

Temporary Age Group Training Plan
Prepared by Vic Moore, CEO Jets Aquatic Club

Hello all,

In this document, you will find a comprehensive program to keep your children engaged and active through this time of uncertainty. We respect all of our families and want to be the frontrunner in putting our best foot forward for your children. Thank you for your continued trust and support as we continue to climb the ranks in the swimming arena. Please email me for more info: vpm.moore@gmail.com. Go Jets!

Sincerely,
Vic Moore, CEO

Background:

Jets Aquatic Club is a 501(c)(3) non-profit organization. While this is a part-time activity for some, business operations occur during all 12 months of the year. The Jets are one of the area's largest running youth sports programs and one of oldest non-profit organizations in our area. Having served the community since 1958, the club has navigated through a litany of community and societal issues. Over the past two years, our program has achieved strength in numbers and in quality performances. From Fun & Fitness to our Senior Elite group, our swimmers have accounted for 300+ team records; age group state championships; and high school state records. With our emphasis being on physical fitness and placing more value on practice than on competition, we have averaged over 80% practice attendance which is remarkable in the sport of swimming.

Our organization does not receive federal dollars and is solely dependent on the revenues obtained from membership and program services, as well as donations from local supportive individuals like you and some supportive local companies. We are our own entity, not a line item on a budget for a health club, YMCA, or local government. Over the past two years our rates of improvement compared to the entire state, the central zone, and national average are exponentially higher. We will not be able to continue serving Northeast Arkansas and leading the program to unparalleled success to Northeast Arkansas.

Mission:

Provide the membership of Jets Aquatic Club a quality product while maintaining business operations through the current unprecedented health crisis, pandemic COVID-19.

Purpose:

Our swim club is a full-time business with monthly operating expenses. Your Jets program, like nearly every year-round swimming club in the United States, is respectfully and prayerfully asking our members to continue with your membership during these difficult times, thus allowing the Jets to meet the current needs and ultimately to remain in existence. We need to make sure that our program is still around when people are ready to return and the financial commitment to the program will ensure

that there will be a program to return to once we are on the other side of the current worldwide health crisis, COVID-19 pandemic.

Detailed Training Plan:

1. Full Program

- a. Daily email blast to include any updates; a daily workout; visual aids; educational article(s); and a video to watch online (original work -or- from an outside resource).
- b. Facebook Live – 30 to 60 second video on Facebook Live 2-3 times weekly. Greta to organize schedule and hold staff accountable to the schedule.
- c. Creative content posted on social media outlets: Facebook, IG, Twitter.
- d. Individual group start times will remain the same and time frame will be listed in the group specific information below.

2. Fun & Fitness and Age Group 2

- a. John Dellorto and Greta McClugage will share overseeing these groups, will serve as point of contact for these groups. Will communicate directly with families, multiple times per week.
- b. Dryland exercises and creative content provided regularly that is relatable to these groups.
- c. Tri-weekly fun, interactive activity via Google Hangouts or another platform. 25-30 minutes.

3. Age Group 1

- a. Vic Moore oversees this group, will serve as point of contact for this group. Will communicate directly with families, multiple times per week.
- b. Dryland exercises and creative content provided regularly that is relatable to AG1.
- c. Tri-weekly exercises fun, interactive activity via Google Hangouts or another platform. 30-40 minutes.
- d. Assign age group appropriate short readings for kids to read and reflect. Athletes should be prepared to ask/answer questions to coaches and/or parents.

4. Age Group Elite

- a. Vic Moore oversees this group, will serve as point of contact for this group. Will communicate directly with families, multiple times per week. Vpm.moore@gmail.com
- b. Provide challenging, unique dryland exercises and creative content provided regularly.

c. Daily exercises fun, interactive activity via Google Hangouts or another platform. 35-45 minutes.

d. Assign age group appropriate short readings for kids to read and reflect. Athletes should be prepared to ask/answer questions to coaches and/or parents.

4. Seniors

a. Walker Todd and Vic Moore will oversee this group. Vic will serve as point of contact for this group. Will communicate directly with families, multiple times per week.

b. Provide challenging, unique dryland exercises and creative content provided regularly.

c. Daily exercises fun, interactive activity via Google Hangouts or another platform. 40 minutes to one hour.

d. Assign higher level readings for high school aged kids to read and reflect. Athletes should be prepared to ask/answer questions to coaches and/or parents.

Program Costs:

With respect to the current climate, we are providing this unique service and each Jets family has this opportunity. We understand families will make decisions based on their individual needs. We look forward to providing families the opportunity to keep their children physically active and mentally stimulated.

Continue to support your Jets by continuing your monthly membership dues at regular group fees. In exchange for your support of your children and your Jets during this critical time, we're offering \$15.00 in Jets Bucks per household and an additional \$5.00 in Jets Bucks per individual member for each month we are out of the water. Jets Bucks may be used for ancillary programming and additional costs with Jets such as Jets hosted stroke clinics and heat sheets at home meets.

If you have questions or need to talk with Jets regarding your membership, please email vpm.moore@gmail.com.