

CORNERSTONE AQUATICS CENTER

CYCLONES

TEAM INFORMATION

ABOUT THE CYCLONES

The Cornerstone Aquatics Center Cyclones Swim Team is a competitive swim program serving those in the West Hartford community. Our current 11-lane training facility is located at the Cornerstone Aquatics Center in West Hartford, CT. We believe that competitive swimming is a great youth sport, involving and enjoyed by the entire family.

All Swimmers MUST:

- Be ages 5 –18 years old ***and reside in West Hartford***
 - Nonresidents may be considered, but need approval from the Cornerstone Aquatics Manager, Nancy Glynn.
- Be able to pass the Level 3 skill level or have a coach's recommendation.
- Submit swimmer information with Cornerstone Aquatics Center to enable access to their online portal, RECDISK.
- Complete registration packet at Cornerstone and pay in full at registration.
- Sign and return both Swimmer Code of Conduct and Parent Code of Conduct at time of registration or no later than the first practice.

TEAM STRUCTURE

Practice groups will be based on each swimmer's skill/ability level/time/attitude/number of swimmers registered. Practice groups are subject to change and swimmers can move at any point in the season. This groups will be assigned the first day of practice by the coaching staff.

Sizzler (Pre-Competition/Beginner Level):

This is an introductory group that teaches the basic skills in all four strokes. Swimmers MUST be able to pass the Level 3 skill level: 25 yards of backstroke, breaststroke, and freestyle.

Recommended Age Range: 5-9

Recommended Practices: min. 2/week

Recommended Meets: All Meets

Blue (Developmental Competition Level):

This group is designed to help swimmers continue to learn and refine all four strokes, as well as starts and turns. Emphasis will be on drills and lots of kicking. Swimmers MUST be able to swim all 4 strokes and be able to dive.

Recommended Age Range: 7-11

Recommended Practices: min. 3/week

Recommended Meets: All meets

Red (Intermediate Competition Level – Age Group):

This group is designed to provide swimmers with the physical and technical skills necessary to compete in meets. Pool sessions will emphasize drills, starts, turns, endurance, as well as begin to introduce series of different workout sets.

Recommended Age Range: 9-12

Recommended Practices: min. 3/week

Recommended Meets: All meets

Senior (Advanced Competition Level):

This group is designed to provide swimmers with an emphasis on drills, starts, turns, and endurance. Swimmers will also be introduced to different types of sets, race strategies, goal setting, nutrition, and mental preparation. Yardage and intensity will vary depending on time of season.

Recommended Age Range: 13 and up

Recommended Practices: min. 4/week

Recommended Meets: All meets

TEAM COMMUNICATION

We believe communication between our coaching staff, swimmers and parents is extremely important. If there is an issue that you would like to discuss with the Head Coach the best method of communication is to call or send an e-mail. All e-mails and phone calls will be responded to within 24 hours. If you would prefer to talk in person with a coach please do so before or after practice. In order to provide your swimmer with the most fulfilling practice, please do not attempt to interact with a coach while he or she is conducting a practice.

E-mail System:

When you register for the swim team, you are asked to supply an e-mail address. Blast e-mails from the Head Coach are sent regularly to parents with information on practices, meets, special events and weekly newsletters. E-mail will also be used to communicate urgent messages such as emergency facility closures or practice cancellations.

TEAM SWIM SUIT/CAP/EQUIPMENT POLICY

Cornerstone Cyclones is proud to be a TYR sponsored team.

TEAM BATHING SUITS (Recommended):

All Cornerstone Cyclones swimmers are recommended to have team bathing suits. These suits are to only be worn at swim meets. Please note that this is optional and is not required to participate on the team or in the program. Swimsuits may be ordered directly through Cornerstone during the first week of practice. Suits ordered by June 28th will be given a special Cornerstone Cyclone discount.

TEAM CAPS (REQUIRED):

All Cornerstone Cyclones swimmers will receive two caps included in the registration fee. One team cap and one cap to represent their home pool. Team caps shall be worn at meets. Additional caps will be available for purchase. Caps for practice are recommended.

PRACTICES

Practices are designed by the coaches to teach and enhance swimming techniques, endurance, and speed. Training aids such as kick boards, pull buoys, hand paddles and fins may be used. Sets of drills that involve kicking, swimming, and pulling in all four strokes are taught. The coaches try to make each workout both interesting and challenging and they use every opportunity to respond to each individual's effort with reinforcement and praise.

Practice Policies:

The following policies will be enforced on a regular basis. They are instituted in order to ensure the safety of all swimmers, maintain a quality program and establish a respect for the practice, of the coaching staff's time, and to eliminate disruptions to practice and/or meets.

1. All swimmers are expected to take a shower prior to entering the pool: by law for health reasons.
2. All swimmers are to arrive on deck ON TIME and prepared to swim – with suit, goggles, cap and a bottle of water (no other beverages please).
3. Please no parents on deck. Parents are welcome to stay and watch practice. However, all and any communication with coaches should be done at the conclusion of practice.
4. After practice, swimmers are asked to keep their shower brief as we have a large team and we need to make sure everyone has a turn in a timely manner.

5. Please lock all valuables in locker room as we are not responsible for lost or stolen items. In order to receive a locker you must check in with the desk staff and provide a collateral item to exchange for a key (i.e. membership card or student ID). Keys not returned are subject to a replacement fee of \$15.

Items Needed For Practice:

- Swimsuit
- Goggles
- Towel
- Swim cap
- Water bottle

PRACTICE SCHEDULE

- The season will begin on June 24th.
- On the first day of practice all swimmers ages 5-12 will be assigned their practice groups. There will also be a MANDATORY parent meeting this day.
- Swimmers may only attend their assigned group practice time. Please do not attend another group's practice session. *Practice times may vary due to Cornerstone Cyclone Swim Team needs.*
- The season will run thru the middle of August (exact date to be determined)
- There will be NO PRACTICE on July 4th.
- The season will conclude with an end of the season picnic celebration.

DAY 1 SCHEDULE (June 24th):

- Mandatory Parent Meeting
 - 5:30-6:15 PM at Cornerstone Aquatics Center
- Swimmer's Schedule
 - Please bring all items needed for practice, including caps and goggles.
 - Ages 5-9: 5:00-6:00 PM
 - Ages 10-12: 6:00-7:00 PM
 - Ages 13 & Up: 5:00-6:00 PM

REGULAR PRACTICE SCHEDULE:

- This schedule beings the second day of practice, June 25th.
- Times are subject to change. Parents/swimmers will be notified via email of any changes to the schedule.

	MON	TUES	WED	THURS	FRI
Sizzler	4:45-5:45 PM	4:45-5:45 PM	4:45-5:45 PM	4:45-5:45 PM	4:45-5:45 PM
Blue	4:45-5:45 PM	4:45-5:45 PM	4:45-5:45 PM	4:45-5:45 PM	4:45-5:45 PM
Red	5:45-6:45 PM	5:45-6:45 PM	5:45-6:45 PM	5:45-6:45 PM	5:45-6:45 PM
Senior	5:45-6:45 PM	5:45-6:45 PM	5:45-6:45 PM	5:45-6:45 PM	5:45-6:45 PM

SUMMER MEET SCHEDULE:

Dates and more information about meets will be available during the beginning of the summer season.

There will be a League Championship for all teams held at the end of July – Friday night and Saturday, split by age groups.

SWIM MEETS

It is very important that the Head Coach know how many swimmers will be attending each meet. While we understand that illness and other unexpected things arise from time to time, the commitment from our swimmers and parents to take ownership in their meet attendance is essential to our ability to run smooth and successful meets.

Meet Policies:

In order to help the coaches create lineups for each meet the following guidelines should be followed.

1. Each swimmer is expected to attend every swim meet!
2. Each swimmer is required to register for each swim meet via the RECDESK online portal or in person. The coaches will create the lineups off this master attendance listing.
3. Meet registration deadlines will be noted in RECDESK under each individual meet and it is crucial that you sign up before the deadline in order to ensure your child will be able to swim. If you need to leave early/arrive late to a meet please make sure you make note of that when you sign up as well. We will not accept any late entries!
4. If there is an unexpected absence (kids get sick, etc.) that impacts a swimmer's meet attendance please send an e-mail to the head coach or call/text.

Items Needed For Meets:

- Team suit
- Goggles (please bring an extra pair as a backup)
- Team cap
- Towel
- Warm-up suit or warm clothing
- Clothes to change into after meet
- Suitable swim bag to carry and protect all items
- Team T-shirt/apparel
- Snacks
- Water bottle/Sports drinks

Please make sure to write your name on all belongings and bring a lock to lock your valuables in the locker rooms at meets. We cannot be held responsible for any lost or stolen items!

Registration Information and Fees

Fees:

- West Hartford Residents- \$115 per person.
- Non-Residents- \$150 per person.
 - Non-residents will be considered on a case-by-case basis and require approval by the Cornerstone Aquatics Manager.

Important Notes:

- Fees must be paid for in full at the time of registration.
- We accept cash, check, Visa, MasterCard and Discover.
- Fees include two swim caps, which will be distributed before the first meet

Registration Information:

- Registration begins Monday, April 1st.
- Parents/Guardians may register online or in-person at Cornerstone
 - Note for online registrations: If you have taken a lesson or been a member at Cornerstone within the past 8 months and wish to register online, you must contact Cornerstone for your log-in credentials.
 - Register online at <https://cornerstone.recdesk.com>
- Registration Packet, including Swimmer Code of Conduct and Parent Code of Conduct, must be completed at the time of registration.

Contact Information

Nancy Glynn, Cornerstone Aquatics Manager

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860-561-8275

www.CornerstoneAquatics.org

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**CORNERSTONE
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