North East Aquatic Team
Alamo Area Aquatic Association

Parent’s Guide
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To provide North East Aquatic Team (NEAT) families with helpful information including information about:

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NEAT Contact Information

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Training Facilities

The NEAT program utilizes the Bill Walker and Josh Davis Natatoriums located at the North East Independent School District, Virgil T. Blossom Athletic Center. The Blossom Athletic Center is located at the corner of Jones Maltsberger and Starcrest Avenues. Constructed in 1962, the Bill Walker Natatorium consists of 16 x 25-yard as well as 6 x 20-yard training lanes during the short course or winter season and 8 x 50-meter and 4 x 20-yard lanes during the long course or Spring / Summer Season.

The Josh Davis Natatorium opened in the spring of 2001 and consists of a 25-yard x 25-meter competition facility, which includes four one-meter and two three-meter diving platforms. The facility was designed specifically for competitive swimming with a shallow end of 7 feet and deep end of 14 feet. The facility has an off-deck seating capacity for over 1500 and serves as the home pool for the six NEISD high school swim teams. The facility plays host for several UIL District and Regional Championships as well as NCAA Conference Championships. The facility also includes a strength conditioning room and secondary conference / classroom for aquatic related instruction.

Swimming Glossary

**Swim Meet:** (also known as meets) any swimming competition where by athlete’s race against the clock, and or other athletes in a competition.

**United States Swimming, Inc. (USA Swimming):** The national governing body for swimming in the United States. USA Swimming was conceived in 1978 with the passage of the Amateur Sports Act which specified that all Olympic sports would be administered independently. Prior to this act, USA Swimming was the Competitive Swimming Committee of the Athletic Amateur Union (AAU). The USA Swimming Headquarters is located at the Olympic Training Center in Colorado Springs, Colorado.

As the National Governing Body for the sport, USA Swimming is responsible for the conduct and administration of swimming in the United States. In this capacity, USA Swimming formulates the rules, implements policies and procedures, conducts national championships, disseminates safety and sports medicine information and selects athletes to represent the United States in international competition.

**Local Swimming Committee (LSC):** An administrative division of USA Swimming with supervisory responsibilities within certain geographic boundaries designated by USA Swimming

**South Texas Swimming (STS):** The Local Swimming Committee (LSC) for the South Texas Region of USA Swimming.

**South Texas Age Group Championships (STAGS):** The STS Age Group Championship Meet. Each event has a qualifying time standard for athletes to attend.

**South Texas Junior Olympics (JO's):** The STS Age Group Championship Meet for athletes who do not meet a STAGS qualifying time standards.

**South Texas Senior Championships (SR Champs):** The STS Senior Championship open to all swimmers age 13 and over who meet the qualifying time standards. This meet is usually attended by swimmers who did not achieve TAGS or Sectional time standards.

**Texas Swimming Association (TSA):** The Texas Swimming Association is a "one-of-a-kind" organization. It has successfully gained the mutual cooperation of the five separate Local Swimming Committees in Texas in a sincere effort to upgrade competitive swimming in the state. The organization provides for cooperation between the five Texas LSC in promotion of:

- Standardization of qualifying time standards throughout the state.
- Improvement of swim meets through efficient scheduling and improved administration and officiating.
- Harmonious relationships among coaches, parents, swimmers and officials in Texas.
- Continued progress in qualifying more swimmers for regional and national competitions.
- Educating large numbers of people with regard to programs leading to national competition.
- Increased participation in competitive swimming in Texas.
- Establishment of "quality" state age-group championship meets rated among the best in the United States.
Texas Age Group Swimming Championships (TAGS): The age group championship swim meet sponsored by the TSA. The meet is open to all swimmers who reside in any one of the five Texas LSCs who have met the qualifying time standards. TAGS is a premiere swimming experience designed to allow Texas age group swimmers to successfully participate in a quality end-of-season championship meet.

Texas Senior Circuit (TSC): A subcommittee of the TSA, directed by professional swim coaches, the Texas Senior Circuit’s primary goal is to provide a quality senior swimming program in order to insure the best possible competition for all swimmers striving to compete in the United States Swimming Inc., senior and junior level championship meets.

The Texas Senior Circuit seeks to provide the next level of competition above age-group swimming for those competitors seeking national-level accomplishments. Senior Sectional and Senior Circuit meets are governed by the TSC.

Alamo Area Aquatic Association (AAAA): An association of USA Swimming member clubs that work together as one team to promote competitive swimming/diving opportunities in the San Antonio / Bexar County Metro Area.

North East Aquatic Team (NEAT): One of seven AAAA member teams, providing competitive and instructional swimming programs for athletes residing in the North East Independent School District area, but is open to athletes from all over the region.

NEAT Mission

The mission of the North East Aquatic Team is to offer young athletes an opportunity to be a part of a competitive swimming program and provide the best learning environment possible for every one to achieve success.

Team Purpose

To offer area athletes the best competitive swimming program in an environment that fosters and builds upon the values of a strong work ethic, honesty, and self-discipline so that each may achieve success in the sport of swimming.

AAAA / NEAT Creed

We believe that team unity builds character, strength and speed. Our goals are achieved through hard word, motivation and perseverance. Driven by our will to be the best, these qualities set us above the rest:

Infinite Tenacity, Craziness, Ferocity, Determination, Relentlessness, Powerfulness, Strength, and Courageousness.

AAAA History

The Alamo Area Aquatic Association (AAAA) is a nearly 30-year old umbrella organization comprised of seven USA Swimming Age Group and Masters Teams in the Nation's seventh largest city. It has nearly 1,300 registered swimmers working out and competing in six separate, indoor multilane facilities. AAAA has produced ten Olympic Athletes in three different aquatic sports:

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<tr>
<th>Athletes</th>
<th>Event</th>
<th>Medal</th>
<th>Olympiad</th>
<th>Representing</th>
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<tr>
<td>Bruce Hayes</td>
<td>800 Free Relay</td>
<td>Gold</td>
<td>Los Angeles - 1984</td>
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<tr>
<td>Greg Losey (Deceased)</td>
<td>Modern Pentathlon</td>
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<td>Los Angeles - 1984</td>
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<td>Walter Soza</td>
<td>200 and 400 I-M, 200 Butterfly</td>
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<td>Atlanta - 1996</td>
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<td>Rania Elwani</td>
<td>50, 100, and 200 Freestyle</td>
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<td>Atlanta - 1996</td>
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<td>Jennifer Gutierrez</td>
<td>Triathlon</td>
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<td>Celina Lemmen</td>
<td>800 Free Relay Leadoff</td>
<td>-</td>
<td>Athens - 2004</td>
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<td>Sofie Daid</td>
<td>100 and 200 Breaststroke</td>
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<td>Athens - 2004</td>
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AAAA VISION

Much of the future of America is inarguably dependent on the spiritual and physical development of the Nation’s youth. Competitive and recreational swimming offer unparalleled opportunities for the development of individual initiative, self-discipline, sound physiques, and a love of sport. In addition, they can be life long endeavors.

THE PAST

The Alamo Area Aquatic Association (AAAA) was established in 1977 to serve as an organizational and administrative umbrella for three San Antonio area competitive swim teams, which were then under the auspices of the Amateur Athletic Union (AAU). Just a few years later, the Aquatic Sports sponsored by the AAU, split off and became an independent organizational entity known as United States Swimming (USS). During the evolution of these various National bodies, the mission and charter of the AAAA has remained constant just as it does today under the auspices of USA Swimming (USA-S).

The organization’s founding was primarily based on the notion that there is indeed strength in numbers and inter-team administrative, operational, and philosophical differences are often counterproductive to the ultimate goals and objectives of competitive swimming programs.

At the time the organization was first established, there were three separate, distinct, and independent Age Group swimming programs in San Antonio one of which, the San Antonio Aquatic Club (SAAC), was the second oldest of its kind in the state of Texas.

The three teams were often at odds with one another over several matters of mutual concern, but particularly the scheduling of meets within the city. It also became obvious that there would undoubtedly be certain advantages to be realized when championship relay teams were selected if all three could somehow resolve their differences in the interest of bettering the sport. To those ends, the Association has been the impetus to the organization, development, training, and fielding of a premier swim team that effectively represents the San Antonio area in a variety of state, national, and even world competition.

The initial and fledging attempt to organize the administrative elements of the three teams into a loose knit, but still very functional, "consortium" of sorts turned out to be eminently successful. This success can be directly attributed to the fact that the principals involved had the fortitude, wisdom, vision and good sense to completely put aside domain, personal, personality and philosophical differences in the sole interest of what would be best for the athletes (all of them) in the San Antonio area.

THE PRESENT

Today, in the year 2009, AAAA is comprised of all but one of the separate, year-around USA Swimming Age Group programs, which operate in this metropolitan area of approximately 1.8 million (San Antonio is the Nation’s seventh largest city). Under the AAAA umbrella these teams, while remaining independent as regards day-to-day operations, philosophy, coaching and finances; they are very much interdependent when it comes to meet scheduling, athlete progression, championship relay team selection and several managerial, data processing and administrative functions.

Each member team is in some way affiliated with a School or Community College District or a University, but the San Antonio Aquatic Club no longer exists. On the First of September 2001, the North East Independent School District (NEISD) absorbed the team and re-established it under District management as the North East Aquatic Team (NEAT).

The Association currently accounts for about 85% of all the USA-S Registered swimmers in the San Antonio metropolitan area and nearly 40% of those in all of the South Texas Local Swim Committee (LSC).

Each AAAA team subscribes to the philosophy that competitive swimming organizations, in order to maximize their effectiveness and minimize internal conflicts, must be under the strict leadership, management, direction and supervision of professional, experienced coaches who are committed to excellence. To that end, membership in The Association requires that affiliated teams be so organized.

The AAAA has assumed leadership and responsibility for coordinating virtually all-aquatic activities in the San Antonio metropolitan area. These include, but are not limited to:

- Aqua-aerobics
- Competitive Swimming (Age Group, Senior, High School)
- Corporate and Private Sponsorships
- Diving
- Masters Swimming
- Media Relations
- Public service water safety (Police, Fire, etc.)
- Red Cross Certifications (WSI, CPR, Lifesaving, etc)
- Alamo Area Summer Swim League (AASSL)
- Site bids for major competitions U.S. Open, etc.
- Swim America learn-to-swim programs
- Water polo
The Association also coordinates the scheduling of high school meets at the various venues in the city in order to ensure appropriate progression of athletes representing more than 50 teams through the season and to avoid conflicts in either age or ability meet schedules.

LEGAL

The Alamo Area Aquatic Association is established as a Not-for-Profit Organization under the United States Internal Revenue Code (501C[3]) and the laws of the State of Texas

NEAT Philosophy

To offer a competitive swimming program for children of all ages, and also providing instruction and training for athletes throughout their lifespan. NEAT offers skilled instruction for swimmers of variety of ability levels. Swimmers are grouped based upon skill, proficiency, training ability and age. All young athletes grow and develop at different rates. Therefore the rate of progress in terms of skill mastery will be different for each. We encourage swimmers to attend practice as often as they can. We encourage all age group swimmers to attend practice at least three days each week. High School swimmers are expected to maintain at 90% attendance average. NEAT realizes that children are often involved in multiple activities and encourage children to explore as many extra curricular activities that meet their interests. However, each workout that is missed will affect your child’s ability to master swimming skills. We encourage parents to be active with the program and to ask questions when they have concerns about their child’s growth and development in the sport.

NEAT Competitive Seasons

NEAT is a year round / 11month program that is divided into two competitive seasons, a short course and long course season.

Short Course Season

The Short Course season runs from September through March and is signified by swimming competitions held short course competition facilities that are 25 yards or 25 meters in length. Therefore, short course season swim meets are conducted on a 25 yard distance basis. Racing distances include 50, 100, 200, 400, 500, 1000, 1650-yard events. The Josh Davis Natatorium is, by definition, a short course competition facility.

Long Course Season

The Long Course season runs from April through early August and is signified by competitions that are conducted in a 50-meter course. The Bill Walker pool is capable of hosting long course meets and the primary training facility for NEAT during long course. Racing distances include 50, 100, 200, 400, 800, and 1500 meter races. The Olympic Games and US National Championships are conducted in a 50 Meter Course.

Team Administration

The North East Aquatic Team is operated by the North East Independent School District. NEAT is also an active member of the Alamo Area Aquatic Association (AAAA). The NEISD Assistant Aquatics Coordinator, who is also the program’s Head Coach, manages the day-to-day operations of the NEAT program. There are also ten to fifteen coaches and administrative support personnel that work to support the program.

NEAT Structure

The North East Aquatic Team is divided into three main groups / teams of swimmers: Senior, Pre Senior and Age Group. The program is designed to provide a competitive swimming experience for every child seven years of age and older who can swim one 25-yard length of each of the four competitive strokes. Swimmers must also be able to perform a shallow racing dive from the starting blocks.

Each of the three teams and the various sub groups within them is designed to teach and promote specific competitive swimming skills relative to each level of training. Swimmers are advanced from the sub groups and teams through meeting various qualifying / goal standards. The decision for group advancement resides with the lead coach of the each group. Swimmers are periodically evaluated to determine correct group placement. The most common type of assessment of skill mastery is done while the swimmer is competing at the various competitions the program offers. Each team has a specific skill level of competition that the athlete may attend.
Age Group Team

Junior

Introductory group of the competitive swim team. Athlete begins the basics of learning interval swimming. Majority of practice time is dedicated towards stroke improvement and learning proper stroke techniques. Practices offered three days a week for one hour. Swimmers are placed in one of two groups on either a M/W/S or a T/TH/S schedule.

Age Group Three

Stroke drills and skills are still major the focus, however, swimmers become more exposed to training. Practices offered four to five days a week for one hour, 15 minutes. The majority of swimmers are nine and ten years old and performing at a STAGS level.

Age Group Two

Swimmers are still learning to refine stroke but a little more emphasis is spent on training. Practices are offered 4-5 days a week for 1hr and 30 minutes. Majority of swimmers are 11-12 years old.

Age Group One

Swimmers are selected by Age Group Lead Coach to enter group. The primary focus is on training and advanced skill development. Strength conditioning is introduced at this level. Swimmers are ages 10-12. TAGS level performance. Swim meet participation is required. Practices offered 5-6 days a week.

Age Group Team Competitions

Swimmers may attend a variety of swimming competitions including Unclassified, Slower than BB, BB and up, and Faster Than A Swim Meets. Culminating Championship Meets include Junior Olympics, STAGS, and TAGS.

Pre Senior Team

White Group

This group is for 13 and 14 year old swimmers who are transitioning from our Age Group program into the Senior Program. The focus remains on technique while more advanced interval training is introduced. Focus of training is endurance and aerobic development. Five workouts are offered each week and swimmers must attend 50% to remain on team.

Gold Group

The Gold group is for 13 and 14 year old swimmers competing on the South Texas Senior Championship level. Training becomes more specifically suited for improved performance in the 200’s of stroke and the 400 IM. Workouts are offered six times a week. Swimmers must attend 60% of club workouts to remain in this group.

Blue Group

The Blue group is for swimmers age 12 through 14 who are competing at the TAGS level. Swimmers must be selected by the Pre Senior Lead Coach. Criteria for consideration include practice performance, swim meet performance, physical maturity, level of commitment, efficiency of stroke technique and ability to train on advanced intervals. Swimmers must attend at least 83% of workouts offered to remain in the group. Six workouts offered each week.

Pre Senior Level Competitions

Swimmers may attend a variety of swimming competitions including Unclassified, Slower than BB, BB and up, and Faster Than A Swim Meets. Culminating Championship Meets include Junior Olympics, Senior Champs, and TAGS.
Senior Level Team

Senior Three

This is an introductory level for swimmers who are joining the team for the first time while attending high school or have not met the Senior 1 or Senior 2 criteria. Major emphasis is on skill development and aerobic training for competition at the high school level. Practices are offered 5 day a week for 1 and 30 minutes. In the summer workouts may be offered 6 days a week including some 2 a day workouts. Swimmers are also exposed strength conditioning training. Swimmers must attend 50% of workouts to remain on Senior team.

Senior Two

Swimmers must perform on TISCA and/or South Texas Senior Championship levels. The primary focus is on training, skill development and strength conditioning. Practices are offered 6 days a week during the school year. Summer practices are offered 6 days a week including 2 a day workouts. Workouts run 1hr and 45 minutes on average a day. Swimmers must attend 67% of workouts to remain in group and 75% to attend Senior Sectional meets.

Senior One

Swimmers must be selected by the Head Coach. The primary focus is on training, advanced skill development and strength conditioning. Practices are offered in the fall 6 days a week. Summer practices are offered 6 days a week including 2 a day workouts. Workouts run 2hrs on average a day. Swimmers must participate year round to remain in the group. Attendance expectation is 100%. Swimmers will compete on highest levels of USA Swimming.

Senior Level Competitions

Swimmers may attend a variety of swim meets during the year. During the high school season the primary focus is on attending meets with their high school teams. Culminating Championship Meets include: High School Districts, Regional, or State Meet. USA Swimming: JO's, Sr Champs, Sectionals, Junior Nationals, US Nationals, US Open, Grand Prix and World Cup Swim Meets.

North East Aquatic Team
Alamo Area Aquatic Association
Training Groups

Age Group Team
Junior

Prerequisites:
1. Swim all four competitive strokes legally for 25-yards.
2. Perform shallow racing dive from starting block.
3. Able to do flip turns on a regular basis.
4. Have an understanding of training distances, e.g., 25-yards = one pool length
5. Be at least seven years old.

Focus: The Junior group is divided into two group based on scheduling. The group begins learning the basics of learning interval swimming. Majority of practice time is dedicated towards stroke improvement.

Equipment: Kickboard, training fins, water bottle, mesh equipment bag.

Practices: Offered 3 days a week for 1 hour. Dry land work may also be added to weekly schedule.

Age Group Three

Prerequisites:
1. Swim all four strokes legally for 50-yards.
2. Know all four turns.
3. Basic pace clock reading (five, ten seconds apart)
4. Basic training set structures (8 x 50’s @ 1:00).
5. Age ten and under with four National BB times, some 11 year olds with B/C times.
Focus: Group continues work on skills to improve stroke mechanics, endurance training, racing starts, turns and finishes. Swimmers will begin learning race strategy for competing at various distances and strokes. Group size will be regulated and limited according to available lane space.

Equipment: Kickboard, training fins, water bottle, mesh equipment bag

Practices: Offered four or five days a week for one hour, 15 minutes. Dry land work may be added each week.

Age Group Two

Prerequisites: This group is for 11 and 12 year old swimmers competing at the STAGS level.

1. Swim all strokes legally for 100-yards
2. Know all seven turns (200 I-M transition)
3. Basic pace clock intervals: 15, 30, 45, 60 seconds
4. Practice set structures
5. Basic understanding of proper starts for each stroke.

Focus: Group continues work on skills to improve stroke mechanics, endurance training, racing starts, turns and finishes. A greater amount of time is spent on developing the various energy systems utilized in training for competitive swimmers. Athletes will also be introduced on proper nutrition, pre-competition meals and heart rate training.

Equipment: Kickboard, training fins, pull buoy, water bottle, mesh equipment bag

Practices: Offered five days a week for one hour, 30 minutes. Dry land work may also be added.

Age Group One

Prerequisites: Swimmers must be selected by the Age Group Lead Coach.

1. Swim all four strokes legally for a 200-yards or meters
2. Know all seven turns and breakouts.
3. Understand pace clock intervals.
4. Practice Set Structures
5. Understand proper starts and turns for each stroke.
6. This group is for 10, 11 and 12 year old swimmers at the TAGS level.

Focus: Swimmers will learn additional skills needed to improve stroke mechanic, endurance training, racing starts, turns, and finishes. Swimmers will be instructed on proper athlete nutrition, racing strategies for various distances, heart rate training, strength conditioning, flexibility and goal setting.

Equipment: Kickboard, training fins, pull buoy, snorkels, mesh equipment bag, pull paddles, water bottle

Practices: Offered six days a week for one hour, 30 minutes. During the holiday breaks and long course there may be some two-a-day workouts offered. Dry land work will also be added.

Pre Senior Team

White Group

Prerequisites:

1. Swim all four strokes legally for 50- yards or meters.
2. Understand pace clock intervals.
3. Practice Set Structures
4. Understand proper starts and turns for each stroke.
5. This group is for 13 and 14 year old B/C swimmers.
6. Group size will be regulated and limited based on lave availability.

Focus: Swimmers will learn additional skills needed to improve stroke mechanic, endurance training, racing starts, turns, and finishes. Swimmers will be instructed on proper athlete nutrition, racing strategies for various distances, heart rate training, strength conditioning, flexibility and goal setting.

Equipment: Kickboard, training fins, pull buoy, snorkels, mesh equipment bag, pull paddles, water bottle

Practices: Offered five days a week for one hour, 30 minutes. During the holiday breaks and long course there may be some two-a-day workouts offered.
Gold Group

Prerequisites:
1. Train and compete in all four strokes legally for 100-yards or meters.
2. Know all seven turns and breakouts.
3. Understand pace clock intervals.
4. Practice Set Structures
5. Understand proper starts and turns for each stroke.
6. This group is for 13 and 14 year old swimmers on the Senior Championship level.

Focus: Swimmers will learn additional skills needed to improve stroke mechanic, endurance training, racing starts, turns, and finishes. Swimmers will be instructed on proper athlete nutrition, racing strategies for various distances, heart rate training, strength conditioning, flexibility and goal setting.

Equipment: Kickboard, training fins, pull buoy, snorkels, mesh equipment bag, pull paddles, water bottle

Practices: Offered six days a week for one hour, 30 minutes. During the holiday breaks long course there may be some two-a-day workouts offered.

Blue Group

Prerequisites:
1. Compete in all four strokes legally for 200-yards or meters
2. Know all seven turns and breakouts.
3. Understand pace clock intervals.
4. Practice Set Structures
5. Understand proper starts and turns for each stroke.
6. This group is for 12, 13 and 14 year old swimmers on the TAGS level.

Focus: Swimmers will learn additional skills needed to improve stroke mechanic, endurance training, racing starts, turns, and finishes. Swimmers will be instructed on proper athlete nutrition, racing strategies for various distances, heart rate training, strength conditioning, flexibility and goal setting. Swim meet participation is mandatory. Swimmers are selected by the Pre Senior Lead Coach.

Equipment: Kickboard, Training Fins, Pull Buoy, snorkels, Mesh Equipment Bag, Pull Paddles, Water Bottle

Practices: Offered 6 days a week for 1 hour 30 minutes. During the holiday breaks and long course there may be some two-a-day workouts offered.

Senior Teams

Senior Three

Prerequisites: Athletes must be enrolled in high school to participate in this group. They must be recommended by their high school coach to join this group. Swimmers need to be able to train in all four competitive swimming strokes.

Focus: Swimmers will focus on the skills and drills necessary to improve athletic performance, which include stroke mechanics, endurance training, racing starts, turns, and finishes. Swimmers will be instructed on proper athlete nutrition, racing strategies for various distances, heart rate training, strength conditioning, flexibility and goal setting.

Equipment: Kickboard, training fins, snorkels, pull buoy, mesh equipment bag, water bottle, pull paddles.

Practices: Offered four or five days a week for one hour, 30 minutes. During the holiday breaks and long course there may be some two-a-day workouts offered.

Senior Two

Prerequisites: High school swimmers who are on their AM Varsity team at school. There is a 67% attendance commitment to be admitted and remain in the group. Swimmers are required to be proficient in all four competitive strokes; know all seven turns and breakouts; pace clock reading, set structures, and proper starts and turns. Swimmers must attend at least two club meets during the short course season.

Focus: Swimmers will learn additional skills needed to improve stroke mechanic, endurance training, racing starts, turns, and finishes. Swimmers will be instructed on proper athlete nutrition, racing strategies for various distances, heart rate training, strength conditioning, flexibility and goal setting.
Equipment: Kickboard, training fins, pull buoy, snorkels, mesh equipment bag, pull paddles, water bottle
Practices: Offered four or five days a week for one hour, 30 minutes. During the holiday breaks and long course there may be some two-a-day workouts offered.

Senior One

Prerequisites: High school swimmers who are selected by the NEAT Head Coach. There is a 100% attendance expectation to be admitted and remain in the group. Participation in club meets is mandatory. Swimmers are required to be proficient in all four competitive strokes. Senior One swimmers may NOT participate in summer league competition. Swimmers can / will be demoted from group for not meeting attendance expectation, failing to bring equipment to practice, or inability to hold training intervals. Two Senior Sectional cuts ideal for consideration. Group size is limited to 28.

Focus: Senior One athletes are engaged in preparing for USA Swimming National Level Meets which include: Sectionals, US Nationals, US Junior Nationals, US Open Water Championships, US Open, FINA World Cup and US Olympic Trials Competitions. Swimmers are also focused on preparing for UIL Championship level meets representing their respective high schools. Swimmers will enhance skills needed to improve stroke mechanics, endurance training, starts, turns, and finishes. Swimmers will be instructed on proper athlete nutrition, racing strategies for various distances and events, heart rate training, strength conditioning, flexibility, goal setting, and mental preparation techniques. Swimmers are expected to train in all four strokes, be able to hold kicking intervals and compete in all distances.

Equipment: FINIS Center Mount Snorkel, kickboard, training fins, pull buoy, mesh equipment bag, pull paddles, water bottle, multiple practice suits, tennis / cross training shoes, T-shirt and shorts for strength condition segments.

Practices: Offered four to six days a week for one hour, 45 minutes. During the holiday breaks and long course there may be some two-a-day workouts offered.

AAAA Swim Meet / Competition Types:

**Developmental/ Novice/ C Meets:** These competitions are designed for new swimmers. Meets are often geared towards a specific stroke / event in order to provide the swimmers an opportunity to compete in a low stress environment. The emphasis is placed on having fun and learning the importance of good sportsmanship.

**Age Group:** Competitions generally for athletes age 14 and under. Meets are divided usually into classifications based upon ability level.

**Senior Level:** Competition for typically high school, and college athletes and are often divided by either ability level or high school team classification.

**Competition Classifications:**

**Unclassified:** Open to all swimmers regardless of ability and age.

**Age Group Time Standard Competitions:** Entrants must qualify for competition based upon meeting pre-determined qualifying standard. (Slower than BB, BB and Up, A and Above, Junior Olympics, STAGS, TAGS)

**Senior Time Standard Competitions:** Entrants must qualify for competition based upon meeting pre-determined qualifying standard. (Slower than BB, BB and up, A and Above, Senior Circuit, Sectional, US Nationals, US Junior Nationals)

**Championship Swimming Competitions:**

USA Swimming Divides teams into geographic regions called LSC's (Local Swim Committees). The AAAA / NEAT program is a part of the South Texas (ST) LSC.

Athletes will often compete in as many competitions as they qualify for. Most swimmers qualify for two championship level swim meets during a season.

**South Texas Junior Olympics (SoTXJo’ s):** For age group swimmers from Temple area, south to the US Border with Mexico.

**South Texas Age Group Championships (STAGS):** For age group swimmers from Temple area, south to the US Border with Mexico.

**South Texas Senior Championships (SR Champs):** The STS Senior Championship open to all swimmers age 13 and over who meet the qualifying time standards. These meets are usually attended by swimmers who did not meet TAGS or Sectionals standards.

**Texas Age Group Swimming Championships (TAGS):** Open to swimmers who meet the qualifying time standards from any of the five Texas Local Swimming Committees (LSC’s).
Texas Senior Circuit Championships: Open to Senior Level Swimmers from the five Texas LSCs that meet the Texas Senior Circuit qualifying criteria.

Speedo Championship Series / USA Swimming Sectional Championships: Open to senior level swimmers who meet the qualification standard to compete at this meet from Texas and surrounding states. (Texas, Oklahoma, Louisiana, Arkansas, New Mexico)

USA Swimming Junior National Championships: Open to any registered USA Swimming competitor who meets the qualifying criteria.

USA National Championships: Open to any registered USA Swimming competitor who meets the qualifying criteria.

Entering a Swim Meet

A list of recommended swim meets for your athlete will be posted on the AAAA / NEAT website. The coaching staff selects the meets that we will be attending in advance. USA Swimming requires that a coach from each team be present to represent the swimmers at each meet. To attend meets not included on the NEAT schedule, approval must be obtained from the Head Coach. Coaches will select the events for the swimmers once the participation form has been received. The participation forms are linked from our NEAT meet schedule and are to be printed, filled out and returned by the deadline.

All swim meets are on a pay as you go basis. NEAT will not enter your child in a swim meet without having a meet entry form prior meet entry deadline. South Texas Swimming requires that the meet entries need to be turned into the meet host 11 days before the start of the meet. The NEAT entry deadline is two or three days before the meet entry has to be at the meet host. All competition information is posted on the South Texas web site as well as on our own NEAT website. All entries need to be submitted before the deadline into the Meet Entry Box (BLUE BOX) located in the Walker Natatorium.

We try to offer swimming competitions at least once a month for all swimmers in the program. We encourage families to commit to swimming in at least one meet each month. The swim meets are used to help the coaches and swimmers gauge their progress in the sport.

All Swim Meet Entries must:

1. Be entered using the designated meet participation form.
2. Must include the correct name/group for the athlete.
3. Completed participation forms must be submitted to the "Meet Entry Box" by the NEAT entry deadline.

What to take to a Swim Meet

Swimmers need to bring at least two of the following items to a swim meet: Swim suit, goggles, swim cap, towels and team shirts. Most swim meets often run for multiple days and it is not uncommon for a swimmer to forget a swimsuit or towel at home or at the hotel. Always have a back-up plan. It is not uncommon for a pair of goggles or a swim cap to break at a meet. Be prepared and expect the unexpected. Every swimmer is issued a team shirt at registration. Swimmers are required to wear their team shirt on Saturday of a swim meet.

NEAT Expectations

Swimmers are expected to be on time for workout and prepared to swim each day they attend practice. Athletes are encouraged to attend at least 85% of the scheduled practices. Swimmers are at all times to conduct themselves in a manner that follows the conduct guidelines found in the NEISD student handbook. Swimmers and parents must sign a team code of conduct at registration each year. Swimmers are to act in a respectful manner to all coaches, staff, team members, parents, meet officials and towards other competitors. Unsportsmanlike conduct will not be tolerated and is grounds for suspension and dismissal from the program.

Athletes are expected to be on time for all team functions and prepared to participate at the designated time.

Parents are expected to be supportive of the NEAT program, staff and fellow parents. Parents are asked to refrain from talking to the coaching staff during workouts. Parents may make appointments to meet with coaches before or after practice. All parents need to remain off the pool deck during workouts. This is a USA Swimming Policy. At any time, a coach or staff member may ask that a parent leave the facility for failure to comply with such policy or interfering with a coach at practice. Parents are expected to be involved with the conducting of swimming meets. If your child is competing at a swim meet, a parent should plan on volunteering as either a timer or meet official during a portion of the meet.

Parents are expected to pick-up their children within ten minutes of the end of practice.
NEAT Parent Volunteers

As with any youth sports program we often rely on volunteer help from our parents. There are several ways a parent can help as a volunteer with the NEAT program.

1. Timers: Every parent is expected to help with the running of a swimming competition. If your child is competing at a swim meet you should expect to be a timer for part of the time your child is swimming at a meet.

2. Meet Officials: A swim meet does not run without the help of many individuals and we have an excellent history of providing qualified officials at our swimming meets. Many of our officials have been invited to officiate at state and national level competitions. If you are interested in becoming a USA Swimming Certified Official please contact Rog Graham at stsiofficials@satx.rr.com.

3. Swim Meet Hospitality: When we host swimming competition we invite a coach and meet official hospitality room. When meets approach we often solicit families and business for donations for the hospitality room.

North East Aquatic Center
Facility Rules / Restrictions

1. All NEISD Facilities are smoke free environments.
2. Alcoholic beverages are prohibited.
3. Locker Rooms
   A. Age Group and Pre Senior Swimmers
      1). Swimmers are asked to use the Dressing areas located in the Walker Natatorium.
      2). Lockers are for day use only. Swimmers are not allowed to keep belonging in the lockers overnight. Lockers are specifically reserved for swimmers participating in the NEISD High School Swimming programs only. Unauthorized locks will be cut off and belongings removed.
   B. Senior Level Groups
      1) High School Swimmers in the Senior One, Two and Three groups may use a locker and keep a combination lock on it. All lockers need to be registered and recorded with the Pool Manager, Bill Spurgeon.
         a) Swimmers that train twice a day and are members of NEAT may have a short single locker for themselves.
         b) Swimmers that train once a day with NEAT must share a short locker.
         c) Middle School Swimmers are not eligible for lockers.
         d) All locker assignments are made on a first-come-first-serve basis.
4. Parents are not permitted on deck of the Davis Natatorium without a deck pass.
5. Parents must remain in the stands of the Davis or Walker Natatoriums during workouts.
6. Parents must not interrupt coaches during practices. If you need to speak to a coach please make an appointment for before or after practice.
7. All patrons are restricted from being in the fenced area located behind the stands of the Walker Natatorium.
8. Swimmers must not climb on the roof structure.
9. During swim meets in the Davis Natatorium, parents are only allowed on deck if they are working in a meet management position and have been issued a deck pass.
10. Parents are not allowed on the bulkheads in the Walker Natatorium.
11. Cameras and cell phones are not allowed in any locker or restroom facility.
FAQ’s

1. Who can sign up for NEAT and how do we register?
New swimmers must make an appointment for an evaluation with the coaching staff to determine in what group they might be placed. Swimmers must be at least seven-years old and able to legally swim all four competitive strokes as well as execute a shallow racing dive. Once an evaluation has been completed and if the swimmer is recommended for the team then online registration may take place.

Current swimmers who wish to re-register for NEAT may do so in beginning in mid-August after group assignments have been announced. All NEAT account balances must be paid in full before any swimmer can be re-registered.

2. How do swimmers move between the groups and when are they evaluated?
Group moves will be based on commitment level, practice attendance, training ability, stroke and skill development, physical and social maturity level, age, swimming experience, meet performance, and space availability. Group moves will typically take place in November, after Spring Break, and after Long Course season.

3. How many and what kind of racing suit should I get for my child who is starting on the team for the first time?
Our team is sponsored through SPEEDO and as a part of that sponsorship we receive a discounted rate through our supplier for all of the SPEEDO Brand attire we purchase. We encourage all swimmers to wear SPEEDO Brand competition suits at swimming meets. During the course of a season a swimmer will go through two or three swimming suits. We are often asked why do need so many swimsuits and how come they don’t last longer? The answer is simple: If you were to wear the same clothes over and over everyday washing them in a light bleach solution how long would they last? We recommend that swimmers who are just starting out have two swimming suits, one for practice and another for meets. New swimmers do not need to go over board in the style of competition suit they purchase for meets. There are a lot of new high tech fabrics available on a wide variety of swimming suits. Many of newer fabrics have a very short use life and are not very cost effective for young swimmers. Many have also recently been banned by FINA.

Here are some general rules-of-thumb for swimming suits:

- A. Practices suits do not need to be very snug / tight in terms of fit or expensive. Often many of our swimmers use old competition suits for practices. Most durable practice suits are a polyester blend.
- B. Competition suits should be tightly snug on a swimmers body. During the course of the season a snuggly fit Lycra fabric swimming suit is suitable.
- C. Championship Meets Suits: For swimmers that are still growing at a rapid rate we really do not like to recommend the ultra high-end fabric swimming suits. The most cost effect style of suits for swimmers that are still growing are the Aquablade style from Speedo. For swimmers who are attending TAGS Level and Senior Level Championships such as UIL Regional, UIL State, Sectionals, and / or US Nationals please ask your coach for suit advice.

4. What do we do if we decide to stop participating in the NEAT Program? If you decide to discontinue participating in the NEAT program families are required to submit a SWIMMER INACTIVATION FORM. Forms are available in both the Walker Natatorium and in the Davis Natatorium Office. Please submit forms 30 days prior to deactivating with the program.

5. How do we go about reactivating with the NEAT Program? To reactivate your swimmer with NEAT please complete a REACTIVATION FORM and submit it to the pool office located in the Davis Natatorium. To reactivate you must gain approval from the Head Coach.

6. If I need to talk with my child’s coach what is the best method for making contact? The best method for making contact with a coach is to try and schedule a meeting before or after workout. Please call the team office at 491-6132 at least 24hrs in advance to try and schedule an appointment. Coach email addresses will be posted on the NEAT website.

7. Why can’t the age group and developmental swimmers have a locker at the pool? Even with the two natatorium locker rooms we simply do not have enough lockers to provide every swimmer in the program with a locker. The only swimmers that are eligible to receive a locker are those enrolled and participating in a high school program. NEAT high school swimmers wishing to have a locker need to see the Pool Manager, Bill Spurgeon for an assignment.

8. How can we keep track of important information concerning the neat program? NEAT tries to provide up-to-date information at the following locations for families: The NEAT Bulletin Boards in the Walker Natatorium, team website www.aaaa-sa.org and via team e-mail. During the season the Head Coach sends out weekly updates and reminders for families.

9. How are relay teams determined at Championship Meets? At Championship level competitions we combine the best current times in an event from all the AAAA locations to create an entry time. Based upon the combined list of individual entries from all of the AAAA sites we will post a ranking of the current participant time relay for the relay event. Based upon swimmer performances at the meet the coaching staff will select the best combination of swimmers to compete on a relay. Please note all relay’s are subject to changes up until the moment that the event starts. The coaching staff will do their best to notify swimmers of their selection to a relay in a timely manner.

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10. If I have questions about the program or concerns how should I go about addressing them? We encourage families to address questions or concerns to the coaching staff. If you have question about your swimmer or about the group please contact the coach. You may talk with coaches before or after practice. If necessary feel free to set up an appointment with the coach beforehand. However, do not interrupt a coach while they are on deck working with their group. All NEAT coaches have e-mail addresses and will check their e-mail on a regular basis. If you have questions concerning meets please feel free to speak with your child's Lead Coach, or with the Head Coach.

We are always looking for ways to improve our program and appreciate your input and feedback. Please feel free to e-mail Head Coach Larry Hough with any comments, suggestions or questions you have about the program.