



Athens Bulldog Swim Club

—a non-profit USA-Swimming team based in Athens, Ga

The logo is a red oval with the words "ATHENS SWIM CLUB" in white at the top and "BULLDOG" in white at the bottom.	<h2>The Athens Bulldog Swim Club</h2> <p>Mail: 139 Hope, Athens, GA 30606 www.athensbulldogs.com</p>
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Dear Swimmers and Parents,

On behalf of the entire coaching staff, I'd like to welcome you to the Athens Bulldog Swim Club and another exciting season of swimming. We are glad you are with us. I'd like to take a moment to tell you a bit about our club's philosophy and how that relates to you and your child.

From the Gups group to the Senior 1 squad, at ABSC we believe in emphasizing the development the whole child. This means that in terms of swimming, we believe that technique-work and aerobic training go hand in hand. In our developmental groups, we place a strong emphasis on learning foundational technique while also building aerobic endurance; both of which are necessary to develop the swimmer's fullest potential. The aim of our club – a 501c3 non-profit organization – is to provide our swimmers with the skills and background necessary to achieve their individual swimming goals.

But swimming is not an end in of itself. Learning sportsmanship and developing good character are two of the most important things a child can gain from participating in athletics. Though success in the pool is important, ABSC swimmers learn to value a strong work ethic, a commitment to self-improvement, and display of respect for others. You will find that at ABSC winning or losing take a backseat to preparation and doing one's best, values which will help your children succeed not just in swimming, but in life.

We also believe that it's fun to be a member of the team! ABSC swimmers forge strong friendships as they train, travel, compete, and participate in team activities together. Swim meets and team social events help build a sense of community and foster relationships that will last long after your child has left the world of competitive swimming.

At ABSC our coaches strive to instill these values in their swimmers, both by instruction and example. We also maintain an open-door policy and encourage communication between swimmers, parents, and coaches. If you ever have a question or concern about your child's involvement with the team, please don't hesitate to email, or give his or her coach a call. Though we prefer not to meet with parents on the pool deck during practice, we are more than happy to take time, either before or after practice, to address any questions that you may have. Once again, we are happy to have you with us and are looking forward to a season. See you soon at the pool and Go Dawgs! "Tater!"

-Harvey Humphries
Head Coach



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What is ABSC?

The Athens Bulldog Swim Club (ABSC) is competitive swimming club team and swim lesson organization located in the Greater Athens, GA area (Athens and Watkinsville). Our club has two main branches, the competitive swim club, and the Bulldog Swim School by ABSC.

ABSC's club team is a [USA Swimming](#) affiliated club, and we swim as a part of the [Georgia Swimming LSC](#). Much like within the USA federal government there exists 50 states with their own governments, USA Swimming is also federal. The larger USA Swimming Organization consists of 59 LSCs (Local Swim Committees) which are the "states" to USA Swimming's "nation."

There are over 70 swim clubs in the Georgia Swimming LSC alone, and ABSC operates as a medium-large sized club. Within Georgia Swimming, our club competes in the Northeast Division, which is why our team championship is the Northeast Divisional Championships in March of each year.

We are not affiliated with the University of Georgia; however, we do partner closely with UGA. We rent lane space from UGA to run practices and meets. Furthermore, the UGA Swim Coaches register with



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ABSC as their USA Swimming affiliate club, and some UGA Swimmers choose to affiliate with ABSC when they compete at non-NCAA events, such as Olympic Trials or US Nationals where they must compete as USA Swimming Club swimmers rather than NCAA athletes. We also have a few post-graduate professional swimmers who choose to represent ABSC.

Finally, our newest branch, Bulldog Swim School (BSS), launched in March of 2021. BSS is led by Coach Gabby Matthews, who is a level-5 certified coach through the American Swim Coaches Association, the highest possible certification level, and who teaches using “Swim American” lessons curriculum.

Mission, Vision, and Philosophy

Who We Are:

- The Athens Bulldog Swim Club is a non-profit USA-Swimming registered swimming club based in Athens and Watkinsville. We offer programs ranging from learn to swim lessons program to training groups focused on competition at the highest level. We are committed to maintaining a positive, healthy, and safe environment for our athletes. We have served the Greater Athens area for over 40 years and our philosophy has remained the same - at ABSC we believe that swimming is a sport for life!

Vision (purpose):

- To serve our community by providing a transformational experience for our swimmers and families that allows them to grow in leadership and character.

Mission Statement (Method):

- Building enthusiastic team members and athletes of character through swimming.

Motto:

- “Tater.”
 - The “Tater” as our fearless leader Coach Harvey calls it, better known by most as the “fist-bump” gesture, symbolizes ABSC’s core values in one action. When one person gives another person a tater, they are all at once demonstrating connection with that person, support for that person, and belief in that person’s abilities to succeed.
 - Likewise, just as 5 fingers closed together make a fist which packs a stronger punch than one finger ever could, the team as a unit is stronger than the sum of its parts. We’re not a bunch of individual swimmers, coaches, and families, but we’re one team.

Core Values:

- Develop Character
 - Fostering personal growth for our athletes through the sport of swimming.
 - Coaches lead athletes in a way that builds them up in self-confidence and conviction.
- Sport for life
 - Programs for babies through adults.
 - Building a love of the sport our families will always take with them
- Team



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- Swimming is a team sport, not an individual sport. We all get better together.
- Coaches work as a team to lead the organization
- Parents work as a team with the coaches to support the swimmers and help the club through volunteering at meets and team events.

Coaching Staff

- **Head Coach:** Harvey Humphries
- **Associate Head Coach & CEO:** Jonathan Foggin
- **Head Senior Coach:** Adam Sasso
- **Head Age Group Coach:** Mike Radford
- **Bulldog Swim School Director:** Gabby Matthews
- **Lead Masters Coach:** Laura Templin

Practice Group Descriptions

Gups Group. Learn the Sport. Swimmers in the Gups group acquaint themselves to ABSC, USA Swimming, and the sport as a whole! We teach the four competitive strokes, so swimmers become swim meet-ready and learn the ins and outs of what it's like to be a member of our team. The main goal of Gups is to have all swimmers complete the 10&under IM Ready designation. 2-3 days per week.

Pups Group. Learn to Race. The Pups Group introduces swimmers in grades 3-6 to the racing skills necessary to compete across all four competitive strokes in varying distances. It also builds upon basic technique taught in the Gups group. Pups will also learn about such swimming fundamentals as using the pace clock and circle swimming. The main emphasis of the Pups group, however, is on proper stroke technique and good sportsmanship. The Pups main goal is to become "IM Tough." 2-3 days per week.

Superpups Group. Expand and grow. The SuperPups group prepares swimmers in grades 4-7 to compete at the state level. The focus is on stroke efficiency and race strategy, along with beginning to build an aerobic base so that swimmers can add events of all strokes and distances to their event set. The Superpups main goal is to achieve the 13-14 IMX designation (even if swimmer is still 11-12). 3-5 days per week.

Dawgs Group. Train for Success. The Dawgs group exists for swimmers in grades 6-8 whose goals are to compete at the state and regional levels, and to move up to Senior 1 or Senior 2. Therefore, the Dawgs focus on establishing a strong aerobic base, building strength and coordination, and improving stroke technique for maximum efficiency. The Dawgs also learn about nutrition and energy systems, dryland training, and goal setting. The main goal of the Dawgs is to complete the 13-14 IMX designation, plus the 1000 free and 1650 free. They also strive to swim 100-yard freestyle repeats at the 1:20 pace or faster, achieve state qualifying times/be a state finalist. 4-6 practices per week.

Senior Flex Group. Focus and Add Skill. The Senior Flex group is intended for swimmers in grades 8-12 who are committed to the sport, but because of school, sports, or other activities, cannot commit the amount of time required for Senior 1 or Senior 2. Training is rigorous, but lasts an hour and a half rather than two hours, and with fewer practices per week, when compared with the other Senior Groups. Technique and drill work remain a



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focus of the group, and swimmers participate in dryland at each workout. This allows Senior Flex members to be leaders and contributors on their high school and summer league teams. 2-4 times per week.

Senior 2 Group. Excel and refine. The Senior II group is intended for in grades 8-12 who are committed to the sport and are still working to improve aerobic capacity to prepare them for college swimming and/or the Senior 1 group. Senior 2 is an advanced group with rigorous aerobic training so that swimmers can be competitive in every event, from the 50 free to the mile. 4-6 practices per week.

Like the Dawgs group, this group works to train swimmers for Senior 1, however they can also remain in this group and still work toward a goal of college swimming.

Senior 1 Group. Lead and achieve. The Senior I Group exists for swimmers in grades 8-12 who are interested in competing at the top levels of United States and International swimming. Regular attendance is mandatory, and there will be a combination of morning and afternoon workouts. While water and dryland training are rigorous, stroke technique, proper nutrition, and goal setting are also emphasized. 6-7 practices per week.

Dawgfit. Technique and Fitness. Dawgfit, which hosted by our Bulldog Swim School, is ABSC's Pre-competitive practice group offering. Ideal Dawgfit swimmers are those in elementary or middle school who want to emphasize technique and fitness while not necessarily competing, or those who are still refining their stroke technique and are still preparing for the rigorous of the Gups, Pups, or Superpups yet. 2-3 days per week.

Homeschool Group. ABSC's homeschool group was created for home-school athletes of all ages who hope to swim during the daytime. It's a low commitment that's more casual in nature, however swimmers will separate into lanes based on age/experience level so that their training needs are appropriately met.

IM Development Goals

The list of swimmer goals below comes from [USA Swimming's IMX and IM READY](#) motivational tool to encourage swimmers to compete in all strokes and distances, and the "IM TOUGH" designation comes from an initiative of S. Carolina Swimming LSC that we liked and have copied!

All goals are "Complete" when a swimmer swims the designated races in a USA swimming-sanctioned meet. Coaches will recognize athletes for achieving these goals in front of their peers at practice.

IM Tough (For Pups Group)

- 50 of each stroke, 100 of non-free, 200 free, 200 IM,

IM Ready:

- 10 & under
 - 100 free, 50 back, 50 breast, 50 fly, 100 IM
- 11-12
 - 200 free, 50 back, 50 breast, 50 fly, 100 IM
- 13 & Over
 - 200 free, 100 back, 100 breast, 100 fly, 200 IM

IMX:

10 & under



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- 200 free, 100 back, 100 breast, 100 fly, 200 IM
- 11-12
 - 500 free, 200 back, 200 breast, 200 fly, 200 IM
- 13& Over
 - 500 free, 200 back, 200 breast, 200 fly, 400 IM

Athlete Development Triangle

ABSC's Athlete Development Triangle: At ABSC, we believe in the developmental of the whole athlete. With that in mind, we help athletes develop in three crucial areas for high performance, both in swimming and in life. **They are, the Mental Aspect, the Technical Aspect, and the Physical Aspect.**

1. **The Mental Aspect.** Before an athlete can succeed in the pool, they must learn how to think like a champion! Therefore, we emphasize positive self-talk, goal setting, and visualization as ways for athletes to develop belief in their own potential.
 - a. **Positive Self-Talk:** ABSC athletes learn how to talk themselves into success by thinking and speaking affirmative statements over themselves at practice and at meets. They learn to speak positively in both success and setback and to treat their own minds with respect and care.
 - b. **Goal Setting:** ABSC swimmers learn how to begin with the end in mind. Our older swimmers learn how to work backward from the results they want to achieve to set realistic but challenging milestone goals along the way. Our younger swimmers learn the basics of goal setting and having a long-term, goal-oriented mindset. They learn to ask, "What do I need to do today, to improve in the future?"
 - c. **Visualization:** ABSC swimmers practice visualization in multiple ways. They learn how visualize their races before meets, picturing a great swim in their minds before they ever swim it. Older swimmers learn how to picture their long-term goals and visualize themselves achieving them in the "present tense," training their subconscious minds.
2. **The Technical Aspect:** ABSC swimmers practice stroke technique from their first day in our beginner groups until they graduate out of our program!
 - a. **Technique is perpetual:** Swimmers are constantly refining stroke technique at all levels, in all phases of the season plan. Even as they move up through the groups and encounter more rigorous aerobic training, the emphasis on refining the technique of all four competitive strokes, starts, turns, and underwaters never dwindles.
 - b. **Swimmers take ownership of their technique:** Swimmers learn to have a growth mindset, always self-evaluating their technique, and looking for ways to improve under guidance of the coaching staff.
3. **The Physical Aspect:** ABSC swimmers grow physically through a progressive physical program as they move up through the practice groups.
 - a. **Building through the groups:** The Pups and Gups groups work on developing baseline technique and learning how to control their bodies through disciplined and routine movements in the water. The Superpups group introduces swimmers to aerobic training, and their aerobic base expands as they move up into the Dawgs and Senior groups.
 - b. **Dryland and Strength Training:** "Dryland" training takes place for every group, starting with the Gups group where swimmers learn basic coordination and core strength.



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Progressive on-land strength training becomes increasingly rigorous as swimmers move up through the groups.

ABSC Volunteering Policy

Hosting swim meets is a huge part of ABSC's club philosophy. We love hosting meets so that our families can travel less, and it helps offset our lane rental costs which allows us to keep our member fees lower than they otherwise would be! But hosting meets is a big responsibility, and it takes many more people than our coaching staff to execute.

As such, all ABSC parents must volunteer for at least one session of a swim meet in which their child swims. If your child swims in the meet, you should plan to work the meet as a timer or an official. More on becoming a USA Swimming official below.

If you are unable to meet your volunteering requirement, we will hold your swimmer out of future competition until the volunteering requirement can be fulfilled. If you miss your requirement due to a last-minute or unexpected reason, please contact our volunteer coordinator as soon as possible. Volunteer Coordinator: Christian Trotter. christiantrotter@comcast.net.

Become an ABSC Official! One of the best jobs available!

All competitive swimming events held under USA Swimming sanction must be conducted in accordance with the rules and regulations established by USA Swimming. These rules are designed to provide fair and equitable conditions of competition and to promote uniformity in the sport so that no swimmer has an unfair advantage over another. To that end, we at ABSC are always in need of certified officials to order to conduct swim meets, both at home at the Ramsey Center, and at away meets hosted by other swim clubs. **Without certified officials, we cannot have a swim meet.**

Officiating at swim meets is one of the best ways to actively participate in your child's sport. By becoming an official, you will learn a lot about swimming, help your local swim club, meet people from all over the state of Georgia, and get to watch the competition up close. There are several positions for which one can obtain certification. These include Stroke and Turn Judge, Starter, Chief Judge, Referee, Administrative Referee, and Clerk of Course. Beginning officials must first get certified as "Stroke and Turn Judges".

How do I become certified as a swimming official in Georgia?

To become a certified Stroke and Turn Judge (the entry-level position), you must first complete a "home self-study course, and then attend a one-session "stroke and turn clinic". Clinics take place at designated swim meets and Georgia Swimming meetings throughout the year. After attending the clinic, you will be ready to "apprentice" at a series of meets, where you will be shadowing an experienced stroke and turn judge. After completing your apprenticing sessions and sending in your apprenticing log, you will have completed the certification process.



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All expenses incurred for officials training will be reimbursed by the club.

If you have questions about officiating, please contact Mike Radford
(Mike@athensbulldogs.com)

ABSC Parent Code of Conduct

As a parent member of ABSC,

I will understand and endorse the purpose of the program, which is: *To help swimmers grow in character through the sport of swimming as they become swimmers for life!*

I will support the coaches by applauding behavior in my child and his/her teammates that demonstrates characteristics of integrity, empathy, sacrifice and responsibility.

I will acknowledge and appreciate my players' growth toward maturity and their effort toward establishing stronger relationships with their teammates, coaches, and themselves.

I will affirm my child and their teammates when good character, healthy sportsmanship and any other centered behaviors are displayed. I will not *only* affirm my child's athletic performance or a victory.

I will serve as a role model for my athlete: speaking politely and acting courteously toward coaches, officials, other parents, visiting team parents and spectators at practices and meets.

I will model good sportsmanship. I will acknowledge and applaud the efforts of team members and opponents. I will accept defeat graciously by congratulating members of the opposing team on a game well-played.

I will support the team regardless of the time standards my child achieves, the events the coach chooses, or which relay they are a part of.

I will encourage my child and their teammates with positive statements even when they make mistakes. At every practice they are growing physically and emotionally. At every practice they are learning moral and ethical lessons. At every practice they are developing character.

I will refrain from boasting about my child's accomplishments, particularly in comparison to other athletes.

I agree that when problems or questions arise, I will have my child present the problem to their lead group coach. We want our athletes to develop self-advocacy. After meeting with the lead coach if the issue requires more clarity, I will contact the head coach.

Because I am a parent with the power and platform to make a positive difference in the life of my swimmer and others, I commit to this code of conduct. When failing to live up to these standards I will allow for accountability and take responsibility for my actions.

Parent Name: _____

Parent Signature: _____

Date: _____



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ABSC Swimmer Code of Conduct

*Note** While the principles herein are for all ages, this form will be completed by ABSC swimmers in the Superpups group and up. Pups and Gups will not sign this code of conduct.*

As an athlete member of ABSC,

I will accept responsibility for my behavior on and off the pool deck. I understand that what I do or say affects my teammates, my team, and other people either positively or negatively.

I will act with respect toward myself and the people and things around me, including my parents, coaches, teammates, opponents, and spectators. I will listen to my coaches at practice and will not talk while they are talking to the group or distract my peers during times of instruction.

I will act with empathy. I will try to understand what is going on in the hearts and minds of others and what is causing those feelings, so that I can be supportive and encouraging.

I will not put people in boxes according to their race, religion, gender, neighborhood, or abilities. I will judge people by the content of their character.

I will be inclusive to all swimmers on the team, loving and respecting others regardless of their differences. I will refrain from bullying others, and I understand that bullying may lead to removal from the team.

I will avoid using foul or inappropriate language. I understand that language is important, I will speak in ways that are life-giving to others, rather than hurtful.

I will serve as a role model by speaking politely and acting courteously toward coaches, teammates, opponents, officials, and spectators. This also includes people of authority at practices, such as building managers, lifeguards, and custodial staff.

I will lead courageously and live with integrity by speaking up against injustice and on behalf of others even when it is hard or unpopular.

I will give 100% effort to practices, games, and events. I understand that my effort demonstrates my commitment to the team, and my respect for my coaches and teammates.

I will display good sportsmanship. I will acknowledge and applaud the efforts of others and encourage my teammates with positive statements. I will refrain from boasting to my teammates and trash talking opponents. I will accept defeat graciously by congratulating my opponents.

I understand that it is a privilege to represent my family, team, and community as a student/athlete. Because I represent my family, team, community, and myself, I will abide by the policies, rules, and guidelines of the team and coaches.

Athlete Name: _____

Athlete Signature: _____

Date: _____



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Season Duration

ABSC operates on an 11-month fiscal calendar, and each billing cycle runs from September of a given year, until July of the following year. The month of August is off.

- Within the 11-month calendar year is the short course season (September – March) and the Long Course season (April – July). With our monthly billing setup, you can swim either or both seasons, and can join up any month.

ABSC Financial Policy & Practice Group Pricing, 2022-2023 Season

Practice Groups	Group Description	Price	Practices Per week
Gups: Learn the Sport	Serves as an intro to ABSC and intro to club swimming. Focus is on developing basic meet readiness in the four strokes, foundational skills like streamlines, and practice routines. Learn to learn and learn to love the sport!	\$115/mo. 11 mo. Trimester: \$435 ***	Offered: 3 for 1 hr. ea. Recommended: 2-3.
Pups: Learn to Race	Coaches swimmers in grades 3-6 the racing skills to compete across all four competitive strokes in varying distances. Builds upon basic technique taught in the Gups group.	\$130/mo. 11 mo. Trimester: \$495 ***	Offered: 3 for 1 hr., 15 min. ea. Recommended: 2-3.
Super-pups: Expand and Grow	Prepares swimmers in grades 4-7 to compete at the state level. Focus is on stroke efficiency and race strategy, along with beginning to build an aerobic base so that swimmers can add events of all strokes and distances to their event set.	\$175/mo. 9 mo. Semester: \$750	Offered: 5 for 1.5 hrs. ea. Recommended: 3-5.
Dawgs: Train for Success	Designed for swimmers in grades 5-8 to swim at the state and regional level and prepare for Senior 1. Focus is on establishing a strong aerobic base, building strength, and improving technique.	\$205/mo. 9 mo. Semester: \$875	Offered: 6 for 1.5 or 2 hrs. ea. Recommended: 4-6
Senior 1: Lead and Achieve	Intended for swimmers in grades 8-12 whose goals are to compete at the top levels of regional and national swimming, and to swim in college. Workouts are challenging and advanced.	\$225/mo. 9 mo. Semester: \$960	Offered: 7 for 2 hrs. ea. Recommended: 6-7.
Senior 2: Excel and Refine	Intended for swimmers in grades 8-12 who are committed to the sport and are still working to improve aerobic capacity to prepare them for college swimming and/or the Senior 1 group.	\$205/mo. 9 mo. Semester: \$875	Offered: 6 for 1.5 or 2 hrs. ea. Recommended: 4-6
Senior Flex: Focus and add skill	Intended for swimmers in grades 8-12 who want to be competitive members of their high school/ summer league teams but want a smaller practice commitment than the other senior groups.	\$145/mo. 9 mo. Semester: \$620	Offered: 4 for 1.5 hrs. ea. Recommended: 2-4.
Masters: Connect to swimming	Masters swimmers are anyone 18&over who love the sport of swimming. We welcome all ages and experience levels. Practice is technique-oriented, and meets are optional. Come join our community and swim for life!	\$120/mo. 11 mo. Trimester: \$340	Offered: 5 for 1 hr. ea. Recommended: N/A



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Home School	Created for home-school athletes of all ages who hope to swim during the daytime. It's a casual group, however swimmers will separate into lanes based on age and experience level so that their training needs are appropriately met.	\$120/mo. 9 mo.	Offered: 3 for 1 hr., 15 min. ea. Recommended: 2-3.
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****All groups except for the Masters will pay a \$125 ABSC Annual Registration Fee, and \$84 USA Swimming Registration fee once per swim year. (I.e., paying in Fall will cover all 11 months).**

**** You can also pay by Trimester (Gups/Pups/Masters) or Semester (Supers, Dawgs, Senior Groups) and Save 5%!**

ABSC Financial Policies – 2022/2023 Season

Monthly Calendar ABSC operates on an 11-month fiscal calendar, and each billing cycle runs from September of a given year, until July of the following year. The month of August is off.

- Within the 11-month calendar year is the short course season (September – March) and the Long Course season (April – July). With our monthly billing setup, you can swim either or both seasons, and can join up any month.

Annual Registration Fee: Each ABSC swimmer will be charged non-refundable Annual Registration Fee of \$125 for ABSC. Team t-shirt and Swim Cap are included They will also pay an \$84 USA Swimming Annual Registration Fee, which will be completed through USA Swimming.

- Families with multiple swimmers will only be charged a \$40 ABSC Annual Registration Fee for the second swimmer and beyond.
- On February 1st, each year, this fee will drop to \$80 for the first swimmer for all groups, and \$20 for subsequent swimmers. **Masters don't pay the Annual Registration Fee.**

Monthly Invoices:

- **Superpups, Dawgs, Senior 1, and Senior 2, and Senior Flex** monthly tuition is billed **in 9 monthly instalments (September-May)** or further if membership is suspended or started later). This includes 11 months of membership (we typically take August off). If all monthly fees have been paid from September – May, June and July are free.
- **Gups, Pups, and Masters:** monthly tuition billed **in 11 monthly installments (September – July).**
- **Home School Group:** 9 months of monthly payments (September – May), group not offered June and July.

Pay by Semester/Trimester option: Families will also have the option to pay by semester (Supers and above) or trimester (Gups, Pups, & Masters) for a 5% discount in fees off each bill. (note** Masters is larger than a 5% discount for pay by trimester).

- *** Note – because there's only 3 months in the final trimester, it will be a lower rate than the first two trimesters. For Pups it will be \$370 for the third trimester, and for Gups \$330.

Billing Dates and Payment Deadlines: All monthly invoices are created at 12:00am on the 1st day of each month. Each month's invoice must be paid by the 10th of the month.



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- Pay by trimester billing dates for Gups/Pups/Masters: Sept 1, Jan 1, May 1.
- Pay by semester billing dates for Supers/Dawgs/Senior groups: Sept 1, Jan 1.

Payments: Billing invoices can be paid one of two ways:

- Pay with master/discover/visa card. A valid card added to your account can be processed automatically on the 1st day of each month for tuition dues and any meet fees from the previous month (if any).
- Pay with a checking/savings account (ACH Direct Draft). A bank account can be added to your account to be drafted on the first day of each month for tuition dues and any meet fees from the previous month (if any). There is NO convenience fee for this electronic payment method.

Electronic payment requires being enrolled in the auto-pay system (Visa/MasterCard/Discover Card or ACH Direct Deposit Bank Account).

Athens Bulldog Swim Club does not accept partial payments.

Meet Fees: Families will be auto-billed all meet fees once registration closes. Once a swimmer is committed online for any swim meet or team event; and the online commitment withdrawal/sign-up deadline has passed, **the account holder of the swimmer is financially responsible and will be billed.** Specifically note swim meets missed for illness will not be credited for any reason; fees are incurred prior to the meet and cannot be refunded.

Multi Swimmer Discount: Families with multiple active paying swimmers will receive a discount on the additional swimmer's monthly dues. There is a 10% discount to the 2nd swimmer, a 20% discount to the third swimmer, and the fourth swimmer per family and beyond will receive a 100% discount. Discounts apply to the swimmers paying the lesser amount each month. Multiple swimmers must be registered on the same account and must be living in the same household. The multi-swimmer discount applies to monthly dues only and does not apply to meet fees, or any miscellaneous fees.

Changing Roster Groups: If your swimmer moves to another roster group mid-season, your monthly rate will be reflected on the following month's invoice. (ex. Henry F moves from the Gups group to the Pups group on October 15th. He will not be charged the Pups group rate until the next billing period on November 1st).

Suspend/Reactivation for Registered Members: Swimmers may opt to suspend their memberships for one or more months. **Team treasurer Clayton Foggin must be notified via EMAIL (Clayton@athensbulldogs.com) before the 27th day of the month PRECEDING the month you wish to suspend your swimmer's membership.** (ex. If Johnny wishes to not swim in the month of February, Clayton must be notified by email before January 27th).

- Account balances must be paid in full to suspend a swimmer's membership. Suspended members may not participate in Athens Bulldog practices or meets.
- Please email Clayton@athensbulldogs.com with your swimmer's name as well as the desired month(s) to suspend your registered member. Please also email her if you wish to re-activate a previously suspended swimmer's membership. Your account will be invoiced for the full month's dues for the month your swimmer returns.
- If a swimmer in one of the groups being billed for 9 months (Supers, Dawgs, Senior 1, Senior 2) takes a month off, they will then be billed in June. For example, if you take November off, and therefore only



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swam 8 out of the 9 months for which we bill, then if you choose to swim in the summer, you will only receive one “free month” (July) and will be billed for June. July would still be free in this scenario. If you miss two or more months, you will be billed in June AND July should you choose to swim. We do not typically swim in August.

- For Pups and Gups, there will be a 50% restart fee for swimmers who suspend membership and rejoin later during the 2021/2022 season. For instance, if Johnny swims September – November, takes December off, and rejoins in January, then he will be billed his January fee +50% upon his return. If the monthly fee is \$120 for Pups, his January fee would be \$120+\$60 = \$180.

Canceling Memberships: If you wish to cancel your membership for the remainder of the season, please email Clayton@athensbulldogs.com with your swimmer’s name and statement of cancelation. Your monthly invoices will be discontinued, **effective the following month**. Account balances must be paid in full to cancel a registered swimmer’s membership.

Holidays / Breaks: In March or April, there may be a week vacation for the coaches and staff that aligns with the Spring Break for the major public-school district in the ABSC location’s area. Your normal monthly payment would still be due in March/April because the monthly payment for each practice group is based upon the total amount of practice time during the season. In addition, the total practice time for each team is added up for the entire season (all practices for September through July) and divided by monthly payments for your convenience. ABSC takes in consideration Christmas, New Year's, Spring Break, and the August break. Monthly rate cannot be adjusted due to individual schedules.

For any further questions, please email Mike Radford at Mike@athensbulldogs.com. You may also reach him at 404-513-2826 and leave a message, or contact our treasurer, Clayton Foggin at Clayton@athensbulldogs.com.

Swim Meet 101

1. What is a normal meet season like?

- a. ABSC’s season goes from September – July each year. We usually have one, and sometimes two meets per month. Meets typically occur on weekends and are typically multiple days. Sometimes Friday-Sunday, sometimes just Saturday and Sunday.
- b. ABSC is a USA-Swimming Club, and like all USA Swimming clubs, our “Short course season” (25 - yard format, like summer league) goes September – March. Our “long course” goes April – July.
- c. We typically have our “Red & Black” intrasquad meet in September, then we’ll host a meet in October, travel in November, and host in December as well as go to Senior State/Junior Nationals in December. We host again in January, travel to a meet in February and travel again to 14&under state in February for qualifying swimmers.
- d. Our preeminent “short course” swim meet each year is the Northeast Divisional Championships at the end of March. It is a championship for all the teams in Northeast Georgia. There is a team score and a team spirit award, and ABSC strives to win both. In 2022, we won both!
- e. Then we usually swim one or two long course meets per month April – June and have the state long course state championship for both 14&under and Seniors in July. Then we’re off in August!

2. Swim Meet Goals and Expectations.

- a. ABSC asks swimmers to swim in more meets as they age up through the program. For Gups we encourage at least one meet per semester. For Pups we encourage 2 per semester, and



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Superpups 3 per semester. For Dawgs, Senior 1, and Senior 2 we ask for participation in as many meets as possible. For Senior Flex, meets are optional.

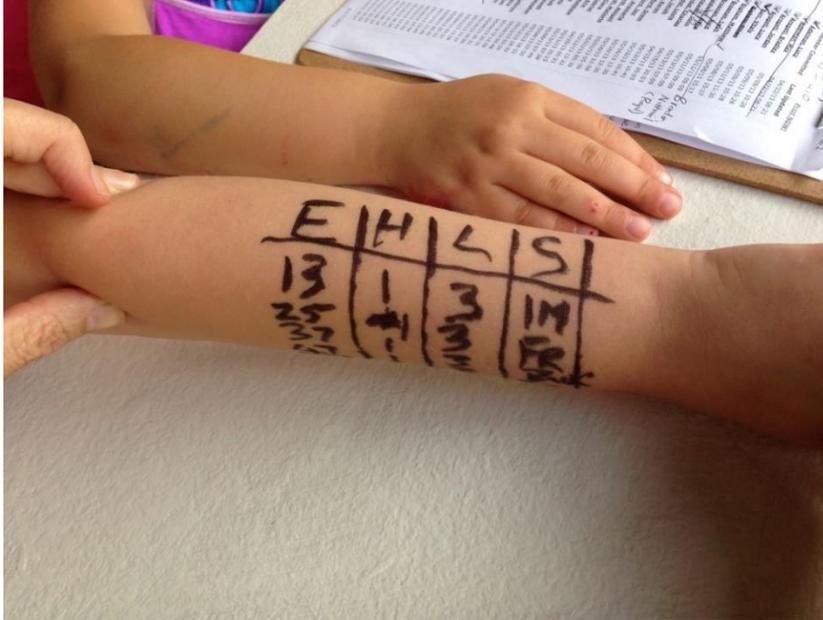
3. **Success and failure at meets.** We focus on character building and “Process over results.”
 - a. **Coaches.** A successful meet for our coaches is one in which the swimmers have fun, try their best, and leave the meet having learned and improved on their process. We serve the swimmers through our support, positivity, and engagement in their process. Meets are meant to be fun!
 - b. **Swimmers.** Process over results! The goal for each swim is to let the Big Dawg Eat! “E.A.T.”
 - i. E = Effort. We dignify ourselves, our competition, and the event itself by giving 100% effort every time we race. We show respect to ourselves and others through our effort!
 - ii. A = Attitude. We race with a positive attitude. If we are tired, we remember the training we’ve put in. If we are nervous, we focus on positive self-talk.
 - iii. T = Team. We don’t just race for ourselves; we race for our teammates! We push those around us to be great by giving our best. We give our all for the team, even at meets where points aren’t scored, or relays aren’t swum.
 - c. **Parents. Supporting your athletes.**
 - i. For parents, a meet is successful when the communicate to their athletes with love, support, and encouragement regardless of how the meet goes.
 1. Parents focus on saying “I love to watch you swim” rather than on praising swimmers for their results.
 2. Parents avoid coaching from the stands at all times.
 3. Parents support the ideals of Letting the “Big Dawg E.A.T.” Be proud of swimmers for giving maximum effort, maintaining a positive attitude, and supporting the team.
4. Heats and lanes.
 - a. Each event separates into individual heats and lanes. Let’s say there are 32 swimmers in event #1, 13–14-year-old 100 freestyle.
 - b. If the meet is being held at the Ramsey Center, which is an 8-lane pool, only 8 of the 32 swimmers can swim at one time. So, the swimmers will be divided into 4 “heats” of 8, and will be assigned a lane, between lane 1 through lane 8.
 - c. Before each meet, swimmers will receive their heat and lane assignments. For example, Johnny’s event list may look like this:
 - i. Event #2, 10&under 100 free. Heat 2, lane 5
 - ii. Event #6, Heat 4, Lane 1
 - iii. Event #12, Heat 7, Lane 2
 - d. Heats and lanes example photo. Before each meet, coaches will send out heat and lane assignments. In this example photo, we see “E,” “H,” “L,” & “S,” which stands for: event, heat, lane, and swim, respectively. In the picture, the swimmer’s first event would be #13, and they’d



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be swimming in Heat number 1, Lane Number 3, and the “Swim” would be “IM.”



5. What else does my swimmer need for meets?
 - a. **Checklist:** Team swim cap, goggles, suit, towel(s), snacks, several drinks, a sharpie pen to write their events, some cards or small games, and a bag to put it all in!
6. When do swimmers interact with coaches at meets?
 - a. Swimmers will follow the same pattern for every race.
 - i. Talk to coach -> Swim my race -> do my cooldown laps -> talk to coach again. This pattern is crucial in the development of an athlete at swim meets.
7. Is there a bullpen? How will my swimmer be on time for their race?
 - a. Most of the time there will NOT be a bullpen at club meets. Swimmers are responsible for arriving at their heats and lanes on time. All meets will have a scoreboard which keeps track of events, so swimmers and parents can watch make sure they don't miss races.
 - b. Swimmers should talk to their coach 2-4 events before they swim and get behind the blocks 1-3 events before they swim.
 - c. If they do miss a race, they should find a COACH, NOT THEIR PARENTS! Coaches will take them to the officials, and the officials will allow them to swim in an empty lane in a later heat IF there is an open lane.

Long Course vs. Short Course

While ABSC's season last 11 months, September – July, it's broken down into two different competition format seasons. The first season is the “Short Course” Season, which goes from September – March. April – July makes up the second season, the “Long Course” season.

- **Short Course: 25-yard format.** A 50-yard swim requires two lengths of the pool, down and back. In the United States we typically use the “yards” distance rather than meters, though the short course meters format does exist. Summer league swimming, high school swimming, and NCAA swimming all use the Short Course Yards format, so this is the format most familiar for most swimmers starting out.



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- **Long Course: 50-meter format.** A 50-meter swim requires one length of the pool. Long course is double the distance of short course, but even a little longer still because meters are slightly longer than yards. Long course is the format used most around the world, and it is the format used for most major international swimming competitions, such as World Championships and the Olympics.

Moving up to a new practice group

While we seek to collaborate with parents and find the best fit for each swimmer, **coaches always hold the final discretion when it comes to practice group placement.**

When a swimmer joins ABSC, they are evaluated by the coaching staff and placed into a practice group that meets their needs. Each practice group has entry-standards that must be met for swimmers to be placed into that group. From the time a swimmer joins the team, they should be working toward moving up to the next practice group, until they have reached the highest group they can.

Each group also has loose move-up standards, mostly based upon commitment level and performance in the PRACTICE setting (rather than having fast meet times).

The progression goes:

- Gups move up to Pups
- Pups move up to Superpups
- Superpups move up to Dawgs or Senior Flex
- Dawgs move up to Senior Flex, Senior 1, or Senior 2
- Swimmers may move laterally between the three Senior groups, depending on their desired level of commitment.

In placing swimmers in practice groups, coaches must strike a balance between meeting the needs of individual swimmers and maintaining the practice group's quality. When placing the swimmers we aim to challenge them, while also allowing them to experience success over time.

When do move-ups take place?

- Most move-ups happen in September with the beginning of each new swim season.
- Other times a swimmer may move up are in April after Divisionals and the conclusion of our short course season, or sometimes in January for Gups and Pups swimmers.

Other Frequently Asked Questions (FAQ)

1. What are all the costs associated with swimming for ABSC?

- a. **Registration Fees.** Upon registration, you'll pay a registration startup fee of \$125, and a USA Swimming registration fee of \$84. These fees are due once per swim year. We bill for them in August, but if you join after August, you'll be billed for them upon joining.
- b. **Monthly or Semester/Trimester Dues.** These are listed above and are self-explanatory. They differ by practice group.
- c. **Swim Meet Fees.** All swim meets have registration fees, whether we host them or not. Meets can cost anywhere from \$20 to over \$100 for high-level state meets, but typically



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you pay per event and an average range would be \$30-\$60 for a multi-day meet. Meets occur once or twice per month.

- d. **Swimsuits, Caps, and Gear.** We require a team cap, and team suits are encouraged but not required. Each practice group also has a gear-kit they will purchase preseason. For Gups and Pups, it's only a kickboard, fins, and mesh bag. For Senior 1 on the other hand, it's Kickboard, fins, mesh bag, snorkel, buoy, and paddles.
- 2. Is volunteering required? If so, what are the parent-work positions.**
 - a. We require volunteering at all hosted swim meets. If your swimmer swims in the meet, you should expect to work as a timer for at least one session. You also have the option to work as an official.
- 3. When do the meets take place, and are they required for my swimmer?**
 - a. Meets take place once or twice per month, and typically on weekends. Sometimes they last one day, sometimes they last multiple days.
- 4. What are the obligations other than practices and meets?**
 - a. We have several team events throughout the year, like our preseason new family orientation, our back-to-swim team potluck, our monthly team dinners at Jason's deli, and our end of season awards ceremony.
 - b. These events typically aren't mandatory but are strongly encouraged to further engage with the club.