

Welcome to Saint Edward's Aquatics.

Human first. Athlete second.

Everything your family needs to know — from the first lesson to the final race.

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BECKER POOL

1895 Saint Edward's Drive, Vero Beach, FL 32963
USA Swimming · Florida Swimming · SwimAmerica · AAU

01 · WELCOME & PHILOSOPHY

More than swimming.

We care for the human first and the athlete second. Your child is always more than a time on a results sheet.

We want fast swimmers without driving kids into the ground. Training should help young athletes grow stronger while still leaving room for balance, joy and a life beyond the pool.

As a parent, your job is to celebrate effort before results — the courage to try, the patience to learn, and the commitment to keep showing up.



Seventy-five percent of kids quit swimming before they turn fifteen. The reason is burnout, not a lack of talent.

WHY WE COACH THE WAY WE DO

What this looks like on deck

Technique before yardage

Strokes are built properly before the distance goes up.

The right meets

Races chosen for where a swimmer actually is, not where a schedule says.

Age-appropriate training

Loads matched to a growing body, not borrowed from the group above.

Healthy and fast

We would rather have a swimmer at sixteen than a record at eleven.

Personal progress

Measured against their own last swim first, the field second.

Coaches who know your child

Small enough that every swimmer is watched by name.

WHO YOU'LL MEET ON DECK



Steve Fenning
Director of Aquatics



Bradley Trammell
Assistant Director of Aquatics

02 · THE SEA PATHWAY

The SEA pathway

Saint Edward's Aquatics is a USA Swimming club. We teach the SwimAmerica stations as **Fenning Tech** — Coach Steve Fenning's build on that framework — and use AAU Swimming as the developmental racing pathway.

00 LEARN TO SWIM	Baby & Me, lessons, one-on-one. Water safety through to independent swimming.
01 PRE TEAM	Fenning Tech stations 6-8. Completing station 8 moves a swimmer to Junior 1.
02 JUNIOR 1	Stations 9-10, AAU meets. Completing station 10 graduates them from SwimAmerica.
03 JUNIOR 2	At or near USA 'B' times. Race skills, and the move onto the USA Swimming pathway.
04 SENIOR 1	USA Swimming competition. Training for performance across a full season.
05 SENIOR 2	Championship, varsity, college. High-performance development.

Why AAU first — and why we stop

A time swum at a USA Swimming meet counts for AAU, but a time swum at an AAU meet does not count for USA Swimming. So once a swimmer is at or near a 'B' standard we move them onto USA Swimming meets.

USA motivational standards

B · BB · A · AA · AAA · AAAA

AAU Junior Olympic Games

Qualify on a USA Swimming long course BB time for events under 200 m, an A time for 200 m / 400 m / 1500 m, or by placing top three at an approved AAU District Championship. 8 & under is open.



03 · TRAINING GROUPS

Training groups

<p>Pre Team</p> <p>Tue & Thu · 4:30–5:15 PM</p> <p>READY WHEN Fenning Tech stations 6–8</p> <p>FOCUS Moves up after station 8</p> <p>COMPETITION Developmental pathway</p>	<p>\$155/mo</p>	<p>Junior 1</p> <p>Mon · Wed · Fri · 4:30–5:30 PM</p> <p>READY WHEN Stations 9–10</p> <p>FOCUS Technique, consistency, confidence</p> <p>COMPETITION AAU meets</p>	<p>\$180/mo</p>
<p>Junior 2</p> <p>Any 4 days Mon–Fri · 4:00–5:30 PM</p> <p>READY WHEN At or near USA ‘B’ times</p> <p>FOCUS Building race skills</p> <p>COMPETITION USA Swimming pathway</p>	<p>\$225/mo</p>	<p>Senior 1</p> <p>Mon–Fri · 4:00–6:00 PM</p> <p>READY WHEN USA Swimming competition</p> <p>FOCUS Training for performance</p> <p>COMPETITION USA Swimming meets</p>	<p>\$225/mo</p>
<p>Senior 2</p> <p>Mon–Fri plus Saturday · 4:00–6:00 PM</p> <p>READY WHEN Championship, varsity, college</p> <p>FOCUS High-performance development</p> <p>COMPETITION Championship meets</p>	<p>\$225/mo</p>	<p>How moving up works</p> <p>Placement is reviewed on skill, attendance, maturity and goals — not age. Station moves are earned by meeting every goal written in the station. There is no partial credit.</p>	



“A crew is built, never drafted.”

04 · SCHEDULE & GEAR

Schedule & gear

Weekly practice grid

GROUP	MON	TUE	WED	THU	FRI
Pre Team	—	4:30–5:15	—	4:30–5:15	—
Junior 1	4:30–5:30	—	4:30–5:30	—	4:30–5:30
Junior 2 · any 4 days	4:00–5:30	4:00–5:30	4:00–5:30	4:00–5:30	4:00–5:30
Senior 1	4:00–6:00	4:00–6:00	4:00–6:00	4:00–6:00	4:00–6:00
Senior 2	4:00–6:00	4:00–6:00	4:00–6:00	4:00–6:00	4:00–6:00

All times are PM. Senior 2's Saturday session is announced through the team communication app.

Gear checklist

GEAR	PRE	JR 1	JR 2	SR 1	SR 2
Water bottle · required	✓	✓	✓	✓	✓
Suit, cap & goggles	✓	✓	✓	✓	✓
Kickboard	✓	✓	✓	✓	✓
Pull buoy	—	✓	✓	✓	✓
Hand paddles	—	✓	✓	✓	✓
Snorkel	—	—	✓	✓	✓

Arrive 10 minutes early

15 minutes for a first practice. Pick-up on time, please.

No gear, no practice

Label everything. Lost property disappears fast on a busy deck.

Hydration is required

A full water bottle on the deck, every session.



05 · MEMBERSHIP & BILLING

You're joining a club.

Membership dues are a club membership, not a per-practice charge. The monthly amount is tied to the swimmer's group and training schedule — not to the number of practices attended.

Monthly membership by group

Pre Team \$155 2 days	Junior 1 \$180 3 days	Junior 2 \$225 4 days	Senior 1 \$225 5 days	Senior 2 \$225 5-6 days
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Nothing is charged when you register

Registration is \$0. The card is captured at sign-up, no dues draft until a coach places the swimmer, and the first month is prorated from the day they join the group.

Billing details

BILLING	Dues draft on the 1st of every month . There is no annual club registration fee.
SIBLING DISCOUNT	Highest membership billed in full, \$20 off the 2nd swimmer per month, \$30 off the 3rd and beyond, each.
CHANGES	Email written notice before the 1st.

Paid separately from dues

ITEM	REQUIRED FOR	PERIOD	COST
AAU Youth Athlete	AAU meets	1 Sep – 31 Aug	\$20
USA Swimming Flex	12 & under, up to 2 USA meets a year	To 31 Dec	\$20 + LSC
USA Swimming Premium	Year-round racers	To 31 Dec	\$70 + LSC
Meet entry fees	Each meet entered	Per meet	Varies
Team suit & cap	Racing	As needed	Varies

USA Swimming totals add the Florida Swimming LSC fee on top. Confirm the current season's LSC fee with Florida Swimming.

06 · PROGRAMS WE OFFER

Programs we offer

Year-round group options

GROUP	DAYS	TIMES	MONTHLY
Pre Team	2 · Tue, Thu	4:30–5:15 PM	\$155
Junior 1	3 · Mon, Wed, Fri	4:30–5:30 PM	\$180
Junior 2	4 · any Mon–Fri	4:00–5:30 PM	\$225
Senior 1	5 · Mon–Fri	4:00–6:00 PM	\$225
Senior 2	5–6 · plus Sat	4:00–6:00 PM	\$225

Spring & summer programs

Learn to Swim

Water safety through to independent swimming.

Summer REC

Competitive swimming at a recreational level.

Baby & Me

Our youngest swimmers, in the water with a trusted grown-up.

One-on-one lessons

Ages four and up, year-round by appointment.

| Dates and pricing are announced each spring, with registration on SportsEngine.



07 · GETTING STARTED

Getting started

Registering is the first step toward finding the right fit for your swimmer. This is the whole path, from sign-up to first practice.

1 Register on the website

One tab — Walk the Plank. One form, nothing is charged, and you do not pick a training group. A coach evaluates and places your swimmer.

3 Wait for placement

Your swimmer sits in 'Waiting for Approval' until a coach places them. Dues begin from that date, prorated.

5 Gear up and label everything

Use the checklist on page 05. Names on caps, bottles and bags.

2 Sign the agreements

The Liability Waiver and Medical Release Waiver are signed on screen inside the registration.

4 Join the team communication app

This is where practice changes, Saturday times and meet notices go out.

6 First practice

Arrive 15 minutes early so your swimmer can meet their coach before the whistle.

What to know before you begin

MEMBERSHIPS

USA Swimming, through Florida Swimming, is required before competing. Flex fits Pre Team and Junior 1. AAU is required for AAU meets. We ask on the registration form so it is set up from day one.

SAFE SPORT

We follow USA Swimming's MAAPP. Practices are open to observe. Coaches hold a current background check, SafeSport training, Safety Training for Swim Coaches, and CPR / First Aid.

TRANSFERRING

Coming from another USA Swimming club? Contact the coaching team *before* registering.

Who to contact

Program & coaching

Coach Steve Fenning
sfenning@steds.org

Groups & lessons

Coach Bradley Trammell
btrammell@steds.org

Dues & billing

Either coach — whoever you reach first.



08 · WAIVER & AGREEMENT

Waiver & agreement

The Liability Waiver and Medical Release Waiver are signed electronically inside the SportsEngine registration. This page is a reference copy for anyone signing on paper.

Swimmer details

SWIMMER NAME

BIRTHDAY

AGE

TRAINING GROUP

USA SWIMMING ID

AAU ID

PARENT /
GUARDIAN

Signatures

PARENT
SIGNATURE

PRINTED NAME

DATE

SWIMMER
SIGNATURE

DATE

Agreement clauses

- ☐ **Assumption of risk** — I understand swimming and related activities carry inherent risks, and I voluntarily accept them.
- ☐ **Release of liability** — to the extent allowed by law, I release Saint Edward's School, Saint Edward's Aquatics, their staff, coaches, volunteers and agents from claims arising from participation.
- ☐ **Medical authorization** — I authorize appropriate first aid and emergency medical care when a parent or guardian cannot be reached.
- ☐ **Membership requirement** — active club membership and required registrations are needed for participation and competition.
- ☐ **Safe Sport & MAAPP** — I agree to follow USA Swimming Safe Sport expectations and the Minor Athlete Abuse Prevention Policies.
- ☐ **Photo & media release** — I grant permission for the club to use participation images or video for club communications unless I withdraw permission in writing.
- ☐ **Transportation & property** — I am responsible for transportation and personal property unless the club expressly states otherwise.
- ☐ **Illness** — I will keep a swimmer home when illness or symptoms could put others at risk.
- ☐ **Campus & facility rules** — I agree to follow Saint Edward's School and Becker Pool rules, including access and conduct requirements.
- ☐ **Coach authority & dismissal** — coaches may adjust participation or dismiss a swimmer when safety, conduct or training needs require it.
- ☐ **Weather, closures & force majeure** — practices or events may change or be cancelled because of weather, facility issues, or circumstances beyond the club's control.
- ☐ **Dues & billing** — monthly club membership is drafted on the 1st, the first month is prorated from the start date, and dues are not prorated for missed practices after that.
- ☐ **Code of conduct** — swimmers, parents and guardians will follow club, school, meet and coach expectations.
- ☐ **Governing law & severability** — this agreement is governed by applicable Florida law, and if one provision is unenforceable the remaining provisions continue.
- ☐ **Acknowledgment** — I have read this reference copy, understand it, and agree to the terms applicable to my swimmer and family.