

# Evergreen Hurricanes

## New Family Information

Welcome to the Hurricanes! Thank you for showing interest in our team. We exist to improve the lives of young athletes by teaching and developing character traits that will endure for a lifetime. Among the traits a successful athlete will master over the course of a swimming career are:

- Attention to Detail
- Patience
- Persistence
- Gratitude
- Work Ethic
- Peer Support
- Resilience
- Receiving Feedback
- Time Management and Prioritization
- Team Leadership
- Self-Determination

We aim to serve a wide range of athletes with varying levels of experience, expertise and commitment. We aim to provide the opportunity to train, learn, and compete to as many mountain youth as possible. For the athlete who wishes to prioritize swimming and pursue his or her full potential in the sport, we aim to provide a world-class training program.

## More About Our Team

### TRAINING GROUPS

Our team is organized into 6 training groups. See the table below for a brief summary of each group. To understand more about where your athlete may fit into the team or to understand what lies ahead, please check out the following resources.

- For more detailed training group descriptions [HERE](#).
- For our winter 2022-2023 training schedule which starts on September 5th, 2023, click [HERE](#).
- For our comprehensive 2023-2024 calendar, which is a working document that projects team breaks, competitions, and other events as far out as possible, click [HERE](#).

Group	Age Range	Eligible Athletes
Category 1	Age 5 to Grade 8	Athletes from beginner to 3 years experience
Category 2	Age 8 to Grade 8	Athletes with 1 to 3 years experience
Category 3	Age 8 to Grade 8	Athletes with 2 or more years experience
Category 4	Grade 9 - Grade 12	Beginner to advanced athletes with a variety of goals
Surge	Grade 6 - Grade 12	Athletes preparing for Category 5
Category 5	Grade 9 to Grade 12	Advanced athletes who's top extracurricular activity is swimming.

## ATTENDANCE PHILOSOPHY

We recognize that swimming can become a major commitment for families and athletes alike. We want our attendance expectations to match each athlete's own goals and expectations for growth and progress in the sport.

- Categories 1, 2, 3 and 4 do not have practice attendance requirements. We encourage a well rounded experience for our younger swimmers and maintain a flexible attendance policy to support it.
- Each category does have attendance recommendations (see the detailed training group descriptions linked above) which represent the commitment we expect is required throughout the year to advance through our program in a timely manner.
- Surge and Category 5 do have attendance requirements appropriate for pursuing long term athletic potential.
- Meet attendance is optional but encouraged. We find most swimmers develop a strong desire to compete and showcase the skills and abilities they practice every day. For a more detailed description of our meet attendance philosophy, please click [HERE](#).

## VOLUNTEER EXPECTATIONS

Since we do not currently host swim meets, our primary need for volunteers and only defined expectation is quite simple: we generally need to provide a few timers for each meet we attend. For a more detailed understanding of our need for timers and the commitment you should expect to make, please click [HERE](#). We do not have a timing expectation for families whose swimmers are not yet competing in meets.

Other volunteer opportunities include becoming a *meet official* who is trained to fulfill various officiating roles at swim meets, a *group ambassador* who is a social coordinator and general resource for parents in your swimmers particular training group, and a *board member* who is elected to conduct the business of running the team. We also have parents helping to organize social events, market our program, and build our social media presence.

## OTHER OPPORTUNITIES TO PARTICIPATE AS A HURRICANE

In addition to our regular practice and competition schedule. In the spring and fall we typically offer, for an additional cost, clinics (called Tune-Ups) for categories 1 and 2 and training camps (called Basecamp) for Categories 3 and up.

## Joining the Hurricanes

### PRE-REGISTRATION

If you haven't already done so, the first step to joining the Hurricanes is to Pre-register [HERE](#).

Pre-registration is a no cost, no commitment process that links you to our team communications and directs you to the information you'll need to get started. If you have pre-registered and would like to stop receiving our emails, please send a message to [brianpursley@gmail.com](mailto:brianpursley@gmail.com) and ask to be removed.

### FREE TRIAL WEEK

Athletes are welcome and encouraged to join the Hurricanes any time of year, but the best times to do so are at the beginning of our Spring and Winter season after Labor Day, and at the beginning of our

Summer Schedule after school gets out in May. These are times when groups are new and training programs are designed to be introductory.

When your athlete is ready to get started, please come to a regularly scheduled Category 1 practice (8th grade and below) or Category 4 practice (high school) ready to swim. We will ask about your athletes experience, observe your athlete in a low pressure practice, and recommend the best group to start in.

## FINAL REGISTRATION

Once you have a group recommendation from the coaches and have completed your free trial week, you'll need to formally register for the team through our website. All team members also need to be members of USA Swimming (through which we carry our insurance). Instructions for both will be provided when you initiate the registration process.

## KICKSTARTS

All Category 1 swimmers who have joined the Hurricanes are encouraged to sign up for 2 Kickstarts per month. Kickstarts are 30 minute, one on one coaching sessions between your athlete and a member of our staff provided at no extra cost.

Kickstarts are designed to give each athlete the information and tools they need to kickstart new habits that can be implemented day after day in the group workouts. The kickstart scheduler is available under the "Athletes" menu on our website, or by clicking [HERE](#).

## HOW MUCH DOES IT COST TO JOIN THE HURRICANES?

Our costs for the 2023-2024 season are still being finalized and will be posted on the group description page and registration pages ASAP. You can reference last year's costs [HERE](#).

**GO HURRICANES!**