

2024-25 Short Course Team Info



Thank you for considering Colonel Crawford Swim Team for your child this swim season!

We are so excited to be entering our fifth season of providing quality aquatic programming to the Crawford County area and surrounding communities!

All pre-registrations will occur online through the team website: www.ccsteagles.com. If you need assistance with registration, please just let us know. We are happy to help! Paperwork will be handed out at the first practice. All signed paperwork will be due back by Monday, Sept 16.

If you have questions, please contact Head Coach Mike Holtzapfel at ccswimmers@gmail.com. We look forward to seeing you in the pool!

First day of the 2024-25 season is

Monday, September 9th.

Time TBA

Our Mission: To enjoy the sport of swimming in a safe, healthy, and positive environment. We strive to develop a culture of inclusion, to build community, and to provide opportunities for all people to benefit from a lifelong love of the sport of swimming.

www.ccsteagles.com

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Developmental Level Descriptions: Group placement is at the discretion of the head coach. Various factors are considered in which group each particular athlete will practice. Some of these are: age, ability, competitive swimming background, skill, maturity level.

<u>Level</u>	<u>About</u>	<u>Level Prerequisites</u>	<u>Performance Criteria</u>
Eagles	This group focuses on developing proper technique in all four competitive strokes. They will learn and refine both starts and turns. Practice usually 4x week for 1 hour.	This competitive training group generally includes swimmers 10 & under. Stroke technique will be emphasized and endurance training introduced at this level. Swimmers will expand their interest in competition and training in this Eagle group.	Swimmers in this group should be working towards or achieved an IMR score for their specific age group. Swimmers are expected to swim a minimum of 3 meets plus any championship meet for which they may qualify.
Black Eagles	This group focuses on refining technique in the four strokes, starts and turns. Training for competition is incorporated daily. Practice usually 5x week for 1.5 hours.	This competitive training group generally includes swimmers ages 10-14. An equal balance is maintained between improving stroke technique & training skills. Swimmers will begin to refine competitive racing strategies, basic goal setting, and accountability in the water.	Swimmers in this group should have achieved an IMR score and be working towards or achieved an IMX score for their specific age group. Swimmers are expected to swim a minimum of 3 meets plus any championship meet for which they may qualify.
Gold Eagles	This group focuses on refining technique in the four strokes, with an emphasis on interval training. Practice usually 5x week for 1.5 hours.	This competitive training group is generally for JHS age swimmers (ages 14-18) who have committed to swimming. Stroke refinement and endurance training are key elements of this group. Racing strategies, goal setting, and accountability in the water will continue to be stressed. Swimmers in this group should lead by example and be committed to being the best possible swimmer they can be.	Swimmers in this group should have achieved both an IMR & IMX score for their specific age group. Swimmers are expected to swim a minimum of 3 meets plus any championship meet for which they may qualify.

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Team Payment Options

- **PLEASE NOTE:** USA swimming registration fees will not be processed with your registration. These fees must be paid by the swimmer through USA Swimming SVMMS portal. Registered CCST swimmers will be emailed the link and directions on how to use the portal. USA Swimming fees are \$80.00. Since the USA Swimming registration includes insurance, failure to pay this fee in a timely manner after the link is sent to you will prevent your swimmer from practicing and competing in meets.

Group	Team Fee: Sept. 9 - March 1	USA membership	Required Fundraiser Minimum:
Eagles	\$100: Or 2 payments of \$50.00 due Sept 12 and Dec. 9	\$80.00 Registration will be online beginning Sept. 1 st .	\$50.00
Black Eagles	\$150: Or 2 payments of \$75.00 due Sept 12 and Dec. 9	\$80.00 Registration will be online beginning Sept. 1 st .	\$50.00
Gold Eagles	\$150: Or 2 payments of \$75.00 due Sept 12 and Dec. 9	\$80.00 Registration will be online beginning Sept. 1 st .	\$50.00
Pre/Post JH/HS: Swimmers practicing with school team.	JH: \$100 due Sept. 12 HS \$75 due Sept. 12	\$80.00 Registration will be online beginning Sept. 1 st .	\$50.00

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Equipment and Team Apparel Requirements

- Swimmers are **REQUIRED** to wear the team cap at meets. Caps may be purchased at the pool for \$12.00.
- We may place a team spirit wear order during the season. Watch for details.
- The school has kickboards and pull buoys we can use.
- Fins: We have a limited number of fins available for use. You may want to purchase your own. Not sure what to buy? We can help you with that. Just ask!
- Paddles: We have a limited number of paddles available for use. You may want to purchase your own. Not sure what to buy? We can help you with that. Just ask!

Communication

- Team website: www.ccsteagles.com
- Closed Facebook group for current team members: CCST USA team 2024-25
- REMN**D for quick messages: Text the message @ccsteagles to the number 81010 to join.
- Head Coach Mike Holtzapfel – 419-512-1094; ccswimmers@gmail.com
- Asst. Coach Dennise Holtzapfel – 419-512-1096
- Team President: Kristin Rickel – 419-543-1841

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