

T2 Aquatics Team Handbook

2016-2017 Season



Mission Statement

To become the top Age Group Swimming Team in the USA – by offering top notch coaching to athletes, quality education to parents, and appropriate support to the community.

Our Vision

Excellence is a habit of Champions; therefore to become Champions we rehearse excellence every day.

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T2 Aquatics Handbook Table Of Contents

T2 Aquatics Practices (Page 3)

- Practice Times
- Practice Attendance
- Clean Deck
- Weather Policy/Alerts

T2 Aquatics Swim Meets (Page 4)

- Meet Schedule
- Meet Attendance/Unable To Swim?
- T2 Parent Volunteer
- USA Swimming Officials
- Why You Should Become An Official
- Positive Check-In
- Prelims/Finals Meets
- Relays
- Time Standards
- Getting Disqualified
- Team Travel
- Types Of Swim Meets

A Guide To USA Swim Meets With T2 Aquatics (Page 7)

- Swim Meet Basics
- Meet Goals
- Meet Information – Before The Meet
- Swim Meet Necessities
- Heat and Lane Assignments
- Before The Meet Starts
- Meet Begins
- Questions?

T2 Aquatics Billing (Page 10)

- USA Swimming Registration/Insurance
- Meet Entries
- Invoices/Autopay
- Leaving The Team

T2 Aquatics Arena Racing Suit Requirements (Page 11)

T2 Aquatics Equipment Requirements (Page 12)

T2 Aquatics Uniform/Apparel (Page 13)

T2 Aquatics Code Of Conduct (Page 13)

T2 Aquatics Team Communication (Page 13)

T2 Aquatics Practices

Practice Times

Practice times for each group change a few times per year. Advance notice of the practice time changes is provided through email. Up to date practice schedules can be found at www.t2aquatics.com.

Practice Attendance

T2 Aquatics athletes should strive to attend every possible practice session offered. Each individual practice session is an important segment of training for our young, developing athletes. Our staff realizes that practices will be missed at times for various reasons throughout the year -- and that's ok -- but for the most part we'd like swimming to be a consistently-practiced skill that our athletes develop over the course of weeks, months, and years.

"Clean Deck"

Parents are welcome to stay at the Norris Pool during practices, but are asked to remain under the pavilion area at the pool. We feel that this will promote the best environment for the swimmers as they work on improving their attention to the coaching staff and the tasks at hand. Even the youngest swimmers should work on navigating their way through swim practice. At times a well intentioned parent can distract a swimmer as well as a group from the task at hand. We would like all of our swimmers to work on becoming confident self reliant swimmers. At T2, we strive to help the swimmers do this. If a parent needs to relay a message to the coach email always works if it is a quick update about practice attendance or if you have a question about meets. If needed, we can set up a time to talk that won't take us away from the athletes on the pool deck. A lot of times the swimmer can tell the coaches anything that needs to be relayed (even 8 year olds!).

Weather Policy/Alerts

Practice is only canceled in the event of electrical storms, severe winds, or pool malfunctions. Rain is not grounds for canceling practice. We will try our best to have practice or at least part of a practice if there are storms in the area. T2 Athletes should always bring shoes so that we can do some dryland (exercises on land) if needed. If practice should be canceled, we will send out an email and mass text message. You must register for SMS messaging AND verify your number via your account on our team website to receive the text messages.

To Sign Up For SMS (Text) Messages:

1. Sign into your account at www.t2aquatics.com
2. Click "My Account"
3. Click "My Account" from the menu that appears
4. Type in your cell number in the SMS box and choose the appropriate carrier
5. Click "Save" on the top right of the screen
6. Click the yellow "Unverified" box
7. Type the code that was sent to your cell phone in the box
8. Click "Verify"
9. Click "Save" on the page

T2 Aquatics Swim Meets

Meet Schedule

T2 Aquatics aims to have a meet for swimmers on the team every 3-6 weeks, depending on the time of year and the swimmers training and competition schedule. The meet schedule is posted on our website. If you are ever unsure of which meets are for which swimmers, please email a coach. Swim meets are a very important part of what we are doing at T2 Aquatics and participating is expected.

Meet Attendance – What If I Am Unable To Attend A Meet or Certain Days of a Meet?

T2 Aquatics has a schedule of meets and a list of groups that attend each meet. Some of the meets have specific qualifying times – so be on the lookout for those standards. If you can attend the meet, great! T2 Aquatics is geared

towards competitive swimming and having young athletes attend these meets. If you cannot attend a meet please notify Head Coach, Paul Yetter at paul@t2aquatics.com or Head Age Group Coach, Tom Yetter at tom@t2aquatics.com three weeks prior to the meet and we will not enter you. Once we send the entries to the host team, we usually cannot adjust the entries. There is a fee for each swim meet and may be different depending on the type of meet.

T2 Parent Volunteering

Each year, T2 Aquatics may host several meets throughout the season. Parents of swimmers are needed in order to run successful meets for the swimmers. There are many things that go into running of the meets and helping run them can be a great way to show your swimmer that you are supporting their swimming! Please be ready to show your support of your swimmers when the time comes.

1. *Announcer* – announces events, heats, and notifications during the sessions.
2. *Computer Hytek/Colorado Operator* – manages the timing system as well as Hytek Meet Manager system, must have experience or in training with team rep.
3. *Awards/Results* – Post results as well as label awards during the meet.
3. *Concessions/Heat Sheets* – Sell food, drink, and heat sheets to spectators.
4. *Hospitality* – Provide drinks and meals for Coaches, Officials, as well as hand out water and snacks to volunteers working on pool deck.
5. *USA Swim Official* –All parents are encouraged to consider becoming an Official! No experience needed.
6. *Timer* – Start and stop watch as a back-up to the timing system, record watch time.

USA Swimming Certified Officials

The officials are the most visible volunteers, wearing dark blue pants/shorts and white shirts. The Meet Referee, Deck Referee, Starters and Stroke & Turn Judges have all gone through a certification program for each position they fill.

Many fill more than one role during the meet. Unlike many officials in other sports, USA Swimming officials are not there to “catch” swimmers doing something wrong. They are there to “observe” and to make sure the races are swum fairly. Disqualifications are not viewed as a penalty, but as an opportunity for the swimmer to learn what he/she did incorrectly so that they can work with their coach in correcting the mistake. Only coaches are allowed to approach officials to question a call, or inquire if a swimmer can be placed in a subsequent heat due to missing their race. If you have a question for an official, please speak to one of the T2 Aquatics coaches at the meet. Officials do have the authority to remove parents from the pool area if they are abusive or interfere with the running of the meet.

Why You Should Become an Official?

What better way to show your swimmer(s) you are as committed and dedicated to their chosen endeavor than by becoming an official? Not only will you help to cement this bond, but you will help the entire team. What more critical role is there that ensures a successful meet? Think of it terms of giving back to the swimming community we all love. Many hands make light work. When we all pitch in things run seamlessly. Show your children learning never has to end.

Then of course there are the often referred to Reasons why you should volunteer:

- Free Heat Sheet
- Free food/drinks
- Usually cooler on deck than in stands & not as crowded
- You don't have to decide what you want to wear at the meet
- Meet new people who have swimmers from across the nation
- Your swimmer knows where you are when they need money
- Satisfaction of knowing you are contributing to your swimmer's efforts
- If you choose to complete your certification to National Levels, you may have the opportunity to be on deck at national level meets or even international meets.

Perhaps the most important is without officials, we have no meets. This is critical to the swimming future for your child. If you are interested in learning how to become an official please send a message to the coaching staff. We would love to have you join our official's team!

Positive Check-In:

At most meets there are distance events (400 yards/meters and longer) that require "positive check-in". This means that swimmers need to initial next to their name on a check-in sheet provided by the host team. This is done to ensure that there are full heats for distance events during meets. Check-in for events is usually done before the meet starts as there will be a set deadline that you have to check in by. If you do not check-in on time, then you cannot swim the event. If you check-in and do not show up for the event you will not be able to swim your next scheduled event. At some meets the coaches have to check in for the swimmers (because it is in a special room that only coaches can enter). All swimmers must check with their coaches to ensure that they have been properly checked in!

Prelim/Final Meets:

Several meets during the year are "Prelim/Final" meets. These are meets that have qualifying heats in the morning and then "final" heats in the evening. There may be 6, 8, or 10 finalists for each event depending on the number of lanes in the pool. Sometimes, usually just for "Open" (15 and older) or "13-14" age groups, there are 2 heats of finals. After the prelims session the results are posted and announced. Swimmers then have 30 minutes to "scratch", which is declaring that they will not be swimming in finals. After the 30 minutes has passed then the remaining top 6, 8, or 10 swimmers will be in "finals". There are also alternates designated after the 30 minutes have passed. These alternates have the opportunity to go to finals and will be put into the final if a swimmer scheduled to swim in finals does not show up. If you are scheduled to swim in finals after the 30 minute time period has passed and you do not show up for the final you will be removed from your next scheduled event.

Relays

At some meets T2 will participate in relays. Relays are usually at the end of sessions and we assume that all T2 swimmers will be available for relays. The relays are picked by the T2 coaching staff and in most cases they are picked by best individual time. We always try to represent T2 with the fastest relay or relays as possible. Sometimes we have an "A" relay, and sometimes we have "B", "C", and even "D" relays. Swimmers should always ask their coach or coaches about their relay status before they leave the meet for the day.

Time Standards

Currently on the T2 Aquatics website we have links for many Time Standards used in both USA Swimming and Florida Swimming. The USA Swimming Motivational time standards, the Florida Swimming Age Group Championship qualifying time standards, and the Florida Swimming Senior Championship qualifying time standards are the ones that T2 Swimmers will be using the most often. You can check to see what standards you have achieved and how close you are to the next level.

Understanding the times standards in USA Swimming is important, especially if you are new to the sport. The time standards are a tool meant to help swimmers rate and rank times. One of the goals that all swimmers should have is to get better. Get better at something, anything, everything! A swimmers times are one way that we can see who is improving.

Within USA Swimming there are Motivational Times Standards. These times standards start at "B" standards and go all the way to "AAAA" standards for each age group. The USA Swimming Motivational Time Standards use these age groups: 10&Under, 11-12, 13-14, 15-16, and 17-18. It is sometimes extra challenging (but not impossible!) for 8&Unders to get to the first level of the 10&Under age group – but it is still something that they can shoot for! We have made special time standards for our T2 8&Unders so that they can join in on setting some time standard goals!

Getting Disqualified

There are many rules in the sport of swimming and sometimes swimmers are “disqualified”. This just means that their time will not be “official”. EVERYONE gets disqualified from time to time. At T2 Aquatics, we hope that the swimmers do not get disqualified, but when they do, it is not a big deal. In the National Football League there are yellow flags flying around the entire time! There is no need to get too worked up about it in swimming! As a swimmer it is important to understand what you need to improve on in the future. As coaches it is important that we are able to help the swimmer understand the skill that needs to be performed. As a parent it is important that you support the swimmer with a positive attitude – and encourage them to continue to working to master the skill!

Team Travel

T2 Aquatics competes in meets locally, regionally, and nationally. While swimmers often look forward to attending out-of-town meets, these competitions entail logistical challenges that affect the swimmer, their family, and the coaching staff. Parents are responsible for arranging and providing travel and lodging for out-of-town meets. The T2 staff may reserve blocks of rooms at discounted rates, making those rooms available to swimmers and their families. It is suggested that families stay at this hotel but is not required. Athletes are reminded that they are required to abide by the code of conduct at all times.

Types of Swim Meets

- **T2 Age Group Grand Prix Meets** – These competitions are for the younger age groups at T2 Aquatics and are short one session meets at the Norris Pool. These are a great way for our younger athletes to get a feel for how a USA Swim Meet will run and they can practice using a meet program and finding their heat/lane by themselves. Athletes will have the opportunity to do multiple events when appropriate so coaches can evaluate their progress.
- **Invitational Meets** – Most competitions T2 Aquatics participate are invitational swim meets. These competitions may be open to any USA Swimming registered team from anywhere in the United States. These types of meets typically range from 1 to 3 days and can feature a prelim-final format or just timed finals.
- **Florida Age Group Championships (FLAGS)** - FLAGS is held twice a year; March in a 25-yard pool, July in a 50-meter pool. Participants must be 14 years old or younger and have achieved at least one qualifying time to participate in an individual event. FLAGS is the fastest 14&under competition in which our team participates.
- **Florida Senior Championships** – Similar to FLAGS, Senior Championships are held twice a year as well. Senior Championships are only open to Florida Swimming registered swimmers. This competition features teams from across the state and represents a season-ending championship meet for many of our athletes.
- **Sectionals** – This is a senior level meet that is held twice a year and has qualifying standards. Generally T2 will compete at the “Southern Zone” sectional meet. These standards are faster than Florida Senior Championship qualifying standards.
- **Futures Championships** – There are four “Futures” meets across the country at the end of the long course season – each with the same qualifying times. The qualifying times are faster than sectionals but under Junior Nationals.
- **Arena Pro Swim Series** - (Formerly known as Grand Prix Meets) – These meets are held at different venues across the country throughout the year. Each meet has different qualifying times and is a great chance for athletes to race Long Course Meters against some great competition at different points in the season.
- **Junior National Championships** - This is the highest level meet for 18 & under swimmers in the United States. A short course championship is typically held in December with a long course championship held in August.
- **National Championships (Senior Nationals)** – Other than the Olympics Trials and World Championships, the highest level of competition for our senior swimmers is the US National Championships. Swimmers meeting the national time standards travel to various cities in the US to compete against America’s best swimmers. This meet often serves as a selection meet for athletes striving to make US National teams, such as the Pan American Team, World University Games, and Pan Pacific team.
- **USA Olympic Trials** – At this meet the USA Olympic Team is selected. Held in June of an Olympic Year and has the most challenging qualifying standards of any meet in the country.

A Guide To USA Swimming Meets With T2 Aquatics

Swim Meet Basics

Attending a swim meet can be very exciting and hectic. Understanding everything that happens at a swim meet will certainly reduce some anxiety from both the swimmer and the parents. Swim meets are a great opportunity for athletes to spend time with other athletes as well as parents to bond with other parents during away meets as well or while volunteering together during home meets.

Swim meets provide an opportunity for kids to showcase their swimming. After all, they've been practicing for weeks — now it's time to strut their stuff! Swim meets also give coaches a chance to see where they need to go in future practices. The coach can evaluate each swimmer's skills and determine what more needs to be addressed to further improve those skills.

Swim meets are offered every three to six weeks and are usually swum in a 25 yard and 50 meter pools. The swim year is generally divided into two seasons:

- Short Course meets which are swum in 25 yard pools (Sept – March)
- Long Course meets which are swum in 50 meter pools (April – August)

USA Swimmers will compete in their age category, against their gender, based on how old they are on the first day of the meet. This means that a swimmer may change age group designations in the middle of the season and will start competing against the higher age group at their very next meet. The most common age group categories are:

- 8 and under
- 9-10
- 11-12
- 13-14
- Open (Generally 15&Older)

USA Swim Meets usually take place over weekends, often starting on Friday evening. Saturday and Sunday competitions start in the morning and typically run into the afternoon. To control the length of the meet, swimmers are limited to how many events they can compete in each day – typically three or four per day (excluding relays). Be sure to check the meet information to determine at what time your child might be swimming (they sometimes vary). Sometimes in the meet information it states that the afternoon warm up session will start 45-60 minutes after the end of the morning session. Generally the team receives a more specific time for these warm ups 2-5 days before the first day of the meet – so stay tuned for those more specific updates. You can expect a session to last about 4 hours from warm-ups to the final heat (again, depending on the number of swimmers and events offered).

Meet Goals

During the course of the season, coaches work with swimmers on age appropriate technical aspects of competing. It is critical for the swimmer's development that he/she be able to apply those aspects during competition, not just at practice, if he/she is going to be able to swim at their full potential at the end of season championship meet. Unlike summer league swimming, swim meets leading up to the season championship meet are not focused on "winning" and "placing" but rather on technical improvement. Technical improvements result in faster swimming, but not always right away. Swimming fast is important, but so are technique, endurance, and race strategy.

Meet Information – Before The Meet

- Check the meet page on the T2 website and Florida Swimming Website for more information about the meet.
- List of which groups are attending which meets is posted on the meets page.

- You can see the details of the meet in the meet announcement or meet notice including the dates, pool address, warm up times, and to find out which events are on which day.
- Meet entries are emailed out to families in a PDF – check that against the meet notice to see which events are at which session.
- Hotel Information is posted on our meets page.

Swim Meet Necessities

- Swimsuit, team cap, and goggles. Having an extra suit, extra cap and an extra pair of goggles packed is always a good idea. These items seem to rip and break at the most inopportune time.
- Towels – wet bodies are everywhere so pack at least two.
- Chairs – depending on the pool facilities, you may or may not need them, but it's a good idea to have them in your vehicle. Most facilities have bleacher-style seats. You may bring a stadium seat if you really want to sit back. T2 Athletes sit with the team so we may sit on a bleacher, or just a section of the pool deck. Be ready for either situation.
- Team Required Meet Shirt
- Sunscreen.
- Several changes of clothes such as sweatpants, sweatshirts, and t-shirts. Swimmers need to stay warm between events and there is nothing worse than pulling on cold, soggy sweatpants. A T2 Aquatics team parka is an excellent way for the swimmer to stay warm while looking sharp in the winter months. Also a good idea to bring a change of clothes for the swimmer to leave in as many swimmers shower after the meet (they will also need another dry towel for this).
- Small cooler of healthy snacks and drinks. Suggestions for items to bring: Water, Gatorade, granola bars, fruit, yogurt, cereal, trail mix, sandwiches. There is usually a snack bar, but they may not offer appropriate selections, or selections your child enjoys.
- Most importantly – a POSITIVE attitude to pass on to your swimmer(s) along with a lot of encouragement!

Heat & Lane Assignments

Swimmers compete in their age category, against their gender, in the order of the event numbers. Girls for a given age group and event usually compete before the boys. Swimmers are organized into “heats” and lane assignments based on their entry time for that event.

Heat and lane assignments are posted on deck for the swimmers on the “heat sheet” or “program” before the start of the meet. Swimmers will learn how to track where we are in the meet and when they should go line up behind the blocks. An older or more experienced swimmer is a great person to be friends with so they can help out. Of course coaches will help the younger and more inexperienced athletes as well. Some teams write events/heats/lanes on their arms or on small pieces of paper. Many times this hinders the process more than it helps. Event numbers often skip around and sometimes events can be very long, or very short. Athletes will learn to see what is coming up before their event by looking at the full program. By looking at the full program, we teach the athletes to look in front of their event. They will be able to see that the event numbers skip and be able to adjust when they go behind the blocks and hopefully will be calm and ready to swim well!

Before the Meet Starts

1. Arrive at the pool at least 15 minutes before the scheduled warm-up time begins. This time will be listed in the Meet Announcement and emailed to you by the coach.
2. Upon arrival find the T2 Aquatics team. T2 sits together as a team. Parents usually sit in a designated “Spectators” area.
3. The swimmer takes their bag over to the team area and checks in with the Coaches.
4. Swimmers should get his/her cap and goggles ready and wait for warm-up instructions. It is very important for all swimmers to warm-up with the team. Swimmer's bodies are just like cars on a cold day-he/she needs to get the engine going and warmed-up before he/she can go all out.

5. After warm-up, your swimmer will go back to the team area where his/her towels are and sit there until the next event is called. This is a good time to make sure he/she goes to the bathroom if necessary, gets a drink, or just gets settled in.
6. The meet will usually start about 10-15 minutes after warm-ups are over.
7. According to USA Swimming rules (because of insurance purposes), parents are not allowed on deck unless they are serving in an official capacity. Similarly, all questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to the coaching staff. They, in turn, will pursue the matter through the proper channels.
8. Heat Sheets. A heat sheet is usually available for sale in the lobby or concession area of the pool. It lists all swimmers in each event in order of "seed time". When the team entry is sent in, each swimmer and his/her previous best time in that event is listed. If the swimmer is swimming an event for the first time, he/she will be entered as a "no-time" or "NT". A "no-time" swimmer will most likely swim in one of the first heats of the event.

Meet Starts

1. It is important for any swimmer to know what event numbers he/she is swimming. They should know the event numbers from the entries sent out by the coaches. They can find the heat and lane that they are in by looking at the "heat sheet" or "program" in the team area. He/she may swim right away after warm-up or they may have to wait awhile.
2. Swimmers will watch the event numbers on the scoreboard or listen for announcements and report to the blocks prior to their event.
3. The announcer or referee will signal the swimmers to get on the starting block with a series of whistles. The Starter will then ask the swimmers to "take their mark" and a buzzer will sound when to take off. You can expect at least 4-8 heats of each event.
4. The swimmer swims their race.
5. After each swim:
 - a) The swimmer should ask the timers what their time was.
 - b) Swimmers should then go immediately to their coach. The coach will ask him/her their time and discuss the swim with each swimmer.
 - c) Generally, the coach follows these guidelines when discussing swims:
 - a. Positive comments or praise
 - b. Suggestions for improvement
 - c. Positive comments
 - d) The coach will then recommend that the swimmer go sit back down, or possibly go and warm down. Under no circumstances should the swimmers be "playing" in the warm up pool at any time.
 - e) Swimmers should check on their next event and get drink/something to eat if they have time before their next event.
6. Things you, as a parent, can do after each swim if they visit you:
 - a) Relax!
 - b) Tell him/her how great they did! The coaching staff will be sure to discuss stroke technique with them. You need to tell him/her how proud you are and what a great job they did. This shows your support and also helps build their confidence that you are proud of them regardless of technique or speed. A good rule of thumb is not to say too much or to ask questions instead. Great questions are: "How was it?", "What do your coaches say?", or "What was your favorite part?". These questions should help get the conversation started and let the swimmer "take charge" of the conversation. After all, it is THEIR sport and THEIR experience.
 - c) Recommend they go back to sit with the team and relax.
 - d) This is another good time to revisit the bathrooms, get a drink or something light to eat.
 - e) The swimmer now waits until his/her next event is called and starts the procedure again.
 - f) Be vocal and supportive of all T2 athletes!
7. When a swimmer has completed all of their events they may go home. Swimmers should check with the coach before leaving to make sure they are not included on a relay.

Questions?

When all else fails, remember to ask for help! If during a swim meet a swimmer or parent feels lost or confused, be sure to ask any T2 parent for help! We have all had our “first meets” and know it can be overwhelming. Once you have attended one or two meets, it will all become very routine and enjoyable.

T2 Aquatics Billing

USA Swimming Registration/Insurance

This is a once a year fee that pays for Insurance and Registration with USA Swimming as well as Florida Swimming. Each swimmer must have this to be a member of T2 Aquatics.

Meet Entries

Each meet has different meet entry fees. These fees will be posted to your account as they come. If you are unable to attend a meet please notify the coaching staff at least 2 weeks prior to a meet to avoid being entered in the meet. Once the entries are sent to Florida Swimming/Host Team the entry fees have been paid. Each group will be communicated with about which meets they are expected to attend. T2 Aquatics also has a \$10 travel fee for meets out of our area or concessions fee for home meets. The meet fees will be included in your monthly invoice.

Invoices/Autopay

Invoices will be sent out during the last week of the month and then the bills will run on the 1st of each month. Your invoice will have details for that month on them.

Leaving The Team

T2 Aquatics is a year round competitive program and once swimmers join for the season at any point from Sept 1st through August 31st we are expecting them to hold their spot on the team continuously throughout that season until August 31st. T2 Aquatics is a growing and quickly improving team and leaving the team for a period of time may result in the swimmer being switched to a different group or program when they return to ensure that they are in the best environment for their improvement. We hope that everyone enjoys swimming for the entire year, but if for some reason you must leave the team for a period of time, you must contact Head Coach Paul Yetter Paul@t2aquatics.com and Head Age Group Coach Tom Yetter tom@t2aquatics.com via email to put a hold or cancel your account. Failure to do so will result in invoices continuing to be billed to you. T2 Aquatics encourages all athletes to establish a consistent training routine in order to achieve the most that they can in the sport. There is a re-enrollment fee of \$50 to reactivate you into our autobill system if you would wish to join the team at a later date.

T2 Aquatics Arena Racing Suit Requirements

- ALL T2 ATHLETS MUST HAVE a Standard Competition Suit with the T2 Logo on it (Arena Madison/Master/Mast for women and Jammer/Sky for men).
 - These suits are all black, come in youth and adult versions, and should be ordered through Augusta Swim Supply with the T2 logo on the suit, Arena Logo on the hip of the women's suit, Arena Logo on the leg of the men's suit. These suits DO NOT have a "FINA" logo on the back to the suit.
 - These suits will be worn at most of T2's competitions.
- Older and high level athletes may wear Performance Suits at coach selected competitions. (Arena Carbon Air/Carbon Flex/Carbon Ultra for women or men).
 - These suits should be Black when available and Black/Blue when black is not available. These suits will not have the T2 logo due to the material the suit is made of. Arena logo is on the chest of the women's suit, Arena Logo is on the leg of the men's suit. These suits DO have a "FINA" logo on the back to the suit.
 - **10&Unders:** No 10&Unders should ever wear these suits.
 - **11-12's:** 11-12 FLAG Qualifiers may wear a Powerskin ST suit (Girls: Regular or Kneeskin, Boys: Jammer or Brief) at coach selected meets.
 - **13-18's:** 13-18 Athletes may wear a Powerskin ST, Carbon Air, Carbon Flex, Carbon Ultra suit at coach selected meets.
- Both Standard Competition and Performance Suits should be smaller and more fitting than a training suit. Most new swimmers order suits (both practice and racing) that are 1-2-3 or 4 sizes too large. **T2 Aquatics has a fit kit for the Madison/Master/Mast/Jammer/Sky suits at the Norris Pool.**
- There will be discounts for Championship Meets (LSC Championship Meets and above) from our Team Sponsor Arena Swimwear. If you are ordering a suit for a Championship meet please consult a coach on how to order and get the discounts. This order will take place 6 weeks prior to the meet.



Arena Madison Suit:



Arena Board Jammer:



Arena Master Suit:



Arena Sky:



Arena Mast Suit:



T2 Aquatics Equipment Requirements

Introduction/Technique & Training/Age Group Development/Age Group Performance Groups

All T2 Groups:

- **Caps:** T2 athletes with long hair must wear T2 swim caps during practice and meets. They are for sale at the Norris Pool. At practices swimmers can wear white or black caps. At meets swimmers can only wear **black caps**. If a swimmer has earned an “All T2 Team” blue cap they may wear that at practice and meets.
- **Practice Suit:** T2 athletes must wear an appropriate training suit. “Board Shorts” or SPF shirts should not be worn.
- **Racing Suit:** T2 athletes must follow the T2 Arena Suit Guidelines. They can be found on our website in the Team Handbook.
- **Required Team Meet Shirts:** T2 Aquatics Athletes are required to have both a blue and a gray meet T Shirt. These shirts are available to purchase online via our “Apparel Store”. **Blue Shirts will be worn on Saturdays at meets. Gray Shirts will be worn on Sundays at meets.** If a meet has a session on another day, then either shirt (or another T2 Aquatics shirt such as a Championship Meet Shirt is acceptable).
- **Water Bottle:** T2 athletes should bring a water bottle filled with water or a sports drink.
- **Sharpie:** Write your name on all equipment, front and back.
- **Kickboard:** (Optional for Intro and TnT) If you do purchase a kickboard please get the standard sized Arena kickboard, not a kickboard that is very small or pointed at the front. (The Norris Pool has kickboards available to borrow.)
- **Mesh Bag:** (Optional for Intro and TnT) Swimmers use mesh bags to hold their wet equipment (Kickboards/Fins).
- **Shoes:** Senior athletes should bring athletic shoes to each practice for dryland training.

Additional Equipment for Intro, Technique and Training, Age Group Development and Age Group Performance:

- **Fins:** Finis Floating Fin. This fin will provide a consistent propulsive force for our younger swimmers and let them concentrate on many of the kicking and stroke drills that we do at practice. Note: The sun is rough on fins but we have had fairly good luck with the “Finis Floating Fin” material. They appear to be holding up well for most swimmers. Keeping the fins in a cool place between practices will help them last longer.

Additional Equipment for Senior 1, Senior Performance, National Group:

- **Fins:** “Finis Zoomer Gold Fin”. These fins have a short blade and will replicate your natural kicking motion the best. You can find these online at a number of retailers.
- **Paddles:** The recommended paddles are called the Arena Hand Paddles. Please consult your coach for sizing before ordering.

Senior level swimmers may have additional required equipment. Please check with your coach.

T2 Aquatics Uniform/Apparel

T2 Aquatics Athletes are required to have both a gray and a blue meet T Shirt. These shirts are available to purchase online via our “Apparel Store”. **Blue Shirts will be worn on Saturdays at meets. Gray Shirts will be worn on Sundays at meets.** If a meet has a session on another day, then either shirt (or another T2 Aquatics shirt such as a Championship Meet Shirt is acceptable).

Other T2 Apparel is encouraged to wear at our meets. T2 is an Arena Swimwear sponsored team and we have team Warm Up, Bags, and Parkas available via our team store at Augusta Swim Supply. The Team Code is "T2" and the Password is "1234". There are a variety of T2 Aquatics apparel items available for purchase-T2 T shirts, shorts, T2 sweatshirts, and other items are available at different times throughout the year via our T2 Apparel Store. Information about how to access the Augusta T2 Team Store and the T2 Apparel Store can be found at www.t2aquatics.com.

T2 Code Of Conduct – Found Online Upon Registration for T2 Aquatics

T2 AQUATICS CODE OF CONDUCT As an authorized representative of T2 Aquatics, Florida Swimming LSC, USA Swimming, or "Unattached," I will comply with the following guidelines.

1. The possession or use of alcohol, tobacco products or controlled substances by any athlete is prohibited.
2. Curfews established by the coach(es) will be adhered to each day.
3. Team members and staff will attend all team functions including meetings, warm-ups, practices, competitions, meals, etc., unless otherwise excused or instructed by the coach of record.
4. To ensure the propriety of the athletes and to protect the staff, there will be no male athletes in female athletes' rooms, and no female athletes in male athletes' rooms unless supervised by designated Club official. This applies to T2 Aquatics members or members of any other team.
5. Team members and staff will refrain from any illegal or inappropriate behavior that would detract from a positive image of T2 Aquatics, Florida Swimming LSC, USA Swimming or be detrimental to its performance objectives.
6. Team members will display proper respect and sportsmanship toward coaches, officials, administrators, fellow competitors and the public.
7. Team members, parents, coaches, and staff will not act in a manner that would degrade The Norris Pool, The Community School of Naples, or any visiting facility.
8. Any additional guidelines for the team will be established as needed by the coach of record.

IMPLEMENTATION

- a. Your signature of the document constitutes unconditional agreement to comply with T2 Aquatics Code of Conduct.
- b. Failure to comply with the Code of Conduct as set forth in this document may result in disciplinary action.

Such discipline may include, but not be limited to:

1. Dismissal from the team and immediate return home (at the parents expense);
2. Disqualification from one or more events, or all events of competition;
3. Disqualification from future T2 Aquatics travel.
4. Financial penalties (return from meet, lost entries, etc.)

Team Communication

Team Web Site: www.t2aquatics.com

You can look here to find practice schedules, calendars describing upcoming meets and team events, team records, contact information for coaches, parent education and links to state and national swimming organizations, etc.

Team Emails:

Used to announce and report on meets and to make any urgent or especially exciting team announcements. Please make sure that the team has an e-mail address that you check regularly as this is a primary means of team communication. You can add several emails (work and home) to your account to make sure that you are able to get the most up to date information.

Add An Email/SMS Messaging Number:

From the T2 website you can change and update your account so that ***multiple family members can get our emails and updates.*** We also have a ***Text Messaging feature (SMS)*** that we will be using to update T2 families about practice changes due to weather. This is especially important with the Summer and afternoon storms). Here is how you do it:

- Go “My Account” from the menu on the left of the webpage and then select “My Account” again from the drop down menu.
- On the right side of this page you should see some buttons for “Add Email” and “Add SMS”. Click on those to add additional emails to our list. Adding additional family members to these lists can help get information out to everyone.

Other Websites:

There are a few websites where you can find a lot of important information about swimming.

- T2 – www.t2aquatics.com For Meet schedules/meet announcements/coaches blogs/practice changes/T2 news
- T2 Facebook – www.facebook.com/t2aquatics (you do not have to be a member of facebook to see this page!)
- Florida Swimming – www.floridaswimming.org For meet schedules/meet announcements/updated meet information)
- USA Swimming – www.usaswimming.org Lots of resources about the sport of swimming. Swimmers can create their own “account”. They also have a great Parents section.

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