

### **WHAT ARE THE PARENTS RESPONSIBILITIES?**

Parents are encouraged to be as active as possible. Swimmers need your time and support. We have various committees, a Board of Directors, and other positions which require various commitments. There are volunteer requirements for each family when hosting swim meets and other activities. Without these positions, **TSA** wouldn't be where we are today!

### **WHAT ARE THE DUES?**

The amount a swimmer pays varies with each training group. On an hour per hour basis, swimming is one of the least expensive sports your child can participate under the guidance of a professional coaching staff.

### **DO YOU HAVE TO COMPETE?**

**NO!** Many have joined **TSA** only to learn how to swim, to improve their swimming, to use as a high school off-season program, or as cross-training for other sports. After they become familiar with the water and program, swimmers & parents *choose* to enter meets. Coaches give feedback into which meets would be best. Meets vary from low-key & pressure to highly competitive. As they move up in groups, swimmers are required to attend meets.

We attend meets in Lawrence, Wichita, & Kansas City, as well as out-of-state meets in Missouri, Nebraska, Oklahoma, and other states.

## **NEW SWIMMER TRYOUTS**

**Where: Capitol Federal Natatorium  
Hummer Sports Park  
530 Tuffy Kellogg Drive**

**Fall: September 2 & 3, 2014  
Tuesday or Wednesday  
Anytime between 5:30-7**

*Unable to attend...contact TSA to set up Tryout. May attend either of the above times.*

**Spring: Check website for dates/times.  
Unofficial dates March 23-25**

### **IS THERE A TRYOUT PERIOD?**

2-week Tryout is offered to "new" swimmers. Can join any time!

### **FREE STROKE CLINIC**

We start each season (Fall & Spring) with a Stroke Clinic. Go to [www.swimtsa.com](http://www.swimtsa.com) (News section) for exact dates/times & details. All 'new' swimmers must tryout beforehand to participate.

### **RECENT TSA ACHIVEMENTS**

- \* Olympic Trial Qualifiers
- \* National Championship Qualifiers
- \* Junior National Qualifiers
- \* National Age Group Top 16 Rankings
- \* Graduates earning College Scholarships
- \* Missouri Valley Records

**[www.swimtsa.com](http://www.swimtsa.com)  
295-3149**



### **Topeka Swim Association**

**(TSA)** is a non-profit, professional swim organization dedicated to promoting and developing swim programs for the benefit of all ages and ability levels. To aid in their development of sportsmanship and working together as a team through competitive swimming; to provide an advanced level of swimming through a competitive swimming program designed to accommodate swimmers of all abilities; and to provide swimmers the maximum opportunity to compete, including swimmers from novice through those with enough ability to compete in the Olympics. **TSA** is affiliated with Missouri Valley and USA Swimming. A full-time Head Coach and a volunteer Board of Directors manage **TSA**.

## **PROGRAMS OFFERED BY TSA**

**Swim School:** see section to the right

**Silver:** Stroke Instructional Program for ages 6-10. 1-hour practices offered 5 days per week (we recommend 3-4). Swimmers learn proper technique, kicking, starts & turns. Swimmers encouraged to having fun and falling in love with the sport of swimming!

**Gold:** Ages 9-13 with some swimming experience. Swimmers continue to advance in proper stroke technique, racing starts & turns, and are introduced to interval training. 1 ¼-hour practices offered 6 days per week (we recommend 4-5).

**Platinum:** Ages 9-14 with advanced swimming experience. 1 ½-hour practices offered 6 days per week (attend near 80%). Swimming is their #1 sport (not required to be only sport). Desire and ability to reach AA+ levels. Meet participation is required.

**Junior:** Ages 13-18. No attendance requirements. This group is for all ability & dedication levels. Many in this group participate in multiple sports or want a high school “off- season” program. 1 ½-hour practices offered 5 days per week.

**Senior / National:** Ages 13-18. Our highest level of dedicated competitive swimmers. 2+ hour practices held 6 days per week, plus 3 morning practices. **Seniors** expected to attend close to 85% of practices, with morning practices being an option.

**Nationals** expected to attend close to 100% of all offered practices. Nationals must be training at or above a Sectional level.

**Masters:** Ages 19 and up and all swimming abilities. Four practices offered per week.

## **WHERE TO GO FOR MORE INFORMATION?**

Go to [www.swimtsa.com](http://www.swimtsa.com) for more information such as class, practice & meet schedules, equipment requirements, costs, and parent volunteer requirements. You may contact TSA for more information or to set up an evaluation, click the ‘Contact Us’ tab on the left of our front page.

## **WHAT IS SWIM SCHOOL?**

Swim school is a small group lesson program designed to introduce kids to the water, develop their confidence and excitement about swimming, and teach the basic skills needed to swim competitively. Based on their comfort and skill level they will be placed in one of four levels. Each level has specific skills your child will learn and practice during their class. You will be given a list of the levels before each session begins. At the end of each session the instructor will determine if your child is ready for the next level. Once graduating from the fourth and final level of Swim School, your child will be ready for our group called “Team Prep”. Team Prep is the first level of our swim team and will give your child a chance to not only attend meets, but be a part of our team!

## **SWIM SCHOOL...WHERE, WHEN, & HOW MUCH?**

Classes held at Capitol Federal Natatorium in Hummer Sports Park, 530 Tuffy Kellogg Drive. The pool is located at East end of main building. The pool has 4-lanes, 4-5 feet water depth, & kept at 82-85 degrees. **Levels 1-4** meet on Monday & Wednesday, **OR** on Tuesday & Thursday, from 6:00-6:30pm **OR** 6:40-7:10pm. Each 4 week session is \$50 per child.

**Team Prep** meets on Monday, Tuesday, & Thursday from 5:15-6:00pm. Each 4 week session is \$60 per child.

## **HOW DO WE SIGN UP FOR SWIM SCHOOL?**

Payment is due before your first class! Go to [www.swimtsa.com](http://www.swimtsa.com), click TSA Swim School tab on the right, click the Home tab at the top of the page, click the tab labeled, “Click here to register for a class.” Payment can be with bank charge or credit card.

Once you start the enrollment process you will be able to choose the level, days and times to enroll your swimmer.

*Please Note: There are limited spots which will be filled on a first-come basis.*