



## JACKSON SWIM TEAM

We offer year-round coaching for beginners to college athletes. Come experience a productive, safe, and fun swim program that encourages athletes to reach their potentials in and out of the water!

- Professional trained coaches certified by USA Swimming
- An indoor facility for year-round training
- Swim meet opportunities at local and regional levels and beyond
- Try the competitive team for two weeks before paying
- Explore our website ([www.jaxswimteam.com](http://www.jaxswimteam.com)) to learn more

### Typical Practice Schedule - Summer (June and July)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Bronze I &amp; II</b>	9:45-10:30am	9:45-10:30am		9:45-10:30am	9:45-10:30am	
<b>Silver I</b>	9:45-10:45am	9:45-10:45am	9:45-10:45am	9:45-10:45am	9:45-10:45am	
<b>Silver II</b>	8:00-9:15am	8:00-9:15am	8:00-9:15am	8:00-9:15am	8:00-9:15am	8:30-10:15am
<b>Gold</b>	8:00-9:30am	8:00-9:30am	8:00-9:30am	8:00-9:30am	8:00-9:30am	8:30-10:30am
<b>Senior</b>	8:00-9:45am	8:00-9:45am	8:00-9:45am	8:00-9:45am	8:00-9:45am	8:30-10:45am

*Gold & Senior also have afternoon practices (4:00-5:45pm) on Mondays, Wednesdays, and Fridays during peak training.*

### Typical Practice Schedule - School Year

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Bronze I &amp; II</b>	6:45-7:30pm	6:45-7:30pm		6:45-7:30pm	6:45-7:30pm	
<b>Silver I</b>	5:45-6:45pm	5:45-6:45pm		5:45-6:45pm	5:45-6:45pm	
<b>Silver II</b>	5:15-6:45pm	5:15-6:45pm	4:00-5:30pm	5:15-6:45pm	5:15-6:45pm	8:30-10:15am
<b>Gold</b>	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	8:30-10:30am
<b>Senior</b>	4:00-5:45pm	4:00-5:45pm	4:00-5:45pm	4:00-5:45pm	4:00-5:45pm	8:30-10:45am

*Silver II, Gold, and Senior practice times include dryland exercise.*

### Practice Equipment Needed

Bronze I & II	Silver I	Silver II & Gold	Senior
Fins, kickboard, gear bag	Fins, kickboard, pull buoy, gear bag	Fins, kickboard, pull buoy, paddles, snorkel, gear bag	Long & short fins, kickboard, pull buoy, paddles, snorkel, gear bag

## Required Fees

	JAX Annual Registration Fee*	Monthly Fee**	Fundraiser Minimum***
<b>Bronze I &amp; II</b>	\$45	\$70	\$100
<b>Silver I</b>	\$45	\$85	\$125
<b>Silver II</b>	\$45	\$100	\$150
<b>Gold</b>	\$45	\$115	\$200
<b>Senior</b>	\$45	\$130	\$250

**\*USA Swimming membership is also required for all JAX participants.** Flex Athlete membership is \$30 annually (only available for swimmers 12 & under; limit of 2 USA meets). Premium Athlete membership is \$80 annually.

**\*\*The first month's fee will be prorated based on the date of registration. Siblings receive a 5% discount on monthly fees (first child is full price).**

**\*\*\*Families with multiple swimmers are required to raise the minimum for the swimmer in the highest group, plus \$50 per additional swimmer. The requirement is waived if you join 60 days or less prior to the fundraiser.**

## Frequently Asked Questions

### Swim Meets

- Is participation in swim meets required? *Participation in swim meets is encouraged, but not required. Our coaches will let you and your swimmer know when they are ready to try a meet, and help decide which meets and events are appropriate.*
- How often, where, how much are swim meets? *In a typical year, we try to offer a swim meet about once per month (usually no meets in March, April, August, or September). Most meets are in West or Middle Tennessee, with occasional meets for advanced swimmers in Huntsville, Knoxville, and beyond. Unofficial, beginner meets may cost as little as \$15 per swimmer. Larger meets usually have a participation fee of \$15-\$20, plus a charge of \$8-\$10 per event, per swimmer.*

### Schedule Conflicts

- What if my swimmer can't make all of the practices? *Coaches encourage Bronze swimmers to come to at least two (2) practices per week, and increase their participation as they move up levels. Participating in other sports and activities is okay!*
- What if my family will be out of town for the summer? *Your swimmer may take a Leave of Absence. Please read the JAX Policy Handbook for details.*

### Group Placement

- How old are the other swimmers in my child's group? *Swimmers are grouped based on skill, speed, and stamina levels, so there is a range of ages within each group. Current age ranges are: Bronze I, ages 5-13; Bronze II, ages 9-11; Silver I, ages 8-15; Silver II, ages 10-15; Gold and Senior, 14-18.*
- When will my swimmer "move up" to the next group? *Coaches look for set markers of skill, speed, and stamina, among other factors, when considering a group change. Minimum requirements for each group are posted on our website. The timeline for "moving up" varies, but is affected by participation level, personal motivation, and age/maturity level.*

### Other Questions

- Can I drop off my child? *Children must be supervised on the University of Memphis Lambuth campus at all times. Please escort your child to the pool. You may then leave and return into the building for pickup, or wait/observe from the balcony or patio area. Parents are not allowed on the pool deck.*
- Swimming costs more than many other sports, why? *Swimming is inherently an expensive sport. Coaches must be trained and certified according to USA Swimming standards. All participants must be USA Swimming members due to insurance requirements. Pool space is rented.*

**Contact us at 731-300-6478 or [jaxswimming@gmail.com](mailto:jaxswimming@gmail.com)**