

# University Place Aquatic Club

## General Information



Location: see Website: [www.upacsharks.org](http://www.upacsharks.org) for pool location

Mailing address: UPAC, 6824 19<sup>th</sup> Street W. #327, University Place WA 98466

Mission Statement: The mission of the University Place Aquatic Club is to be a community-based swim club that fosters an interest in and facilitates the growth of swimming in the youth of our community. Our goal is to provide training such that recreational swimmers can develop into competitive athletes. We strive to provide instruction in all aspects of competitive swimming that focuses on improving technical abilities in a relaxed, fun and motivating environment.

### Coaches:

Head Coach: Ashley Felder [ashley.felder@hotmail.com](mailto:ashley.felder@hotmail.com) 253-514-5021

Asst. Coach: Elena Abbott  
Elizabeth Althausen

### Membership Committee Member:

Tom Webster 253-564-0336

Stephanie Brentin 253-564-7369

### Swimming Levels:

Level 1: This level is for swimmers to learn the four competitive strokes and the starts & turns that are necessary for competitive swimming.\*\* Swimmers must have completed Curtis Swim Lesson Program level 5 or have skills equivalent to level 5 (able to swim 25 yards with reasonable knowledge of all four swim strokes). Level 1 swimmers generally practice one hour on Mondays, Wednesdays & Fridays. *If a Tuesday/Thursday schedule is better for you, please work with Coach Ashley.\**

Level 2: These swimmers develop their competitive strokes, practice starts & turns, and swim practice sets using the pace clock. All swimmers at this level are at a competitive level.\*\* Level 2 swimmers *may* practice the full practice time Monday through Friday, but all 5 days are not required\*. It is recommended that swimmers try to attend 3-5 practices per week.

Level 3: These swimmers desire to train/drill to improve technique, speed and endurance by receiving additional coaching and/or pool/dryland workouts. Level 3 will be available depending on number of swimmers, and facility/coaching resources.

Masters Swimming: This is offered to adults who want to practice/train with the team but not necessarily compete.

\*Swim practice times are subject to change as they are affected by pool events (e.g. high school swim meets). Changes to the schedule will be communicated via e-mail and are on the website at [www.upacsharks.org](http://www.upacsharks.org)

\*\*Participation in competitive swim meets is optional at all levels.

### Costs:

\$80 annual registration fee\* (\$62 for USA Swimming + \$18 for UPAC)

\*Exception: Masters swimmers electing to join US Masters vs. USA Swimming pay \$60 in registration fees (\$42 for US Masters + \$18 for UPAC)

Monthly dues are due by the 1<sup>st</sup> of each month and are *not* pro-rated for partial months. Dues are as follows:

- \$60/month for Level 1
- \$70/month for Level 2
- \$80/month for Level 3
- \$70/month for Masters Swimmers

*Family Discount: If you have more than one member from your immediate family on the team, you may benefit from a discount. You pay the applicable monthly fee for your highest-level swimmer, and then you pay the normal monthly fee discounted by \$10 for each additional swimmer, regardless of their swimming level. (Effective Nov. 1, 2009)*

Meet entry fees are paid by UPAC if meet entries are completed by the posted deadlines.

Note: If any new member not currently registered with USA Swimming is receiving free or reduced lunch, Pacific Northwest Swimming will waive your membership fee. In order to do so, you must provide a copy of the letter you receive from your school stating that you are eligible for the free/reduced lunch program.

### UPAC Parent Responsibilities:

UPAC, as a volunteer-run, non-profit organization, has a Meet Responsibility Policy to ensure that volunteer duties are equitably distributed throughout the membership. Our meets provide UPAC's major source of operating revenue and require every parent on the team to contribute to the effort. The policy requires that a parent volunteer at least 3 sessions (am or pm) per two-day UPAC-hosted swim meet (January) and 1 session per one-day hosted meet (May). If you do not meet this responsibility, you must pay \$25 for each day that you do not volunteer. See the UPAC Handbook for details.

In order to join UPAC, you must complete and submit the following in the online registration process @upacsharks.org :

- USA Swimming application
- UPAC Swim Club Medical Release Form
- UPAC Parent Contract Signature Page (included in waiver)
- Concussion Form (included in waiver)
- \$80 registration fee
- First month's dues

If you have never been a USA Swimming member or a UPAC member, you are allowed one free trial week to try out the team. Whether or not you have previously been a member of USA Swimming or UPAC, you are welcome to drop by any of our practices to observe. However, parents & visitors must remain off the pool deck during practice. You may speak with the coaches either before or after practice.

If you have any questions at all, please feel free to contact one of the Membership Committee members.

**We look forward to swimming with you!**