



PHOENIX
SWIMMING 

**Phoenix Swimming Registration
Handbook**

2013-2014 Season



“Motivation gets you going. Determination keeps you going”

Team Mission Statement:

Phoenix Swimming seeks to provide an environment where every swimmer can develop character, social and personal responsibility, discipline and the desire to challenge perceived limitations through self-confidence. The staff of Phoenix Swimming is committed to teaching, motivating, and inspiring all members to excel both in the pool and in life.

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**These forms need to be printed, signed, and returned by August 14th, 2013 to guarantee your swimmers place on the team. If there are extenuating circumstances preventing this please advise us and we will try to accommodate.



Group Descriptions and Required Equipment/Apparel

Phoenix Swimming is a program that is structured based upon the belief that to optimize each athlete's opportunity to develop both as swimmers and as people, we need to offer training groups that center around a systematic progression of expectations and involvement. Fundamentals of all training groups are a love for swimming, a love for Phoenix Swimming and continued emphasis on technique and skill development. As swimmers age and develop physically and emotionally, their workload both in and out of the pool needs to increase. Often this physical challenge leads to swimmers learning how to respond to psychological challenges and how they need to rely on the support of their coaches, teammates and parents to address such challenges and overcome them.

The emphasis of Phoenix Swimming is long-term results and long-term involvement in the sport. At each level and for each swimmer the goals and objectives are specific. Training plans are based upon the needs of the swimmers participating in each group and with the long term goal of excellence in the pool and in life. As each child is different, he/she will progress at his/her own rate. All group assignments are at the discretion of coaches and are based on an understanding of each swimmer's development and progression.

****All swimmers should bring a water bottle, extra goggles, dryland attire and sneakers to every practice.****

Novice Group:

Introductory program to competitive swimming with a major focus on establishing concrete technical fundamentals and improved body coordination and awareness. Through a progression of stroke drills and by introducing different training skills and processes, swimmers will become more comfortable and stronger in the water, will start to refine all four competitive strokes, and will start to understand their role as members of Phoenix Swimming.

Required Apparel: Phoenix Team Suit, 2 Caps (if you wear one), 3 Phoenix Shirts

Age Group Program:

The majority of the time is spent on refining stroke mechanics by utilizing stroke drill progression throughout the season and by developing the ability to align and merge technique changes with an improved understanding of racing and race strategy. Goals of this group range from learning to utilize a pace clock to developing a strong sense of good sportsmanship and healthy training, competition, and teammate relationships.

Required Apparel: Phoenix Team Suit, 2 Caps (if you wear one), 3 Phoenix Shirts

Required Equipment: Kick board, Pull Buoy, Short Training Fins, Equipment Bag

Junior Group:

This program and the training schedule are centered around merging the development of solid, stable technique with an increased and progressive workload. Training processes that were introduced in the age group program, such as threshold training, goal setting or meet preparation, will be further explained and the responsibility of the athlete in training and competition will increase. Group meetings, goal meetings, informational sessions, alternate dryland opportunities are all a vital part of this group in terms of physical, emotional and social development as individuals and as members of Phoenix Swimming.

Required Apparel: Phoenix Team Suit, 2 Caps (if you wear one), 3 Phoenix Shirts

Required Equipment: Kick board, Pull Buoy, Finis Snorkel, Hand Paddles (prefer Hans black paddles), Short Training Fins, Old pair of Running Sneakers (to use in the pool), Equipment Bag

Pre National Group:

The Pre National group is a transition group between kids currently in the Junior and Senior groups that have shown a high level of not only performance but commitment to the team. These swimmers aspire to swim on a National stage – whether that be Sectionals, Junior Nationals, or Olympic Trials. Swimmers in this group are expected to attend all practices and team functions. Group meetings, goal setting and dryland sessions are all integral and required parts of training in this group.

Required Apparel: Phoenix Team Suit, 2 Caps (if you wear one), 3 Phoenix Shirts, Technical Suit

Required Equipment: Kick board, Pull Buoy, Finis Snorkel, Hand Paddles (prefer Hans black paddles), Short Training Fins, Old pair of Running Sneakers (to use in the pool), Equipment Bag

Senior Group/National Group:

As our highest training groups, the expectations on these Phoenix Swimming members are high in both training and in how they conduct themselves as individuals. These athletes are the team leaders,

role models, and many will be our team's representatives at the highest levels of competition in New England, the Eastern Zone and Nationally. Senior/National group members are expected to be mature, dedicated, committed, responsible and dependable. As swimmers develop through our program and through our senior team, they will gain an understanding of how self-confidence, determination, discipline and the ability to challenge oneself and others in a healthy, constructive manner will facilitate their training, make them better swimmers and teammates, and will become the tools that assist each individual in defining their own personal character. As with Junior Group and Pre National Group, group meetings, goal meetings (both as a group and individually), informational sessions, and alternate dryland opportunities are all essential in constructing successful swimmers, training groups and a dominant team.

Required Apparel: Phoenix Team Suit, 2 Caps (if you wear one), 3 Phoenix Shirts, Technical Racing Suit for Championship Meet

Required Equipment: Kick board, Pull Buoy, Finis Snorkel, Hand Paddles (prefer Hans black paddles), Short Training Fins, Old pair of Running Sneakers (to use in the pool), Equipment Bag

Throughout each individual's progression and development as members of Phoenix Swimming, coaches will be reassessing group placement based upon a number of factors including providing the most ideal training environment considering both ability and the importance of social networks. Also, as coaches, we reserve the right to make sure we are providing each swimmer with every opportunity to improve their skill level without "over training" and jeopardizing the ultimate long-term goal of excellence in the pool and in character. Any training and competition decisions are made by the coaches and will be made with every swimmer's best interest in mind.

All swimmers should plan on arriving to practice no earlier than 15 minutes before their scheduled practice time and should plan on being picked up no later than 15 minutes after their practice is over. While swimmers are at the pool(s), we as coaches are responsible and we ask that all swimmers remain on deck until parents/ guardians have arrived unless granted permission by a coach. While we are at our training facilities, we are guests and we ask that all representatives of Phoenix Swimming respect this privilege.

Finally, because training sessions are the most important aspect of competitive swimming and are the main time we as coaches can reinforce the team mission statement and team building, we are strong believers of swimmers attending as many of their groups practices as possible if they want derive the full benefits of the program. Consistent training is needed and essential. The least amount of interruption in training will produce the opportunity for the greatest amount of success. Pool availability is our most limiting factor and we ask that you please do not waste it.

Coaches and Coach Contact Information

Lori Paszko (Head Coach):

Email – PHXswimming@gmail.com. Mobile: 978-689-5119

Lori has been involved in coaching for a number of years and has been part of New England Swimming since she was a swimmer growing up in Haverhill, MA. She has been a coach for the Cedardale Swim Team for the past 13 summers. Lori worked full-time as an assistant coach for the senior program and head coach of the 12 and under program at Merrimack Valley Pirates/ Magnus Aquatic Group/ Crimson Aquatics since September 2002 after graduating from Bates College in Lewiston, ME. During her time at that program, Lori's swimming philosophies and training design was an instrumental part in winning twelve New England 12 and Under Championships and two New England 14 and Under Championships. She has also served as assistant coach for the Andover High School Girls Swim Team in 2008 and 2009, in which they won their tenth MIAA State Championship. Lori is a Level II American Swim Coaches Association certified coach and is also Lifeguard, CPR, First Aid and Water Safety Instructor certified. In 2012, Phoenix Swimming was selected as one of the top 4 teams in the country with under 100 swimmers. With this accolade, Lori was invited to attend the USA Swimming Age Group Summit at the Olympic Training Center in Colorado Springs, CO. With this experience and through continuously seeking knowledge to provide the best training techniques and drills to her swimmers, Lori is excited by the challenges and new expectations of our 2013-2014 season. She will be responsible for the seasonal training plans and will have involvement with all swimmers. We are Phoenix Swimming!

Matt Williams:

Email – mw288098@gmail.com. Mobile: 603-475-8730

In our inaugural season, Matt's role, coaching philosophy, and "voice" as a coach became much more developed and defined. Through experiences of coaching all levels, assisting with the structure and progression of the seasonal plans and team development, attending the National Diversity Camp Coaches Program at the Olympic Training Center in Colorado Springs, CO, and being selected as a Zones Championships coach for the 2011, 2012, and 2013 Long Course New England team, Matt grew both personally and professionally. Matt is also a member of the New England Swimming Age Group Committee. He brings his passion for the sport and desire to provide the best opportunities for all swimmers to New England Swimming. His confidence, knowledge, humor, and charisma are all vital aspects of the team.

2013-2014 Tentative Practice Schedule

Novice Group

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OFF	OFF	5:15-6:15	OFF	5:15-6:30	OFF	3:45-5:00 LBGC

Age Group

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-7:30 DL 5:15-6:00	6:00-7:45	5:15-7:30 DL 5:15-6:00	6:00-7:45	OFF	OFF	1:45-4:00 LBGC

Junior Group

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-7:45 DL 5:15-6:00	6:00-7:45	5:00-7:45 DL 5:15-6:00	OFF	5:00-7:45 DL 5:15-6:00	5:45-8:00am	1:45-4:00 LBGC

Pre National Group

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-7:45 DL 5:15-6:00	6:00-7:45	6:00-7:45	6:30-9:30 DL 6:30-7:30	OFF	5:45-9:30am DL 8:15-9:30	4:45-7:30 LBGC

Senior Group

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30-9:30	6:30-9:30 DL 6:30-7:30	7:30-9:30	6:30-9:30 DL 6:30-7:30	6:15-8:30	5:45-9:30am DL 8:15-9:30	4:45-7:30 LBGC

National Group

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15-9:30	6:30-9:30 DL 6:30-7:30	7:15-9:30	6:30-9:30 DL 6:30-7:30	4:45-6:45am LBGC	5:45-9:30am DL 8:15-9:30	4:15-7:30 LBGC

**Practice times are subject to change as this is a tentative schedule.



2013-2014 Tentative Meet Schedule

Date	Meet	Where	Who
10/12-10/13	NSSC Specialty	MIT	13 and Overs
10/19-10/20	PSC Specialty	Acton Boxboro High	12 and Unders
11/1-11/2	CRA Specialty	Simmons College	Everyone
11/9-11/11	Minn Grand Prix	Minneapolis, MN	Qualifiers/Invite
11/?	TBA	TBA	TBA
12/5-12/7*	Bowdoin Open	Bowdoin College	All
12/12-12/14	Junior Nationals	Greensboro, NC	Qualifiers
12/19-12/21	NE Seniors	Boston University	Qualifiers
1/11-1/12	NSSC Specialty	MIT	All
01/13**	Distance Meet	LBGC	All
Late January	TBA	TBA	TBA
2/7-2/9	Regionals	Salem State	Qualifiers
2/14-2/16	NSSC Specialty	Salem State	Some
2/27-3/2	12 and Unders	UVAC	Qualifiers
3/6-3/9	13 and Overs	TBA	TBA
Sectionals	TBA	TBA	TBA

***The Bowdoin Open date is not yet finalized but it looks as though this will be the weekend it is held**

****We are in the process of trying to hose a distance meet at the Lawrence Boys and Girls Club but are waiting on confirmation**

Please Note that meet schedule is subject to change. This is only a Tentative meet schedule and is contingent on being invited by the host team



Phoenix Swimming 2013-2014 Tuition

Group	Tuition	Escrow	Quarterly Payment
Novice	\$1,050.00	\$350.00	\$350.00
Age Group	\$1,500.00	\$600.00	\$525.00
Junior Group	\$1,800.00	\$600.00	\$600.00
PreNational Group	\$2,100.00	\$600.00	\$675.00
Senior Group	\$2,100.00	\$600.00	\$675.00
National Group	\$2,250.00	\$600.00	\$712.00

Payment Due Dates:

Payment is due on the 15th of September, November, January, and March.

For families with **more than one registered swimmer:**

2nd swimmer's tuition is reduced by **5%**

3rd swimmer's tuition is reduced by **10%**

4th swimmer's tuition is reduced by **15%**

The above discount will apply regardless of which payment option is chosen. The discounts will be applied to the swimmer with the lowest dues requirements. Please note that the discount goes toward tuition and not your escrow (meet fees).

Meet Fees: Each swimmer will be charged an additional \$5.00 dollars per meet to offset coaches expenses.

Registration Fee:

There is a non-refundable annual registration fee of \$120 for all team members. This fee covers the USA swimming registration fee and a team t-shirt.

Phoenix Swimming Registration Form

September 2013-August 2014

Swimmers Name _____ Preferred Name _____

Gender _____ Birthdate _____ Age _____

Athlete's Cell Phone _____

Athletes Email _____

Athletes Shirt Size _____

Swimmers Name _____ Preferred Name _____

Gender _____ Birthdate _____ Age _____

Athlete's Cell Phone _____

Athletes Email _____

Athletes Shirt Size _____

Swimmers Name _____ Preferred Name _____

Gender _____ Birthdate _____ Age _____

Athlete's Cell Phone _____

Athletes Email _____

Athletes Shirt Size _____

Swimmers Name _____ Preferred Name _____

Gender _____ Birthdate _____ Age _____

Athlete's Cell Phone _____

Athletes Email _____

Athletes Shirt Size _____

Swimmers Name _____ Preferred Name _____

Gender _____ Birthdate _____ Age _____

Athlete's Cell Phone _____

Athletes Email _____

Athletes Shirt Size _____

Phoenix Swimming Registration Form

September 2013-August 2014

Father's/ Guardian's Name: _____
(first) (last)

Father's Cell Phone: _____

Father's Work Phone: _____

Father's Email Address: _____

Mother's/ Guardian's Name: _____
(first) (last)

Mother's Cell Phone: _____

Mother's Work Phone: _____

Mother's Email Address: _____

Family's Mailing Address: _____
(street) (apt#)

(city/town) (state)(zip)

Home Phone: _____

Additional Emails (for team email list): _____

Please note that the above information will be used to register your swimmer with United States Swimming, so please fill out clearly and completely. All information is required except for the athlete's cell phone numbers and email addresses. Athlete's contact information will not be included in the team directory, but all other information will be included unless you specify above.

We are required to submit a copy of each swimmers' birth certificate to New England Swimming. Your swimmer will not be able to compete or register without a birth certificate to verify the athlete's age and birthdate. Please send a copy of the birth certificate in with your registration material so not to hold up our team's registration process with both New England Swimming and US Swimming.

By signing and returning this registration form, you are committing to Phoenix Swimming and we are committing to you. In order for us to hold your spot, we need all registration materials by August 14th, 2013.

Please return all required forms, birth certificate copy, and the \$120 per swimmer registration fee to:

Phoenix Swimming, LLC

c/o: Matt Williams

26 Auburn Rd.

Hooksett, NH 03106

Checks can be made payable to: Phoenix Swimming, LLC.



Waiver to Send Electronic Invoices

Tuition invoices will be sent two weeks prior to the tuition due date. Escrow account updates will be sent out after any balance changes or per request.

I would like to receive my escrow and tuition invoices electronically via email/website.

Signature _____ Date _____

I do not want to receive my escrow and tuition updates electronically via email/website.

Signature _____ Date _____



Phoenix Swimming Picture Consent Form

I agree to let my swimmer(s) pictures to be taken, used, and posted on the team website, handbook or in general advertising. Signing this document gives permission to Phoenix Swimming LLC to use the pictures in the aforementioned manner.

Parent/Guardian Signature _____ Date _____

Swimmer(s) Name _____ Date _____

Failure to Give Picture Consent

I DO NOT want my swimmer(s) picture taken or used in any way regarding the Phoenix Swimming website, handbook, or in general advertising in any manner.

Parent/Guardian Signature _____ Date _____

Swimmer(s) Name _____ Date _____



Phoenix Swimming Medical & Travel Release Form
September 2013-August 2014

Parent/Guardian Names _____

Address _____

Parent _____ Work Phone _____ Cell Phone _____

Parent _____ Work Phone _____ Cell Phone _____

Please list any known allergies or medical conditions (by swimmer):

Name of Swimmer _____ DOB _____

Conditions _____

Family Health Insurance Plan _____

Plan Number _____

Doctor's Name _____ **Phone** _____

Emergency Contact _____ **Phone** _____

I hereby give permission to the swimmers above to travel with Lori Paszko, Phoenix Swimming and any other affiliated coaches. Moreover, I authorize the aforementioned parties to seek and administer any medical care which they deem necessary to my son/daughter/children listed on this form.

Signature _____ **Date** _____



Team Contract for Participation on Phoenix Swimming

1. The yearly team registration fee is non-refundable and is required before the swimmer can enter the water.
2. Team fees are to be paid on the published date. Invoices will be sent out two weeks prior to the due date as a reminder. If team fees are not paid on time the swimmer will not be allowed to participate in team activities, including practice.
3. Team escrow updates will be sent out every time the escrow changes or per request. The escrow updates will show the remaining credit currently in the account. If the escrow account falls under \$100 an additional invoice will be sent out as a notification of low funds.
4. As part of our agreement with Cedardale Health Club we will be doing at least one rotation of Parisi for the Junior, Pre National, Senior and National Groups. Enrollment in this program will be an additional fee not included in the aforementioned Team Fees and Dues.
5. A five dollar (\$5.00) coaches surcharge will be charged per swimmer, per meet to help offset coaches costs.
6. This document reserves a place for your swimmer on Phoenix Swimming. As such, you are committing to participate for the entire year and the full tuition payment will be paid. If a swimmer decides to discontinue enrollment in Phoenix Swimming the remaining tuition payment for the year is required as well as any outstanding meet fees.
7. All swimmers are required to participate at their highest levels of achievement in championship meets (including relays).
8. Each swimmer must have the required Phoenix Swimming apparel and equipment.
9. All checks returned to Phoenix Swimming, LLC for insufficient funds will be subject to a \$35.00 additional handling charge.

I agree to the conditions above for enrollment in Phoenix Swimming. Signing this document will allow my child(ren) to participate in all Phoenix Swimming activities.

Parent/Guardian Signature _____ Date _____