

## **Team One**

Team One for Crawfish Aquatics serves the same purpose as National Teams do for other prominent clubs around the country (Dynamo, Carmel, PASA, etc.). It is comprised not only of our fastest athletes, but those that are most committed and dedicated to competing at higher levels and pushing to swim in college. The focus of the athletes that comprise this group is on high-level performance year round and to have peak performance at the competition of focus for each specific season. Those competitions could include Sectionals or a similar level meet, Junior Nationals, US Nationals or the Olympic Trials. Depending on the season and the full Crawfish Aquatics travel schedule, there could be additional travel and meets that will be at higher levels to prepare the athletes for the levels of competition at the end of the season.

The group is made up of all those eligible and willing to fully participate in all training, competitions, and any other activity as set by the Senior Level group of coaching staff of Crawfish Aquatics. Our goals in choosing the competitions consider the following factors:

- competitive benefit to athletes
- exposure to college coaches
- school time missed
- costs
- ability to not only compete, but to qualify for second swims

The intent and purpose is to provide ample opportunities to the athletes to compete and grow at high-level competitions, not families to have to choose between school and swimming, or to 'break the bank'.

Team One is top-level team, thus the use of #1. Also it is a collective group of individuals that realize that they make up one team that is of one heartbeat and one like mindset. All of the athletes must have the desire to be at the top of the sport and to push past the barriers and walls of Louisiana. They must think on a national scale and believe they can be competitive in the south and across the entire country. The staff work together to provide them opportunities to make these expectations reality for these athletes.

There are specific requirements and/or restrictions for entering the Black groups that are listed below.

### Qualifying Time Requirements

- At a minimum an athlete must have at least one Sectional time standard
  - o We recognize the Texas Senior Circuit Sectional time standards
  - o Those change every year
  - o Athlete must attain the time/s each season to remain on Team One

### Training Group Requirements

- You must be in a Black 1 in Baton Rouge or in the Black Group in Lafayette or Nicholls.
- Age limits/requirements are below for who is eligible for those groups as well as exceptions for younger athletes achieving the base time standard

### Age Requirements/Eligibility:

- There are different age requirements based on age once an athlete has achieved a minimum-qualifying standard to be on Team One.
- These notes are based on training during school year and not summer season
  - o If in 7<sup>th</sup> grade (or turning 13 at some point before end of following LCM State Meet), you can be on Team One if in White Group in Lafayette or Nicholls or Black 2 in Baton Rouge
    - 6 practices a week without doubles allowed
  - o If in 8<sup>th</sup> grade (or turning 14 at some point before end of following LCM State Meet), you can be on Team One if in White or Black Group in Lafayette or Nicholls or either Black group in Baton Rouge
    - 6 practices a week without doubles being required
  - o If in 9<sup>th</sup> grade or above (or turning 15 at some point before end of following LCM State Meet), you must be in the black group in Lafayette or Nicholls or Black 1 in Baton Rouge
    - 8 practices a week including doubles are required

### Attendance Requirements

- Must uphold to the attendance standards per the group they are in though the expectation is to have 100% attendance

### Travel:

- In order to travel to the selected meet for the SCY and/or the LCM season, the athlete must be in the Black group in Lafayette or Nicholls or Black 1 in Baton Rouge if in high school (or turning 15 before LCM State Meet)
  - o If the athlete has not entered high school, they can attend the determined competition seeing they have achieved the qualifying standards and are in the White Group in Lafayette or Nicholls or Black 2 in Baton Rouge
- The determined meet will be the athletes focus for the season with competition
  - o Participation in State will still be required though the focus for the competition will be on preparing for the major meet and being positive influences for all of their other teammates
- To attend the selected competition we feel an athlete should be in a minimum of two events and preferably three (including bonus events) to make that competition worthwhile for the family
- The meet is not just a reward for the season, but is the primary opportunity to race the fastest as they athletes are expected 'shine on the bigger stage' and compete at a higher level

- Parents and families of the athletes attending the competition will incur costs of the travel, lodging, meet fees and food. Additionally, they will assist in the funding to having the coaching staff attend the competition.
  - o Louisiana swimming offers reimbursement for the competitions the team chooses and links and items pertaining to your reimbursement will be distributed prior to each competition

Attire:

- The athletes will receive the following Team Apparel
  - o Team One T Shirt (annually)
  - o Team One Bag (one time)
  - o Team One Warm Ups (one time)
- The athletes are to wear the gear at all competitions according to the uniform schedule
- The gear is meant to be a reward, but also creates a major incentive for younger athletes to have something to aim to attain
  - o If an athlete earns the gear and then does not fulfill the requirements of Team One, they are not allowed to wear the gear or use the bag at any swim meet or Crawfish related function

Additional Notes/Responsibilities:

- The athletes and families of athletes on Team One are expected to be active participants in team fundraising and go above and beyond the minimum fundraising requirements
- Family members must be active participants and examples to the rest of Crawfish Aquatics in volunteerism- timing at meets, officiating, working at any team function. Wherever you feel most comfortable, we need you to volunteer as much as you can.

Inclusion in the group is not just about attaining gear or attending a competition. This is just the next stepping-stone on the path of 'Going to Greatness' which is our team motto. More is expected and demanded of all athletes in this group. They will be challenged in ways that will push them to be the best swimmers they can be and greater people, individually and collectively.