



The Firebirds'

Handbook

(2026 - 2027)

Introduction

Hello, and welcome to The Firebirds! We are happy to have you join us on this journey! This handbook will be used as a guide so that your experience with The Firebirds will be maximized for your convenience. If you have further questions after reading the information provided in this handbook, please ask on the question forum on Champion's Coaching website, or contact our head coach via email: zion.hall@championscoaching.org. We are pleased to have you here and hope you are ready to make a splash with us!

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General Information

Team History:

The Firebirds, then called “Unattached Elite”, were started on August 20th, 2023 to support the remaining athletes of a team that had abruptly disbanded that very same day. Though The Firebirds was not yet officially recognized as an official swim team at the time, thanks to the determination of the parents, athletes, and the now head coach of The Firebirds, the team was able to come together to practice as an organized group.

A few months later, Champion’s Coaching Inc. was formed as a non-profit to help fund the athletes’ needs for lane space, which slowly began to branch out to other causes such as raising awareness in the BIPOC community about the purpose of water safety and helping to provide a safe space for youth of the BIPOC community to gather to learn how to swim and compete!

On September 3rd, 2024, The Firebirds became officially recognized by USA Swimming, possibly becoming the first black woman lead non-profit swim team in the North Carolina triangle with the youngest ever Black head swim coach in the nation, though this is yet to be confirmed by USA Swimming.

Thanks to the help of friends and the swimming community, The Firebirds started progressing into the team you are signing up for today. We are now a flourishing team and are excited to see what the future holds for our athletes. Celebrating our swim team’s second official birthday on September 3rd, 2026, we are barely 2 years old, and yet we already have so much rich history. We are excited to be able to add more stories to this part of the document with you being a part of them! Let’s grow our history together!

Our Mission

Firebirds develops confident swimmers, exceptional competitors, and outstanding young leaders through high-quality coaching in a positive, disciplined, and supportive environment.

We are committed to:

- Teaching lifelong water safety
- Reducing drowning rates in underserved communities
- Building disciplined, confident athletes
- Creating opportunities for swimmers to compete at their highest potential
- Developing character, resilience, and leadership

Our Vision

To become one of North Carolina's premier competitive swim programs by building a culture where commitment, discipline, integrity, and diversity are valued as highly as performance.

We strive to develop swimmers who are:

- Technically skilled
- Mentally resilient
- Academically responsible
- Respectful teammates
- Confident leaders
- Lifelong advocates for water safety

Team Culture:

We are a team where:

- **We welcome and help newcomers.** We are not only a swim team, but a community and family!
- **We work as a unit and refrain from selfishness.** We hope all parents, coaches, and athletes begin to carry this mindset outside of the pool.
- **Education is stressed in and out of the water.** We are a team that prides itself in knowing that our athletes are well educated in and outside of the water.
- **Fun and competitiveness mix.** We are a team that knows how to compete and have fun while doing so!
- **We celebrate our cultures.** We all have backgrounds that are worthy of being celebrated and honored.

Rules, Regulations, and Expectations

Practice Policies

Athlete Attendance

Athletes are expected to attend **at least 80% of scheduled practices each week** to remain eligible for competition. Attendance includes in-water training, online dryland (weather-related), and in-person dryland sessions. Practices begin and end at the group's assigned time, regardless of late arrival.

Athletes who fall below the attendance requirement will be considered **ineligible** until the standard is met.

Practice Conduct

Athletes are expected to participate fully and respectfully. If a coach must redirect an athlete **three times** for misbehavior during a single practice, the athlete may be removed for the remainder of the session. This protects the safety, focus, and productivity of all swimmers and coaches.

Continued disruptions may result in a parent meeting and further action.

Required Equipment

Athletes must arrive with **all required equipment**, including:

- Proper swimsuit (full one-piece practice suit for girls, practice shorts or briefs for boys)
- Water bottle
- Snorkels
- Paddles
- Kickboards
- Fins
- Pacers (for Intermediate and Championship groups)

Athletes who arrive **without a swimsuit or water bottle** will be sent home. This reinforces responsibility and ensures coaches can safely supervise all swimmers.

Illness Policy

If your athlete is sick, **they must stay home**. This protects teammates, staff, and the broader community. If an athlete is found sick at practice, they will be **immediately sent home**. Illness-related absences are **excused**.

Parent Policies

Deck Access

To maintain a focused training environment, parents and guardians are **not permitted on deck** during practices. Approved waiting areas include:

- Lobby
- Cars
- Parent Walk Groups
- In the stands upstairs (if parents choose to watch, they must keep interaction with athletes at a minimum (unless there is an emergency) to ensure that athletes are focused on their training. Disruptive parents may be asked to wait in the lobby.

Emergency situations are the only exceptions.

Proper Attire

Coaches, parents, and athletes must ensure swimmers arrive in appropriate practice attire.

Women:

- One-piece suits only
- No coverage past the neck, shoulders, or knees

Men:

- Suits may not extend above the navel or below the knees
- Shirts are not permitted during practice unless approved by a coach

All suits:

- Must be textile
- Approved suits are available in the Firebirds Swim Store (see Resources)

Illness Reminder

Parents must keep sick athletes at home. If an athlete is found sick at practice, they will be sent home immediately.

Swim Meet Policies

Meet Attendance

Athletes are expected to attend the number of meets required for their practice group. If you are unsure of your athlete's group, please contact your parent mentor.

The Firebirds participate in **up to 11 meets per year**. Meets provide essential competitive experience, motivation, and skill development.

Parent Deck Access

Per **Center for SafeSport** guidelines, parents are **not allowed on deck** during meets unless:

- Volunteering as a timer
- Assisting with officiating

Meet Attire

- Athletes must wear:
- **Team caps** (non-team caps are not permitted; team caps available for purchase on deck)

- **Team shirts** to represent Firebirds pride. Parents are also strongly encouraged to wear Firebird shirts to show unity.
- **Team swimsuits**
 - Exceptions: approved tech suits or practice suits in the event of a wardrobe malfunction
- Approved practice and meet suits are available in the Firebirds Swim Store.

Illness Policy (Meets)

Sick athletes must stay home. If an athlete is found sick at a meet, they will be sent home **expeditiously**.

Reporting an Incident:

We highly recommend that Parents take the **APT (Athlete Protection Training Course)** provided by USA Swimming. The link will be provided in the resources section.

The Firebirds is meant to be a safe place where all athletes can come together and enjoy the sport of swimming. With that said, we abide by the Safe Sport rules and code of conduct, ensuring your athletes are kept safe and secure while competing on deck. If for any reason you suspect anyone is breaking the Center of Safe Sports', USA Swimming, or our team policies please report the incident to each appropriate entity listed below.

Report to the Center for Safe Sport: The Center of Safe Sport has exclusive jurisdictions for all issues dealing with:

- sexual misconduct
- sexual harassment and
- sexually explicit or inappropriate communication through social media.

If you or anyone you know is or was affected by anyone, coach, parent, or athlete, associated with USA Swimming, please contact the Center for Safesport by:

- Website: <https://uscenterforsafesport.org/>
- Phone: 833-5US-SAFE (833-587-7233)
- Anonymous Incident Report Forum: <https://safesport.i-sight.com/portal>

Report to USA Swimming: USA Swimming has jurisdiction for issues dealing with:

- Criminal charges
- Physical or emotional misconduct

- USA Swimming [code of conduct violations](#), or
- Violation of [USA Swimming Safe Sport policies](#).

If you are dealing with any of the listed concerns, please report to USA Swimming through their concerns page. They'll walk you through all of the steps needed to complete a report.

<https://www.usaswimming.org/safe-sport/report-a-concern>

Report to The Firebirds: The Firebirds have jurisdiction for issues dealing with:

- Peer to peer bullying
- Adult to athlete bullying
- Parent issues/complaints, or
- Violation of team policies.

If you suspect any of the above incidents are occurring, please contact the necessary help listed above IMMEDIATELY!!! Please do not try to handle the situation by yourself, the Center of Safe Sport, USA Swimming, and the coaches on The Firebird staff are trained and certified to help prevent and act on situations that may lead an athlete into danger. If you suspect an athlete is experiencing physical, mental, or sexual abuse, please reach out to the provided sources as soon as possible. The faster the reaction, the faster help can come.

Expectations and Conduct

Expectations & Conduct

The Firebirds Swim Team is committed to creating a safe, disciplined, and empowering environment for all athletes. The following expectations outline how athletes, parents, and coaches contribute to a positive and productive team culture.

1. Practice Expectations

1.1 Athlete Expectations

Athletes are expected to:

- Give full effort and work hard during every practice.
- Listen to and respect their coaches and their instruction.
- Bring **all required equipment** to every session.
- Treat teammates with kindness and respect.
- Wear proper practice attire (see Attire Policies).
- Attend the number of practices required for their training group.
- Participate fully in all practice formats, including in-water, online dryland, and in-person dryland.

1.2 Parent Expectations

Parents are expected to:

- Prepare athletes for practice with proper nutrition, hydration, rest, and mindset.
- Ensure athletes arrive with all required equipment.
- Read all team communications and stay informed.
- Maintain active USA Swimming registration for their athlete(s).
- Support consistent practice attendance and ensure athletes meet group requirements.
- Ensure athletes wear proper attire (see Attire Policies).
- Bring athletes to practice on time and communicate absences **privately** via text, call, or email **before** practice begins.

- Pay monthly dues on time. Payments are due on the **15th of each month** unless a payment plan has been approved.
- Understand that late or delinquent payments may result in loss of practice time or meet participation until resolved. Mercy periods may be granted at the coach's discretion.

2. Swim Meet Expectations

2.1 Athlete Expectations

Athletes are expected to:

- Bring all required meet equipment (goggles, **team caps, team shirts, team suits**, water bottles, etc.).
- Treat teammates, coaches, volunteers, and competitors with respect.
- Listen to coaches, especially when competing at facilities that are not their home pool.
- Check in with coaches **before** warm-ups and **after** each race.
- Fuel properly with healthy snacks before, during, and after events.
- Wear proper meet attire (see Attire Policies).
- Attend the number of meets required for their training group.

2.2 Parent Expectations

Parents are expected to:

- Ensure athletes reach meet-attendance requirements for their group.
- Provide proper nutrition and hydration for competition days.
- Arrive on time; athletes should be on deck **20–30 minutes before warm-ups**.
- Offer positive moral support.
- Volunteer when able and when needed.
- Ensure athletes wear proper meet attire (see Attire Policies).

Practice Structures

Beginner (Orange Group)

Purpose:

This level is designed to introduce inexperienced swimmers aged 6 - 18 to the concept of competitive swimming. The main focuses of this level are listed below:

- Building techniques, skills, endurance, and legalities
- Learning to work as a unit
- Learning to have fun with the sport without the need for commitment.

The Orange Group is required to attend **three (3) meets during the short course season** and **two (2) meets during the long course season**. Mandatory meets are clearly marked as “**Mandatory**” on the team’s Meet Calendar. All other meets are optional but **highly encouraged** for athlete development and experience.

Requirements:

- For ages 6 - 18 years old
- Must be able to swim half of the length of a 25 yard pool unassisted
- Must attend 80% (3 days minimum) of practices offered (**Mondays and Wednesdays** are required)
- Must attend 3 meets minimum during the short course season and 2 meets in the long course season. (Mandatory meets are specified on the website)

Days:	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Dryland:		30mins	30mins	30mins			
Swim:		1hr	1hr	1hr	1hr		

Intermediate (Blue Group)

Purpose:

The **Blue Group** is for motivated athletes ages 6–18 who are confident in all four strokes and eager to grow into Championship-level swimmers. This group focuses on sharpening technique, improving speed and endurance, and building the competitive habits required for long-term success.

The purpose of this group is listed below::

- Building on techniques, skills, endurance, and legalities learned in prior groups.
- Learning to work as a unit
- Becoming more goal oriented and are striving for Championships
- Learning to have fun with the sport while laying the foundation for commitment.

Requirements:

- For ages 6 – 18 years old
- Must be proficient in all 4 strokes
- Must attend 80% (4 days minimum) of practices offered (**Mondays and Wednesdays** are required)
- Must attend 4 meets minimum during the short course season and 3 meets in the long course season. (Mandatory meets are specified on the website)

Days:	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Dryland:		30mins		30mins		30mins	
Swim:		1.5hr	1.5hr	1.5hr	1.5hr	1.5hrs	

Please note that athlete placement is up to coaches' discretion. Communication will occur with the athlete's guardian before the athlete is moved into a new group.

Advanced (Gold Group)

Purpose:

The **Gold Group** is the Firebirds' highest competitive training group, designed for athletes who have achieved Championship-level qualifying times and are committed to advanced competitive goals. Swimmers in this group train with intensity, discipline, and purpose, focusing on speed, strength, race strategy, and high-performance conditioning.

Gold Group athletes:

- Demonstrate mastery of all four strokes
- Have earned **Championship-level qualifying times**
- Are preparing for **State, Sectionals, Nationals**, and other elevated competitions
- Show maturity, leadership, and consistent commitment to training
- Are developing long-term pathways toward **collegiate swimming** and potential elite-level opportunities

Training in the Gold Group emphasizes competitive excellence, advanced technical refinement, and the physical and mental preparation required for high-level racing.

Requirements:

- For ages 6 - 18 years old
- Must demonstrate mastery of all four strokes
- Must have a Championship qualifying times
- Must attend 5/5 practice days (with the exception of sick days and communicated absences)
- Must attend 6 meets minimum during the short course season and 3 meets in the long course season. (Mandatory meets are specified on the website)

Days:	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Dryland:		30mins		30mins		30mins	
Swim		2hrs	2hrs	2hrs	2hrs	2hrs	

Please note that athlete placement is up to coaches' discretion. Communication will occur with the athlete's guardian before the athlete is moved into a new group.

Pricing:

Pricing By Level:

Level	Registration	Monthly Price	Swim Meet Fees
Beginner (Orange Group)	\$200**	\$215	\$120 per child***
Intermediate (Blue Group)	\$200**	\$240	\$120 per child***
Championship (Gold)	\$200**	\$275	\$120 per child***

**Once USA Swimming registration is paid and proof of payment is provided, reimbursement will be handed out according to how much the receipt shows for all new to USA Swimming registration. This does not apply to returning athletes.

** Discounts do not apply to meet fees.

***Pricing may vary based on the swim meet. Please contact thefirebirds@championscoaching.org

Multi-Child Discounts:

# of Swimmer(s)	% Off
1	0%
2	S1 - 0% S2 - 5%
3+	S1 - 0% S2 - 5% S3+ - 10%

Example #1:

Family A has two swimmers in groups Sr. and Fledgling. The discount would be as follows:

Championship (Gold) - \$275 (0% off)

Intermediate (Blue) - \$240 (\$228 after 5% off)

Example #2:

Family B has three swimmers in groups Sr, Jr, & Incubator. The discount would be as follows:

Championship (Gold) - \$275 (0% off)

Intermediate (Blue) - \$240 (\$228 after 5% off)

Beginner (Orange) - \$214 (\$193.50 after 10% off)

Registrations:

USA Swimming (USAS) Registration must be paid through USAS's portal. You must make a USAS account for parent *and* athlete as a YEAR-ROUND swimmer. Once registration is complete, new athletes can request a reimbursement **for \$81** through the Firebirds once a receipt is produced. After the athlete's first year, the Firebirds Swim Team completes the USA Swimming registration.

Swim Team Registration is open year-round to those who are USA Swim team transfers. All other athletes who are beginners and are inexperienced have until November 30th, 2026 to register. No other applicants will be accepted after this point.

All registration fees are non-refundable. If you are registering multiple sibling athletes onto the team, you are eligible for a multiple-child discount. Please feel free to reference the [Multi-Child Discount](#) section for more information. If you have further questions, please contact your assigned coach for more information.

Swim meet registration fees cover the cost of entering each athlete into competition. The base fee for Firebirds swim meet registration is \$120. Each athlete is required to attend the number of practices and meets designated for their swim group. The first, middle, and last meets of the short course season and first and last meets of the long course seasons are mandatory. **Families will be charged for these swim meets whether the athlete attends or not.** Mandatory meets are clearly marked on the Firebirds Meet Calendar, which families are responsible for reviewing throughout the season.

All outstanding balances must be paid before your athlete's swim meet begins. Athletes will not be permitted to compete until all dues are paid in full. Once the registration deadline passes, additional entries cannot be accepted. Please note that once an athlete is registered for a swim meet, regardless of whether they swim, withdraw, or are absent, **all swim meet registration fees are non-refundable.**

Late Fees:

All monthly payments are issued on the 1st of each month unless a payment plan is communicated and agreed upon by the fiscally responsible party and The Firebirds. Autodraft is required before an athlete is allowed to swim. Our billing system may present auto drafting as an option, but to be a Firebird, it is **mandatory**. *If a payment is missed, your athlete(s) will not be allowed to participate in meets and practices until the payment is complete. Failure to resolve the outstanding dues and any remaining charges in a timely manner may result in the Firebirds pursuing formal collection measures, including small claims action if necessary.*

Meets will be announced on [The Firebirds meet page](#). Please note, your athlete must be in good financial standing in order to register for meets. The base fee for Firebirds meet

registration is \$120 and will be invoiced within 24 hours of registration. Swim meet invoices are due upon receipt. If the invoice is not paid within 48 hours of being issued, the athlete's registration will be removed and will need to be re-registered. Please note that once an athlete is registered, the bill will be **non-refundable**.

After the window for registration is closed, further registrations will not be accepted. Notifications for upcoming swim meets will be sent via GroupMe and through The Firebirds announcement emails. Please have your notifications on to stay up-to-date with the most recent news.

Payment In Absence:

Discounting fees when a swimmer is absent or unable to participate for any length of time is not possible. If your athlete plans on not attending practice for a long (or short) period of time, but still intends to be on the team, ***their monthly payments must still be made during their absence*** as if they were still present. *Please note: Failure to resolve any outstanding dues and any remaining charges in a timely manner may result in the Firebirds pursuing formal collection measures, including small claims action if necessary.* If you have any questions about this rule, please contact your coach.

In-season Departure Fees

Participants agree to remain enrolled in the Program for the full duration of the 2026 - 2027 swim year.

In the event a participant chooses to withdraw from the swim team before July 31, 2027, the end of the swim year, they will be subject to an early departure fee of \$300 per departing athlete. Monthly fees will not be applied to the departure fee unless the participant departs after the first day of the new month. The early departure fee must be paid upon withdrawal and is non-refundable. *Please note: Failure to resolve the outstanding dues and any remaining charges as well as the departure fee in a timely manner may result in the Firebirds pursuing formal collection measures, including small claims action if necessary.* If you have any questions about this, please feel free to contact your coach privately. Coaches' contact information will be posted below in the [resources](#) area.

Weather and Closures

All Firebird practices are held in all weather conditions unless otherwise unsafe to do so. In such cases, every attempt will be made through GroupMe and email to "call" practice (cancel it) by the coach or staff. *In any case, the Firebirds' staff encourages you to always do what is best for you and your family's/athlete's safety.*

There may be times where practice facility closures happen beyond our control. If a facility closure beyond The Firebirds' control forces the temporary relocation of a practice group or a practice shutdown, every effort will be made to update families on the new practice location.

There may be times where virtual practices/drylands practices are held due to weather and/or closures. These are still considered "practices". While these changes may not be convenient, guardians are still responsible for payment of program fees. The Firebirds make every effort possible to provide alternate practice arrangements when a site becomes unavailable and to notify the parents / athletes in a timely fashion when such closures are announced to us.

Meet Structure Overview

Swim meets come in several formats. Understanding these helps athletes and parents know what to expect at competitions.

Intrasquad / Closed Competition

These meets involve **only the Firebirds**. Athletes race against teammates, and no outside teams are invited.

Dual / Quad Meets

These meets include a small number of invited teams.

- **Dual:** Firebirds vs. one other team
- **Quad:** Firebirds vs. three other teams Outside teams may participate, but these meets are typically smaller and more controlled.

Open / Invitational Meets

Open or invitational meets allow **any team** to enter as long as registration is completed on time. These meets are usually larger and include a wide range of ages, abilities, and teams.

Prelims

Preliminary sessions are used to determine which athletes advance to finals.

- Common for **13 & Over** swimmers
- May also include **10 & Under** and **11–12** swimmers at championship-level meets
Athletes race once in prelims; the fastest swimmers move on to finals.

Timed Finals

In timed-finals meets, athletes swim their event **once**, and the time they achieve determines final placement. At meets with both prelims and finals, **12 & Under** events are typically timed finals.

Finals

Finals are reserved for the fastest swimmers from prelims. The number of heats depends on age group and meet format.

Typical finals structure:

- **A Final (Championship):** Places 1–8
- **B Final (Consolation):** Places 9–16
- **C Final (Bonus):** Places 17–24 (not always offered)
- **D Final:** Places 25–32 (not always offered)

Finals formats vary by meet, but older age groups (15 & Over) may have more heats than younger groups.

Scratching & Alternates

Scratching

Scratching means an athlete is **removing themselves from a finals event** they qualified for.

- Scratch deadlines are usually **30 minutes** after finalists are posted.
- Once the scratch window closes, all changes are final.
- Missing a finals event without scratching may result in penalties, including removal from the remainder of the meet (depending on host rules).

Alternates (Being Scratched In)

Alternates are swimmers who placed just outside the finals heats during prelims. If a finalist scratches, alternates may be moved into the finals heat.

- Alternates must stay alert and available.
- Missing a finals swim as an alternate **does not** result in penalties.

Cuts & Time Standards

USA Swimming Motivational Time Standards (2024–2028)

Motivational time standards help athletes set goals and measure progress. They are updated every four years based on national performance data.

Standards represent the percentage of swimmers nationwide who achieve each level:

- **B:** Top 55%
- **BB:** Top 33%
- **A:** Top 15%
- **AA:** Top 8%
- **AAA:** Top 6%
- **AAAA:** Top 2% (highest motivational ranking)

These standards help athletes track improvement and set realistic, progressive goals.

[2024 - 2028 Motivational Time Standards](#)

Championship Meet Levels

Age Group Championships (AGC)

Age Group Championships is a North Carolina state-level meet for the fastest age-group swimmers who have achieved AGC qualifying times. Eligible age groups include:

- **10 & Under**
- **11–12**
- **13–14**

At most AGC meets, **13–14 athletes** may compete in prelims and finals, while younger age groups typically swim timed finals. Formats may vary depending on the host.

Age Group Sectionals (AGS)

Age Group Sectionals is a multi-state championship meet within the designated USA Swimming zone. Athletes must achieve AGS qualifying times to participate. Eligible age groups include:

- **10 & Under**
- **11–12**
- **13–14**

At AGS, **13–14 athletes** generally compete in prelims and finals. Younger age groups typically swim timed finals.

Senior Championships

Senior Championships is a state-level meet for swimmers who have achieved Senior Champs qualifying times. Although all ages may enter, this meet is primarily designed for **15 & Over** athletes, and adult swimmers may also compete.

Senior Sectionals

Senior Sectionals is a multi-state championship meet within the zone for swimmers who have achieved Senior Sectionals qualifying times. All ages may enter, but the meet is typically geared toward **15 & Over** athletes and adult competitors.

Futures Championships

Futures Championships is considered the first step into national-level competition. Athletes must achieve Futures qualifying times to participate. This meet serves as a bridge between Sectionals and higher national meets. **All ages** may swim prelims and finals. College recruiters frequently attend.

Winter Junior Nationals

Winter Junior Nationals is a national-level meet for the fastest athletes **18 & Under** who have achieved Junior National qualifying times. This meet exposes swimmers to elite competition and provides opportunities for college recruitment. Although held during the

short course season, **long course times may be used** for entry. All ages may swim prelims and finals.

Summer Junior Nationals (Summer Speedo Championships)

Summer Junior Nationals mirrors Winter Juniors but is held in a **long course** pool. Short course qualifying times may be used for entry. All ages may swim prelims and finals.

Toyota U.S. Open

The U.S. Open is a high-level national competition open to **all ages** who meet the qualifying standards. This meet is one of the final major competitions before Olympic Trials and often includes televised coverage. All ages may swim prelims and finals.

Zone Map:

Use this link for more information about **zones**:

<https://www.usaswimming.org/docs/default-source/governance/lsc-maps/lsc-zone-map.pdf>

Meets in order of Intensity/Importance (listed from bottom to the top)

Meets:	Cuts Needed:
Olympics	Top 2 Placement at Olympic Trials Finals
Olympic Trials	Olympic Trials Qualifying Times
Toyota US Opens	US Opens Qualifying Times
Summer (Speedo) Nationals	Summer (Speedo) Nationals Qualifying Times
Summer (Speedo) Junior Nationals	

Winter Junior Nationals	Winter Junior Nationals Qualifying Times
Futures	Futures Qualifying Times
Senior Sectionals	Senior Sectional Qualifying Times
Senior Championships	Senior Champs Qualifying Times
Age Group Championships	Age Group Champs Qualifying Times
Regular Meets	NA Qualifying Times / Team Qualifying Times/ Motivational Cuts

Resources

Contacts:

Zion Hall (Head Coach)

- Email: zion.hall@championscoaching.org

Hours of Operation:

- Mon - Friday: 9:00am - 3:00pm

Recommended contact times: 9:00am - 2:30pm

Group Me Announcements Link:

https://groupme.com/join_group/109080440/y7aCfrPT

Equipment Needed:

Here is the link to our Swimoutlet Store for swim suits and all of the equipment your athlete will need.

<https://www.swimoutlet.com/collections/championscoachingfirebirds?ref=SWIMTOPIA>

The team suit is required, and a practice or “training” suit is highly recommended. That way, the competition suit won’t wear out so quickly.

No matter what group your athlete is in, they will need:

- Fins (top priority)
- Kickboard (top priority)
- Paddles
- A snorkel
- Pull buoy
- Goggles

Certifications Needed:

USA Swimming Athlete Certification Link:

<https://omr.usaswimming.org/omr/welcome/9E29E7FED5D245>

Teens aged 18 APT (Athlete Protection Training) Link:

<https://www.usaswimming.org/resource-center/athlete-protection-training>

Swim Meet List:

See what meets we will be attending here:

https://www.firebirdsswim.com/swim_meets

Scholarships / Donations:

Champion's Coaching Inc. is a non-profit organization that is dedicated to helping the Black, BIPOC, and underserved communities. They are the ones that provide our team resources such as pool space, money for swim meets, and equipment. They also are looking to provide scholarships for families in financial hardship on a first come first serve basis. If you are willing to provide financial aid to an athlete in need, please contact

Thefirebirds@championscoaching.org to gather more information on how you can help.

If you are not looking to fund an athlete, but are still interested in donating to our cause, please go to <https://championscoaching.org/donate-today/> . Because we are a 501c3 non-profit, donation information will be provided to you so you can get a write off on your taxes.

With every dollar you provide, our team has more opportunities to grow and live up to its full potential. We thank you for your consideration and appreciate everything. Let's **RISE UP** together!