

Greenfield Community Aquatic Team Handbook

Version 2



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Welcome to GCAT

GREENFIELD COMMUNITY AQUATIC TEAM (GCAT), affiliated with USA Swimming and Indiana Swimming, is a year-round competitive swim team offering high-quality professional coaching and technique instruction for all ages and abilities. The goal of our team is to provide every member an opportunity to improve swimming skills and achieve success at his or her level of ability, from novice to international competitor.

All of our coaches are certified USA Swimming coaches and have access to the most comprehensive training and certification program for youth coaches of any sport in the United States. They provide assurances that the time children spend swimming will be quality time.

Greenfield Community Aquatic Team, a non-profit club, is run by its elected Board of Directors.

We are constantly growing and training young swimmers to maintain a well-rounded competitive swim team.

Through GCAT, swimming provides the opportunity to:

- Learn how to achieve. The process of achievement is as important as the achievement itself, and our staff coaches this philosophy.
- Compete with one's self. At GCAT, being first is not over-emphasized, but continuing self-improvement through goal setting, and the pursuit of those goals is encouraged.
- Develop life, and life-saving skills. GCAT builds a tradition where children and young adults develop into excellent swimmers, well-rounded people with leadership talents and attitudes of good sportsmanship, cooperation and dedication
- Form strong personal friendships. Swimming binds families together and provides a great community. Swimmers will likely form strong, life-long friendships.

GCAT Programs

The programs provided by GCAT offer entry level swim lessons, schedule-friendly options for those pursuing other activities and competitive training for all students in Greenfield & neighboring communities. At GCAT our motto is Greatness Unleashed -- In the pool, we strive for each swimmer to achieve their best. As equally important, is translating the hard work, discipline and success in the pool to each swimmer's life outside the pool to develop great people.

Swim Lessons

Swim lessons are offered throughout the year for potty trained kids ages 3 and up. We offer group and private lessons and the instructors are in the water with the kids for the 30-minute class. We encourage you to visit our website, <https://swimgcat.org> and our Facebook page (<https://www.facebook.com/gcatcougars>) to stay up-to-date on lesson offerings. While subject to change, we generally offer lessons during the following times of year:

- August - weekday evening classes
- Fall - Friday evening classes
- April - weekday evening classes
- June and July - weekday afternoon classes

Flex Swim

Flex Swim is for those who are not quite ready for the competitive swim program, but are interested in continuing to increase their swimming skills. This program allows for a shorter time commitment and more flexibility than our competitive program. We offer 5 sessions of Flex Swim each year and each session is approximately 7 weeks long. Each session ends with a GCAT Time Trial which gives the kids an opportunity to experience a swim meet and to show off their new skills to friends and family. There are minimum requirements that must be met to join the Flex Swim program. To learn more about the program and the requirements, visit our website (<https://swimgcat.org>). If you are new to GCAT, we ask that you contact us through our website to schedule a swim test so we can ensure the swimmer is placed in the appropriate group. While subject to change, we generally offer Flex Swim sessions during the following times of year:

- Session 1: Starts early September
- Session 2: Starts mid-October
- Session 3: Starts early January
- Session 4: Starts early April
- Session 5: Starts early June

Age-Group and Senior Competitive Swim

The Age-Group Competitive Swim program is for those who are able to do the four strokes and are ready to take those skills and techniques to the next level. As a USA Swimming Member, these swimmers are eligible to participate in meets (the meet schedule is located on our website). If you are new to GCAT, we ask that you contact us through our website to schedule a swim test so we can ensure the swimmer is placed in the appropriate group. Swimmers elect to sign up for one of three options:

- Short Course Season: Registration opens in August. Season runs September - mid-March
- Long Course Season: Registration opens in March. Season runs April - July
- All Year: Registration opens in August. Season runs September - July

Vision Statement

GCAT unleashes individual greatness to become a top national swim club directed by leaders of integrity with a strong culture for developing great swimmers with even greater moral character, positively contributing to their communities.

Mission Statement

GCAT utilizes competitive swimming to unleash and develop each member's potential by fostering an opportunist environment that allow members to strive to develop their full potential regardless of his or her innate natural ability to become his or her best self.

Value Statement

GCAT values the lifetime process of developing and mastering performance characteristics of personal responsibility and prioritization, resilient optimism and mental toughness, along with self-discipline, while fostering moral character strengths of a love and respect for others, integrity, generosity and gratefulness.

Evaluations

Those swimmers new to GCAT can request an evaluation so that the swimmer is assigned the appropriate group. The minimum requirement is to swim 25 yards of any stroke. Evaluations may be scheduled by contacting Head Coach Ben Felver coachben@swimgcat.org.

Swimmer Apparel and Gear

Each year every swimmer will receive a t-shirt and a swim cap. Additional swim caps may be purchased at <https://swimgcat.square.site>. One piece swimsuits must be worn at all practices and meets. Tech suits may only be worn at meets designated by the swimmer's coach. Team suits may be purchased from Elsmore Swim Shop (<https://elsmoreswim.com/collections/greenfield-community-aquatic-team>).

Each swim group has gear requirements which can be found on Elsmore Swim Shop. Gear may be purchased from any supplier.

Team Apparel

GCAT apparel for swimmers and families may be ordered from Stitching In Style. Items will be delivered to the pool and you will be notified when it is ready for pickup.
(<https://www.stitchinginstyle.com/gcat>)

Officials

Officials are always needed and is a great opportunity to be involved in your swimmer's activity. Having officials within our GCAT team allows us the ability to host more meets at our home pool. No swimming experience or knowledge is required. GCAT will provide the training resources and pay for all associated fees as well as provide a GCAT official polo shirt. Officials working at meets do not pay admission to meets and receive access to the hospitality meals, drinks, and snacks. Contact the GCAT Board of Directors at directors@swimgcat.org for more information.

Reduced Fee Program

Those swimmers who are eligible for their school's free and reduced lunch program can receive a discount on GCAT dues. Please contact the GCAT Treasurer at billing@swimgcat.org for more information. You must re-apply annually for the discount to take effect.

Age-Group and Senior Competitive Fees

There are a few categories of fees that swimmers and their families can expect to pay:

- Dues
 - You may pay in full or monthly (billed the first of each month). You save 10% if you pay in full. Dues will vary depending on which training group the swimmer is in.
 - Choosing to pay monthly is considered a commitment to pay all installments for the season. The monthly option is available as a convenience to families.
 - We offer a multi-swimmer discount if more than one swimmer within a family participates. The discount is offered on the lowest dues category.
 - 1st Swimmer – Regular Price
 - 2nd Swimmer – 25% Off (dues)
 - 3rd Swimmer – 50% Off (dues) / Additional Swimmers 50% Off (dues)
- Breakfast Fees
 - For high school/senior group swimmers only, a breakfast fee of \$20 per month will be billed the 1st day of each month you are swimming and school is in session.
- USA Swimming Membership
 - After you register and your registration is approved, the club will provide you a link to USA Swimming where you must pay an annual \$88.75 registration fee. This fee covers secondary insurance for your swimmer and is required.
- Meet Fees
 - Swimmers may voluntarily enter meets by signing up via the GCAT website. When the sign-up period opens, you will receive an email with more details. Entry fees vary by meet and will be charged if the swimmer is signed up for the meet. Please keep in mind that teams charge GCAT for meet events upon entry and that these fees must be paid regardless of whether or not the swimmer actually swims in the meet. Once the signup deadline for the meet has passed you are responsible for the meet fees.
 - Fees for individual events range from \$2.00 - \$6.00. In addition, Indiana Swimming may have a fee, typically \$2.00, for the entire meet. Fees are published in the meet announcement letter which is on Indiana Swimming's website as well as in the event information on GCAT's website. Meet fees will be charged to your credit card on file 1-2 days prior to the meet.

Flex Swim Fees

There are a few categories of fees that swimmers and their families can expect to pay:

- Dues
 - You will pay in full when registering for the flex swim session.
 - You are committing for your swimmer to participate in the class(es) for which you have registered. No fees are refundable unless you email us (coachben@swimgcat.org) notice to change or modify your registration one week before the class start date. Our classes often have a wait list so last-minute cancellations make it difficult for us to open up the spot for another swimmer.
- USA Swimming Membership
 - After you register and your registration is approved, the club will provide you a link to USA Swimming where you must pay an annual \$30 registration fee (\$88.75 if 13 or older). This fee covers secondary insurance for your swimmer and is required.
- Meet Fees
 - If the swimmer's coach thinks your swimmer is ready to swim in a competitive swim meet, they may be invited to register for a meet. The Flex Swim USA Swimming membership allows your swimmer to participate in two competitive swim meets per year.
 - For more information on meet fee costs, see the Age Group and Senior Competitive Fees section.

Fundraising & Sponsorships

GCAT has a few fundraisers during the year that typically include

- Hosting swim meets
- Pizza - making and selling
- Local restaurant dining evening
- RaiseRight Gift Cards. More information here:
<https://www.swimgcat.org/page/gcat-family/scrip-card-program>
- Sponsorship Opportunities for Businesses and Families. More information can be found here: <https://www.swimgcat.org/page/gcat-family/sponsor-our-family>

Website & Social Media

- Website - <https://swimgcat.org>



- Facebook - Swimcat



- Instagram - <https://www.instagram.com/swimgcat/>



- Meet Mobile - This app is available for download on Google Play Store and Apple App Store. If your swimmer is attending a meet, this app is recommended for parents. For a small annual fee, you can view event and heat information and get meet results. Many swim meet hosts rely on this app rather than printing paper heat sheets.



Policies

The GCAT policies are located at

<https://www.swimcat.org/page/team-info/gcat-handbook--policies>