



Welcome SeaWolves!
2021-2022 Season



Hello Swimmers and Parents!

Thank you for considering Mercy HealthPlex SeaWolves this swim season. We are excited to be entering our 18th year of providing quality aquatic programming to the Cincinnati area.

Here are just a few of the features that set our team apart:

- Low coach-to-athlete ratios
- Professional, experienced coaching staff
- Flexible practice schedule – swim as many or as few days as you'd like

Registration opens **Sunday, July 18** for competitive swimmers who swam with the SeaWolves during the 2021 Spring/Summer session.

Registration opens **Sunday, August 1** for new swimmers interested in our program.

Enclosed is information and checklists to get you started with the SeaWolves. The registration form is attached for the Anderson location. Please return your completed registration form directly to me or drop it off at the HealthPlex Front Desk.

If you have questions, please contact me at 513-233-6412 or AlexLewis@mercyhealthplex.com.

We look forward to seeing you in the pool!

A handwritten signature in black ink that reads "Alex Lewis".

Alex Lewis
Head Coach
Mercy HealthPlex SeaWolves

FALL/WINTER SESSION DATES

August 23 – Championship Season *(Late February/Early March)*
Season ends after your last qualified meet.

Getting Started Checklist

1. Try Outs / FREE Evaluation

- ☐ Contact Head Coach Alex Lewis at AlexLewis@mercyhealthplex.com or 513-233-6412 to schedule an in water placement session.
- ☐ Bring a suit and goggles! (*We provide towels at the HealthPlex.*)
- ☐ Complete your evaluation at Mercy Health - Anderson HealthPlex located at 7495 State Road, Cincinnati, OH 45255 (front desk phone - 513-624-1871).

2. Register & Pay • MUST BE DONE PRIOR TO FIRST PRACTICE

- ☐ Review Welcome Packet and make sure you understand costs and payment options (page 6).
- ☐ Complete registration form and emergency waiver (pages 9-11) and return to Coach Alex or drop off at the Front Desk of the HealthPlex.
- ☐ Review the equipment requirements for your group (page 7). SwimVille USA will be onsite for a Team Suit Up Day. That date will be announced via website and email.

3. Swim Parenting Basics

- ☐ Once registration is complete, you'll be invited to join our Team Unify website.
- ☐ Familiarize yourself with the layout of our website. Note the following tabs and the information contained in: Parents, Resources, and Locations.
- ☐ Review information on how to sign up for meets on the website on the Help/Training page under "How to Sign Up for a Meet."
- ☐ Check out the Safe Sport material listed on our website. Make sure you understand all materials listed on the parent page and read over the MAAPP policy for MHSW.
- ☐ Download the On Deck app on your mobile phone to track attendance, sign up for meets/jobs, check best times, and access your team information on the go.

Questions?

Contact SeaWolves Head Coach, Alex Lewis, 513-233-6412 or AlexLewis@mercyhealthplex.com.

About Mercy HealthPlex SeaWolves

Established in 2004, the Mercy HealthPlex SeaWolves provides a year-round competitive program for all ages and abilities. SeaWolves allows the flexibility for a swimmer to achieve their goals both in and out of the water. Our experienced and committed coaching staff provides the highest quality instruction and encourages our athletes to be their best.

We are a member of Ohio Swimming and USA Swimming under the team code MHSW-OH. Our goal is simple: To provide outstanding instruction and instill a lifelong love of swimming in a safe, family-friendly environment. Most of our meets are local, but we attend some national meets that may require travel. Most meets run three days in length, and swimmers have the flexibility to choose the days they want to swim. We understand the need for flexibility and developing a well-rounded athlete, so we encourage participation in other activities.

Program Structure

We offer a wide range of programs and training opportunities for swimmers of all levels and abilities.

Group	Average Age
Discovery	6-9 years old
Learning 1	7-10 years old
Learning 2	8-10 years old
Envision 1	11-12 years old
Envision 2	13-14 year old
Performance	15 & Overs

Note: The listed ages are averages. Group placement is based on ability level.

Mercy HealthPlex Membership

You do NOT have to be a member of the HealthPlex to be on the team. However, we do offer a price break for members (please see pricing sheet on page 6).

If you are interested in a HealthPlex Membership, please call the Front Desk at 513-624-1871 for more information.

Group Descriptions and Entrance Requirements

Anderson

Level	About Level	Prerequisites
Discovery ages 6-9 years	Our youngest SeaWolves explore and discover their love of swimming in a safe and fun environment. From circle swimming to reading a clock, the focus for this group is swim team FUNdamentals. Great for those coming out of swim lessons with no competitive experience.	Should be able to complete a 25 Freestyle and a 25 Backstroke.
Learning 1 ages 7-10 years	In Learning 1, swimmers begin to learn the four competitive strokes as well as starts and turns. This group will spend most of their training learning to love the sport and how to be on a team.	Should be able to make 50s Free consistently on 1:30.
Learning 2 ages 8-10 years	The goal for Learning 2 is to continue developing skills taught in Learning 1. Learning 2 will begin to learn about setting goals and what it takes to achieve them.	Should be able to make 50s Free consistently on 1:00.
Envision 1 ages 11-12 years	Envision 1 is where swimmers begin to visualize individual and team goals and learn what it takes to achieve those goals. This group begins more intense training.	Should be able to make 100s on 1:40 consistently.
Envision 2 ages 13-14 years	This group learns how to envision goals in and out of the water and starts to think about the future of their swimming careers. Envision 2 will map out a plan on how to achieve those goals.	Should be able to make 100s freestyle consistently on 1:20.
Performance ages 15+ years	This group continues to grow as swimmers and performs at a high level. They learn to map out opportunities to achieve their goals in swimming and in life.	Should be able to make 100s freestyle consistently on 1:15.

Swim Team Payment Options

Competitive swimmers are encouraged to keep a credit card on file at the HealthPlex for billing ease. We accept checks, but it's easier to pay meet fees with a card on file. We do not accept cash.

Membership at the HealthPlex is not required to be on the SeaWolves Swim team. We offer both member and non-member team fees.

One-Installment Option

Full payment for the entire short course season is due at the time of registration.

Two – Installment Option

Half of the season fees are due at the time of registration. The second half is due by November 22.

2021/2022 Fall/Winter Season Team Fees

Fees include USA Swimming registration, t-shirts, team cap, and training fees for the full season - August 23 through championship season.

Group	Member Pricing	Non-Member Pricing
Discovery	\$350	\$550
Learning 1	\$700	\$900
Learning 2	\$750	\$950
Envision 1	\$800	\$1000
Envision 2	\$900	\$1100
Performance	\$1000	\$1200
Part-Time Aug 23-Nov 22	\$400	\$700

Equipment and Team Apparel Requirements

Apparel

- The team swim cap and the team suit are the only required apparel. The team swim cap is included in team fees. Extra caps can be purchased for \$5.
- Swimmers are required to wear the team cap at practices and meets.
- Swimmers are required to wear the team suit at meets.

Equipment

- The table below shows the equipment required for your child's specific group.
- Equipment can be purchased at SwimVille USA located at 90 Alexandria Pike in Fort Thomas, KY.
 - SwimVille USA will host a Team Suit Up Day onsite at the HealthPlex. They'll be doing suit fittings and taking equipment orders. Date is TBA.
 - For questions about equipment, you can contact Heather at SwimVille USA: 859-441-7946 or heatherw@swimvilleusa.com.
- The SeaWolves are sponsored by TYR and swimmers receive a discount on TYR equipment.
- Tip: A mesh equipment bag is a great way to carry equipment to and from practice!
- The HealthPlex has limited equipment on hand.



	Discovery	Learning 1	Learning 2	Envision 1	Envision 2	Performance
Team Cap (provided by the team)	X	X	X	X	X	X
Team Suit	X	X	X	X	X	X
Water Bottle	X	X	X	X	X	X
TYR Mesh Bag	X	X	X	X	X	X
Kickboard	X	X	X	X	X	X
TYR Flex Fins	X	X	X	X	X	
TYR Hydroblade/ Stryker Fins						X
TYR Pull Float		X	X	X	X	X
TYR Catalyst Stroke Paddles				X	X	X
TYR Ultra Light Snorkel						X

Anderson Fall/Winter 2021-2022 Practice Schedule

(August 23 – Feb/Mar)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Discovery	Pool 12:30-1:15 pm					Pool 7:30-8:15 pm	Pool 2:30-3:15 pm
Learning 1	Pool 11:30 am - 12:30 pm		Dry Land 7-7:30 pm Pool 7:30-8:30 pm		Dry Land 7-7:30 pm Pool 7:30-8:30 pm		Pool 1:30-2:30 pm
Learning 2	Pool 11:30 am - 12:30 pm	Dry Land 7-7:30 pm Pool 7:30-8:30 pm		Dry Land 7-7:30 pm Pool 7:30-8:30 pm			Pool 1:30-2:30 pm
Envision 1	Pool 10-11:30 am		Dry Land 5:30-6 pm Pool 6-7:30 pm		Dry Land 5:30-6 pm Pool 6-7:30 pm		Pool 12-1:30 pm
Envision 2	Pool 10-11:30 am	Dry Land 5:30-6 pm Pool 6-7:30 pm		Dry Land 5:30-6 pm Pool 6-7:30 pm		Dry Land 5:30-6 pm Pool 6-7:30 pm	Pool 12-1:30 pm
Performance	Pool 8-10 am Lift 10-11 am	Pool 4-6 pm Dry Land 6-6:45 pm	Pool 4-6 pm Lift 6-7 pm	Pool 4-6 pm Dry Land 6-6:45 pm	Pool 4-6 pm Lift 6-7 pm	Pool 4-6 pm	

- Holidays will be posted on website and sent via email.
- Practices are subject to change due to holidays, meets, COVID procedures

SEA WOLVES

2021-2022 Fall/Winter Season



TEAM REGISTRATION

Swimmer 1

Full Name (with Middle Initial): _____

DOB: _____ ☐ Male ☐ Female Team Level: _____

T-Shirt Size: ☐ YS ☐ YM ☐ YL ☐ YXL ☐ AS ☐ AM ☐ AL ☐ AXL

Swimmer 2 (Members receive 10% off registration for younger child(ren) of the same family.)

Full Name (with Middle Initial): _____

DOB: _____ ☐ Male ☐ Female Team Level: _____

T-Shirt Size: ☐ YS ☐ YM ☐ YL ☐ YXL ☐ AS ☐ AM ☐ AL ☐ AXL

Swimmer 3 (Members receive 10% off registration for younger child(ren) of the same family.)

Full Name (with Middle Initial): _____

DOB: _____ ☐ Male ☐ Female Team Level: _____

T-Shirt Size: ☐ YS ☐ YM ☐ YL ☐ YXL ☐ AS ☐ AM ☐ AL ☐ AXL

Parents: _____

Mailing Address: _____

Phone: _____

Email: _____

Weekly emails will be sent throughout the season with updates and swim schedule changes.

Can we add your name to our team roster to be distributed to the team? ☐ Yes ☐ No

TEAM LEVELS Member / Non-member

Discovery – \$350 / \$550

Learning 1 – \$700 / \$900

Learning 2 – \$750 / \$950

Envision 1 – \$800 / \$1000

Envision 2 – \$900 / \$1100

Performance – \$1000 / \$1200

PT High School (Aug 23 - Nov 22) – \$400 / \$700

Registration fees include meet fees, Sea Wolves swim cap, t-shirts, practice suit, and USA Swimming registration.

PAYMENT - ☐ One Installment ☐ Two Installments (2nd Half Due Nov 22)

☐ Cash ☐ Visa ☐ MasterCard ☐ AMEX ☐ Discover ☐ Plex Member Account

Credit Card #: _____ Expiration: _____

Name on Card: _____

FOR MORE INFORMATION

Alex Lewis, Head Coach – 513-233-6412 / alexlewis@mercyhealthplex.com

SeaWolves Swim Team Medical Emergency Information Form

Swimmer's Name:		Gender: M / F
Date of Birth:	Place of Birth:	Phone:
Address:		City, State, Zip:
Child lives with <i>(circle)</i> : Both parents / Mother / Father / Guardian <i>(specify relationship)</i>		
Mother's Name		Phone:
Father's Name		Phone:
Physician/Medical Provider Name:		Phone:
Address:		City, State, Zip:
Dental Provider Name:		Phone:
Address:		City, State, Zip:
Insurance Company:		
Insurance Holder:		ID #:

Does your child have any medical conditions, or taking medication, or had a surgery of which we should be aware? (Allergies, asthma, diabetes, etc.) Please be specific.

Does your child have any activity limitations of which we should be aware?

Please list individuals with permission to pick up swimmer.

Please list individuals NOT permitted to pick up swimmer.

Please list any additional information that we should be aware of regarding your child.

ASSUMPTION OF RISK AND RELEASE OF LIABILITY

I hereby give written permission as parent/guardian for the child or children named above (The "minor(s)") to utilize the facilities and equipment located at Mercy HealthPlex and to participate in activities designed and provided for children participating in the Mercy HealthPlex programs.

WAIVER AND RELEASE – I acknowledge that participation in the program listed above, by their nature, include a risk of injury and transmission of communicable disease that may range in severity from minor to catastrophic and that it is impossible for Mercy HealthPlex to eliminate the risk. I further acknowledge that my child's attendance at or use of the Mercy HealthPlex facility, including without limitation my child's participation in any of Mercy HealthPlex programs or activities and my child's use of equipment and facilities, and any transportation which may be provided by Mercy HealthPlex, could cause injury or transmission of communicable disease, which may result from or arise out of my child's attendance at or the use of the facility or its equipment, activities, or transportation: and I agree, on behalf of myself and my heirs, executors, administrators, and assigns, to fully and forever waive, indemnify, hold harmless, release and discharge Power Wellness Management, LLC, Mercy HealthPlex, their affiliates and all of their respective officers, trustees, employees, agents, successors, and assigns, and each of them (collectively, the "Releasees"), from any and all claims, damages, demands, rights of action or causes of action, present or future, known or unknown, anticipated or unanticipated, resulting from or arising out of my child's attendance at or use of the Mercy HealthPlex facility, or its equipment, activities or transportation. Further, I hereby agree to waive any and all such claims, damages, demands, rights or action or causes of action. In addition, I hereby agree to release and forever discharge the Releasees from any and all liability for any loss or theft, or damage to personal property.

I acknowledge that by signing this document, I am assuming risks, and agreeing to indemnify, not sue and release from liability Power Wellness Management, LLC, Mercy HealthPlex, their affiliates and all of their respective officers, trustees, employees, agents, successors, and assigns, and each of them, from all claims that may be brought against them. If any provision, or portion thereof, of this Agreement is, or becomes, invalid under any applicable statute, court ruling, or rule of law, it is to be deemed stricken and the rest of this Agreement shall remain in full force and effect. I acknowledge that I have carefully read this Waiver and Release and fully understand that it is a waiver and release of any and all liability.

Parent / Guardian Signature _____ Date _____

EMERGENCY AUTHORIZATION

In case of accident or injury, I hereby grant permission for emergency treatment and transportation of my child and release of any records regarding their needs. In addition, I authorize Mercy HealthPlex employees to contact and release my child to the following individual(s) **other than the person stated above** for emergency purposes only.

Name _____ Relationship to Child _____

Home Phone _____ Work Phone _____ Cell Phone _____

Name _____ Relationship to Child _____

Home Phone _____ Work Phone _____ Cell Phone _____

Mercy HealthPlex SeaWolves FAQ

How do I register?

New families should attend one of our open house nights listed on our website. Bring your swimmer and have them prepared to swim for the coaches. They will be evaluated and placed into the appropriate training group. Fees vary depending on the practice group level (see page 6). Complete the registration form and emergency waiver and drop them at the HealthPlex Front Desk.

What is the USA Swimming Membership?

A current USA Swimming membership is required for all MHSW swimmers. This membership not only supports swimming throughout the country, it also provides accident and medical insurance for every swimmer and every club. Swimmers are covered at any organized MHSW practice and at every USA Swimming sanctioned competition.

What forms of payment can I use?

Check, Visa, MasterCard, Discover, American Express (We cannot accept cash.)

How well does my child have to swim to join SeaWolves?

SeaWolves are not swimming lessons so we ask that a child can swim one length of our 25-yard pool safely and without assistance. The stroke does not have to be perfect or even pretty. We will fix that!

Do I have to try out for the team?

Mercy HealthPlex SeaWolves holds in-water evaluations for level placement to ensure swimmers are put in a practice group that best suits their age and ability. If the swimmer needs more swim lessons before joining the team, we will let you know at the evaluation.

How long is the swim season?

SeaWolves is a year-round program, but there are two seasons. Short Course season starts in mid-August and ends with the championships in late-February/early March. During the Short Course season, swimmers compete in 25-yard pools.

Long Course season starts in April and ends with the championships in early August. During Long Course season, swimmers practice at the HealthPlex and at the 50-meter pool at the University of Cincinnati a couple afternoons per week. All meets during Long Course season are held in 50-meter pools. Swimmers register for one season at a time.

My swimmer does other sports, can they continue these?

Mercy HealthPlex SeaWolves do not have practice requirements. We encourage our swimmers to participate in other sports. Multiple sports helps build athleticism and a more well-rounded athlete. As your swimmer develops, they may choose to just swim and that is okay, too!

How many days a week does my child have to practice?

We understand that families are busy. We offer practice for each level as shown below. Coaches encourage swimmers to attend as many practices as possible in order to make the most progress throughout the season. Monthly practice calendars are posted on the website.

The Groups below and Practices offered:

- Discovery Group (3) 45-minute water sessions
- Learning 1 Group (3) 60-minute water sessions
- Learning 2 Group (4) 60-minute water sessions
- Envision 1 Group (5) 90-minute water sessions
- Envision 2 Group (6) 90-minute water sessions
- Performance 1 Group (6) 2-hour water sessions
- Performance 2 Group (6) 2-hour water sessions

What if my swimmer needs to miss practice?

With no practice requirements, there is no penalty for missing practice. We just ask that you kindly let us know when your swimmer needs to miss practice. This allows us to plan practices according to the number of swimmers in the pool.

Are there volunteering hour requirements?

Mercy HealthPlex SeaWolves do not have volunteer requirements. We have volunteering opportunities throughout the year, but they are strictly voluntary.

What volunteer opportunities are there for parents?

Parents keep our team running! We rely on families to participate in our fundraising activities throughout the season. These can include:

- Fundraisers. More info during seasons.
- Obtaining sponsorships from area businesses.
- Timing at meets.

What equipment will I need for practice?

You need a swimsuit. We recommend a one-piece suit for girls and tight swimming shorts (jammers) for boys. You also need a pair of goggles and the swim cap that is provided by the team. After the season starts, coaches may ask swimmers to purchase equipment that is specific to their group (see page 7 for details).

Are swim meets required?

Swim meets are not required, but they are strongly encouraged. They are the best way to measure your improvement, and they are lots of fun!

How do I know what swim meets are coming up?

The season meet schedule is posted on our website. Plus this year, we'll be sending out monthly newsletters with information about upcoming team opportunities.

How do I sign up for a swim meet?

Visit our website and find a list of upcoming meets on the home page. There you can select the meet you want to sign up for. Most meets are Friday, Saturday, and Sunday. You can choose to swim one, two, or all three days of any meet.

Do swim meets cost extra?

Yes. Meet prices are generally broken down by the events you register to swim.

How do I know my child is ready to participate in a swim meet?

Your coach will let you and your child know when they are ready to swim at a meet. Meets are a learning experience and kids are encouraged to participate as soon as they feel comfortable.

Do I get to choose the events my child swims at a meet?

Yes! Log on to our team unify website and select the events you wish to attend. Be aware that coaches reserve the right to change events to expand the swimmer's base of events and to try a variety of events. The coaches will not put your child in an event they are not able to handle.

What is the required team uniform?

MHSW requires a team cap and a team suit to be worn at meets. Caps and suits are part of the registration process and will be guided by the swim coaches and our vendor at SwimVille USA.

Should my swimmer swim for their high school or SeaWolves?

They can swim for both! Club swimmers can train year round with their club team, even during high school season. During the high school season club swimmers are required to compete for their high school team only. This usually runs December – February. Once high school season is over and before the next high school season begins, swimmers may compete for their club.

What's the difference between a summer league team and USA Swimming?

USA Swimming is the governing body for swimming in the United States. Meets and times are recognized throughout the country with all USA Swimming affiliated clubs and teams. Summer leagues have benefits for young developing swimmers and are a great environment for having fun, but older swimmers should be aware that summer league times are not recognized by USA Swimming or any affiliated club program.

If you have any additional questions, please email Coach Alex at AlexLewis@mercyhealthplex.com.