. The use of starting blocks is prohibited unless supervised by a coach. Horseplay on or around the blocks will not be tolerated.
11. Pool rules, such as no running, pushing etc. must be followed at all times.
12. Parents are not allowed on the pool deck at any time, except in an emergency and having received the permission of the coach.
13. Parents are allowed to observe practice from the stands. Please be considerate and keep conversations to a low volume when practices are being conducted. Do not try to communicate with any swimmer from the observation area.
14. Swimmers are required to warm down according to coach instructions after each competitive event, including the last event of the session.
15. Swimmers are to use proper language at all times, the use of profanity is prohibited.
16. Swimmers are required to attend all practices; a Dr. note is required for an absence to be considered excused. Coaches must be notified in advance in writing if swimmer must miss practice.
17. Swimmers must notify coaches if they will miss practice regardless if it is not excused
18. Swimmers are to keep the pool area clean, and put away any and all equipment after practice.

Photographs and Video

I give permission to the Decatur Township Aquahawks for the free use of my likeness and that of my child or ward, in connect with any broadcast, telecast, print media account, or other publicity of or generated by the Decatur Township Aquahawks.

Release Statement

In consideration of my child’s or ward’s participation in Decatur Township Aquahawks, I, intending to be legally bound, do herby for myself, my spouse (if any), my child, or ward, and my child’s or ward’s executors and administrators, waive, release, hold harmless, and forever discharge Decatur Township, Decatur Township Aquahawks, Decatur Central High School, its agents, employees, representatives, and sponsors of and from any and all claims, damages, or expenses, including without limitations, any claims, damages or expenses for loss, damages or injury to my child’s or ward’s person or property, arising or alleged to arise from any act or omission of Decatur Township, Decatur Township Aquahawks, Decatur Central High School, its agents, employees, representatives and sponsors; irrespective of whether such claim, damage, or expense is caused or alleged to be caused by the sole joint, several or comparative negligence or any other breach of duty or by aforementioned organization and individuals, or any one of them. I also give permission to the aforementioned organizations for the free use of my likeness and that of my child or ward, in connect with any broadcast, telecast, print media account, or other publicity of or generated by the Decatur Township Aquahawks or the Decatur Township Natatorium.

Before signing this contract, please make certain that you completely understand each section as it applies to you and your family

Parent or Guardian:

Signed Printed Name Date

Swimmer

Signed Printed Name Date

2016 Summer Season Normal Practice Schedule During School Weeks

Updated: 3/2

Team	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bronze Team		6:00 - 7:00 PM		6:00 - 7:00 PM		
Silver Team	5:30 - 7:00 PM	5:30 - 7:00 PM		5:30 - 7:00 PM		
Gold Team	5:30 - 7:00 PM	5:30 - 7:30 PM	5:30 - 7:00 PM	5:30 - 7:30 PM		
Senior Team	4:00 - 6:30 PM	4:00 - 6:30 PM	4:00 - 6:30 PM	4:00 - 6:30 PM		7:00 - 10:00 AM