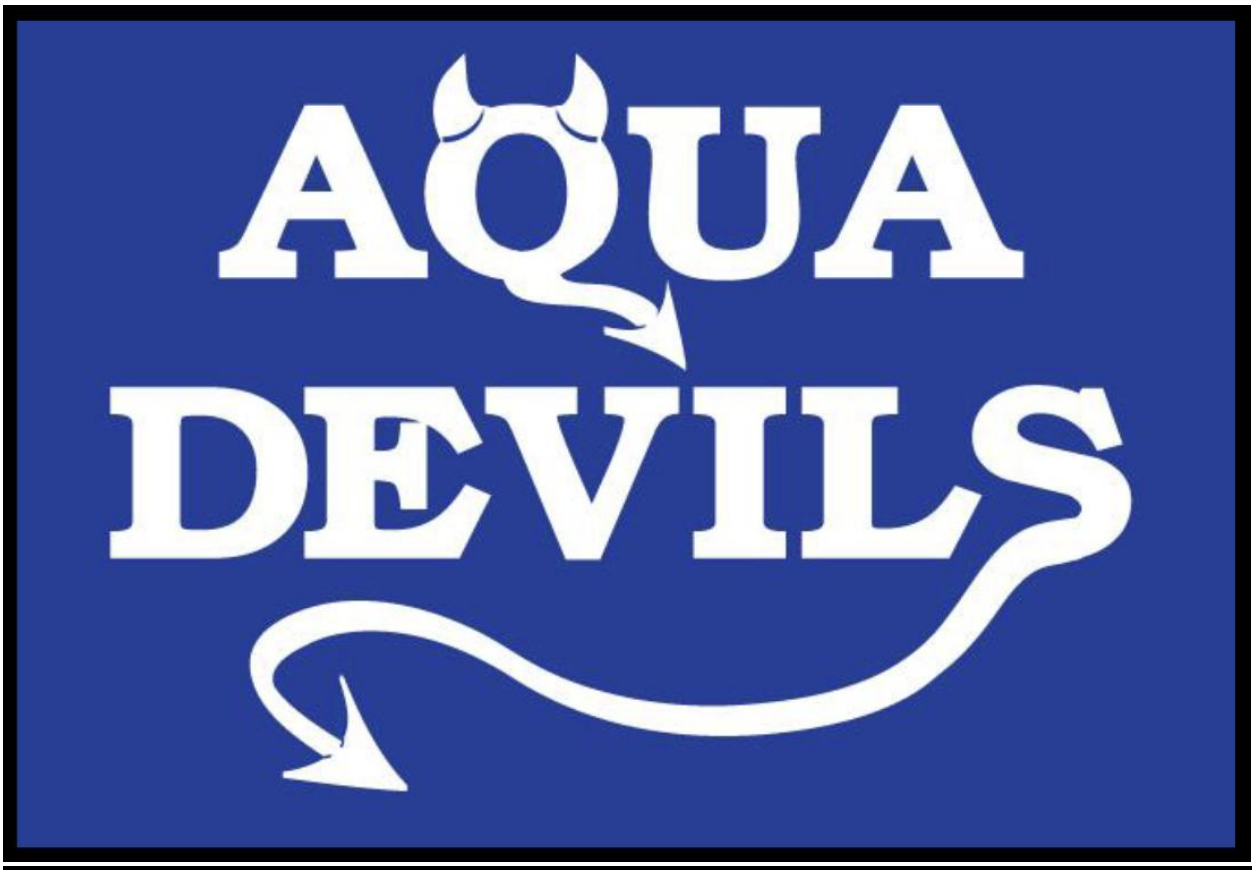
Aqua Devils Swim Team



2026 Handbook

IMPORTANT CONTACT INFORMATION

Main email: facultyclub@duke.edu

Listserv email: dfc-aquadevils@duke.edu

Parent Reps:

Erin Kunz

Mike Pelletier

Head Coaches:

Christy Garth

Assistant Coaches:

Coming Soon!

Duke Faculty Club Director

Chris Jaques, Christopher.jaques@duke.edu

Aqua Devils Website: https://facultyclub.duke.edu/swimming/aquadevils/

Durham Summer Swim League: www.durhamsummerswimleague.com

Communication: The main form of communication will be through email using a listserv. The DFC swim team will use the listserv to communicate anything and everything pertaining to the team from practice times, to schedule changes, to meet information. The email addresses you provide through registration will be added to the listserv.

WELCOME AQUA DEVILS

Welcome to the Duke Faculty Club summer swim team! The purpose of this handbook is to both serve as an introduction to the summer swim team for new Aqua Devils families, as well as provide a package of useful information for all swimmers and parents. We want you to be well informed, and we sincerely welcome your participation with the team.

PHILOSOPHY & GOALS

The Aqua Devils swim team strives to provide swimmers, ages 4 to 18 years old, an opportunity to develop and improve their competitive swimming skills in a fun, safe, and healthy environment. Fitness, sportsmanship, team spirit, skill development, and participation by all swimmers in all meets are the Aqua Devils' goals throughout the summer swim season.

LEAGUE INFORMATION

The Aqua Devils swim in the Durham Summer Swim League (DSSL), which was formed to enable Durham swim clubs to participate in the team sport of competitive swimming. The most important goal of the DSSL, is to provide a climate of friendly competition, where swimmers can develop a love for the sport, improve their swimming skills, and learn the principles of good sportsmanship.

Please complete the DSSL waiver (Required):

https://docs.google.com/forms/d/e/1FAIpQLSc0tDBGoFf3T4I1Gui25XPAkVCuthQtniESg2K8q39N_cEvHg/viewform

TEAM INFORMATION

Eligibility for Aqua Devils: The Aqua Devils is open to DFC members' children ages 4-18 years old (as of June 1 2026). Though you do not need to be a proficient swimmer to participate, you must be able to demonstrate the following baseline skills in order to join the team:

- Swim one length of the pool (25 yards) using front crawl or backstroke without stopping, standing, or holding onto a lane line. Swimmers must maintain positive body position (legs should not drop past 45 degree angle) for the entire distance, and if swimming front crawl, show rhythmic breathing (no head up front crawl or doggie paddle).
- Jump into deep water from the wall, return to the surface, and tread water/float for 30 seconds. After 30 seconds, they must then swim back to the wall.

All new 8 & under swimmers will be evaluated before the first week of practice to determine if the swim team is right for them. Swimmers must qualify during this evaluation period to be able to join the team for the current season.

Fees: Registration will run through Sunday, June 1. The fee for the 2026 season is as follows:

- $200 per swimmer
    - $175 per swimmer if your family has 3 or more children on the team
- These fees cover registration, an Aqua Devils t-shirt, swim cap, and entry into the Championship meet.

Registration:

Registration is available on your DFC Court Reserve **Member Portal**.

1-2 swimmer registration: Registration on Court Reserve

3+ swimmers registration: Registration on Court Reserve

- While registering you will be able to purchase silicone swim caps, list T-shirt size and purchase addition T-shirts

2 other steps are required for registration: the DSSL wavier above and to register in swimmingly, instructions on next page.

Full refunds will be given for cancellations made through the first full week of practice. **No refunds will be given after Monday, June 1.**

SWIMMINGLY REGISTRATION

You must register & sign-up your swimmer(s) using these instructions to participate in the season.

Why: Parents/Guardians, once you register & sign-up your swimmer(s) using the instructions below, they'll automatically populate on the roster and become active for the season!

The Swimmingly® Clubhouse will be your home for your swimmer results, meet declarations, time improvements, best times, and MORE!

The steps below are required for ALL (new and returning) swimmers to swim in meets this season.

Club Registration Code

267ea312-3afc-11eb-83f7-c2b3e1fb23ce

Direct Link for Registration

Go here for step-by-step instructions to register & sign-up your swimmer(s) using the Club Registration Code:

Returning Swimmer Registration Instructions

New Swimmer Registration Instructions

MANAGEMENT TEAM

Coaches: The Aqua Devils Coaching Staff is dedicated to creating a fun, safe, and healthy environment in which swimmers can develop and improve their competitive swimming skills. They enthusiastically participate in the entire Aqua Devils team experience, whether it is practices, socials, or meets.

- The Coaching Staff is responsible for designing and implementing the overall training program, stroke instruction, and practice sets, with an emphasis on skill development, fitness, team spirit, and sportsmanship.
- In coordination with the Parent Reps and DFC Management Staff, the Coaching Staff is responsible for communication to the swimmers and parents.
- For swim meets, the Coaching Staff will be responsible for assigning individual events as well as building relay teams that are fair to swimmers and to the team as a whole.

Parent Reps: The Parent Representatives are an integral part to the success of the Aqua Devils. They are volunteers. Their roles include working with the DFC and Aqua Devils Coaching Staff on pre-season planning and arrangements, organizing volunteers, supervising and managing the on-site logistics of dual meets and Championship meet, and representing the team at DSSL meetings. Aside from all the behind the scenes administration, they are also here to listen to your feedback, comments, and concerns, so please feel free to contact them at practices or meets.

PRACTICES

Practice is the single most important contributor to a swimmer's skill development and improvement. The Aqua Devils Coaching Staff strive to incorporate stroke work, fitness, team spirit, and fun into every practice. Swimmers are encouraged to attend all practices and should recognize that the more practices they attend, the faster they will improve.

2026 Aqua Devils Practice Schedule				
DATE	**AGE GROUP**	**DAY**	**TIME**	**LOCATION**
May 4th-6th	Evals for **new** 8 & under swimmers only	Mon - Wed	4:30 – 5:30pm	Lap Pool
May 12 (Tue) – June 11	6 & under	Mon - Thu	4:30 – 5:00pm	
	7-8 yr olds	Mon - Thu	4:30 – 5:15pm	
	9-10 & 11-12yr olds	Mon - Thu	5:15 – 6:15pm	
	13 & up	Mon - Thu	6:15 – 7:15pm	Main Pool
June 15 – July 3	13 & up	Mon - Fri	7:00 – 7:45am	
	9-10 & 11-12 yr olds	Mon - Fri	7:00 – 7:45am	
	6/u & 7-8 yr olds	Mon - Fri	7:45 – 8:30am	

* The regular season schedule could change based on final number of registrants per age group.

** Registration fees must be paid in full before participating in practices or clinics

Practice Guidelines and Recommendations:

- Swimmers should try to arrive at least 10 minutes prior to the start of practice to allow adequate time for changing, socializing, eating a snack, etc. The swimmers are encouraged to be standing on deck with cap and goggles already on, prepared to jump into the water 5 minutes before their practice begins.
    - Swimmers should bring to each practice:
        - Swimsuit, Cap or Hair Tie
        - Goggles & Towel
        - Great Attitude!
- Plan to stay the entire practice. The last part of practice is often the most important.

- Parents are welcome to observe practice from the deck but please do not approach the coaching staff or your swimmer(s) during practice. For the swimmers to learn as much as possible, it is imperative that the coaches maintain their full attention during practice.
- If you need to speak with the coaches in person, please do before or after practice time, or send an email to set up a convenient time outside of practice.

SWIM MEETS

The Aqua Devils competitive season consists of an Intrasquad timed meet (will NOT count towards Championships), 5 dual meets (must participate in 2 to swim in Championships), and an all-league Championship Meet.

Meet Sign-up Process: Parents will use swimmingly to declare of their swimmer/s will be swimming in each meet. Parents sign-up their swimmer for up to three strokes.

Swimmers who are not signed up via Swimmingly by the meet deadline (usually 3 days prior) will not be able to swim in that meet.

Meets are held on Wednesdays nights and Saturday mornings.

- Wednesday evening meets begin at 5:30pm, unless the two teams agree to begin earlier
- Saturday morning meets begin at 8:00am, unless the two teams agree to begin later
- Warm-ups begin 1 hour prior to the start of the meet if it's a home meet, and 30 minutes if it's an away meet
- **Plan to arrive at least 15 minutes prior to warm ups to get settled**
- Swim meets generally last 3 to 4 hours

2026 Aqua Devils Meet Schedule

	DAY and DATE	TIME	LOCATION
Intrasquad Meet	Wed, May 27	5:30 PM	@ DFC
Meet 1	Sat, June 6	8:00 AM	UP@DFC
Meet 2	Sat, June 13	8:00 AM	PARK@DFC
Meet 3	Wed, June 17	5:30 PM	DFC@HVCC
Meet 4	Sat, June 20	8:00 AM	DFC@WC
Meet 5	Wed, June 24	5:30 PM	DFC@HVF
Rain date	Sat, June 27		
Champs	Sun, July 5	All day	Greensboro Aquatic Center

Swim Meet Events:

- On each team, boys and girls are separated by age groups: 6 and under, 7 & 8 years old, 9 & 10 years old, 11 & 12 years old, 13 & 14 years old and 15-18 years old.
- Their age group is determined by the swimmer's age as of June 1 for that year.
- Each swimmer may swim up to 3 different individual events and one relay at each meet. Coaches determine the individual events and relays for each swimmer

based on strategic decisions and abilities. Line-ups may not be changed by anyone but the Head Coach.

- Every event is first swum by the Girls and then followed by the Boys of that same age group.
- Every regular season dual swim meet is swum in the same order. Knowing this order will help the swimmer and parent anticipate when the swimmer should be at the clerk-of-course (please see the terminology section of this handbook)

Event	Age Group	Stroke	Event	Age Group	Stroke
1 & 2	6 & under	25 yd freestyle	**27 & 28**	7-8	25 yd backstroke
3 & 4	7-8	25 yd freestyle	**29 & 30**	9-10	50 yd backstroke
5 & 6	9-10	50 yd freestyle	**31 & 32**	11-12	50 yd backstroke
7 & 8	11-12	50 yd freestyle	**33 & 34**	13-14	50 yd backstroke
9 & 10	13-14	50 yd freestyle	**35 & 36**	15-18	50 yd backstroke
11 & 12	15-18	100 yd freestyle	**37 & 38**	6 & under	25 yd butterfly
13 & 14	6 & under	25 yd breaststroke	**39 & 40**	7-8	25 yd butterfly
15 & 16	7-8	25 yd breaststroke	**41 & 42**	9-10	50 yd butterfly
17 & 18	9-10	50 yd breaststroke	**43 & 44**	11-12	50 yd butterfly
19 & 20	11-12	50 yd breaststroke	**45 & 46**	13-14	50 yd butterfly
21 & 22	13-14	50 yd breaststroke	**47 & 48**	15-18	50 yd butterfly
23 & 24	15-18	50 yd breaststroke	**49**	Mixed Age	Freestyle relay
			50	TBD Coaches & Parent	Just For Fun Relays No points awarded

AQUA DEVILS SWIM SUITS

Summer 2026

How to get your team suit?

Duke Faculty Club Families

Come visit Kiefer Aquatics for all your summer swim needs.

Team Suit: *Kiefer Wave Daze with logo Female $41 Jammer $35*

Goggles starting as low as $12

Practice suits, caps, and fun swim apparel.

3 ways to get your team suit

- Come to the store to get the perfect fit
- Call to place a phone order and pay for shipping to your home
- Order online and it ships to your home
- https://theswimteamstore.net/teamlogin/index/loginpost?username=duke&password=facultyswim
- If prompted for uname/password use duke/facultyswim

1231 NW Maynard Rd Cary NC 27513 919-439-8678

Hours: Monday-Thursday 10a-6p and Saturday 10a-3p

Check our website for additional hours in May-June

Store Locations & Hours – Kiefer Aquatics

Team suits with logos – final sale

DFC Pro Tip: If ordered before **Wednesday 5/20**, the store will ship all suits to the club to be distributed at practice before the Intrasquad Meet. If ordered after the 5/20 date, you may have to make two trips to the store. One for sizing and the second to pick up.

INCLEMENT WEATHER POLICY

Practices and meets are held rain or shine, but may be canceled or postponed due to thunder, lightning, or pool mechanical issues. In the event of cold and/or wet weather, more practice time may be devoted to dry land exercises. If practice or a meet is canceled, an email will be sent to DFC Alerts, as well as the Aqua Devils listserv as soon as the decision is made. Otherwise, always assume they are being held.

FAMILY VOLUNTEER COMMITMENT – PLEASE READ THROUGH

Sign-up to volunteer through i volunteer links below!

season long volunteer positions

RSVP for training for positions that require it

IntraSquad meet volunteers

UP @ DFC volunteers

PARK @ DFC volunteers

DFC @ HVCC volunteers

DFC @ WC volunteers

DFC @ HVF volunteers

(We desperately need the trained volunteers-in yellow below)

Parents are an important component of the Aqua Devils Team who must be involved at multiple levels, from helping and encouraging their children to contributing essential volunteer hours. To a very large extent, the Aqua Devil swim team (and the Durham Summer Swim League) is a volunteer effort. In order to have the most successful and fun season possible, we need the participation of every family. Early in the season, families will be asked to either commit to a volunteer role for three (3) roles or serve as a member on a committee.

If you are unable to fulfill your volunteer duties for whatever reason, you may opt to pay an extra $300.00 fee. We strongly discourage families from picking this option, though, for the success of the team relies heavily on its volunteers.

Swimmers whose parents have not yet signed-up for their volunteer spots by the Intrasquad meet will not be able to register nor swim in any meets.

There are multiple ways to contribute your time, and we will work to find something that fits within your schedule and talents. There are three levels of service: no experience required, some experience required, and DSSL training required.

No/Some Experience Required – *COMMITTEE PARTICIPANTS*

- **Parent Representatives**: Pre-season planning; on-site meet logistics coordinator; volunteer organization; attend DSSL Meetings; **(3 season commitment). Email Leanne if interested**

- **Volunteer Coordinator:** Organizing and coordinating parent volunteer commitments at meets. Must arrive early at all meets & handle volunteer check in.

- **Championship Meet Coordinator:** Work with the coach to organize the end of the season Championship Meet. Work with Volunteer Coordinator to schedule Championship Meet volunteers.

- **Photography Coordinators:** Organize and implement team photo at the Intrasquad meet. Take pictures during meets and swim team events.

- **Ribbon Coordinators:** 2 wanted to coordinate and will be a season long position: takes home ribbons and labels, applies the labels and places in the swimmers folder.

No/Some Experience Required - *MEET VOLUNTEER POSITIONS:*

- **Clerk of Course**: Helps the coaches organize the swimmers for their events, makes sure relay teams are in the correct order, and sends swimmers to the lineup area.

- **Assistant Clerk of Course**: Makes sure swimmers are lined up in the right order, gives lane assignments, and sends swimmers to the blocks.

- **Timer/Backup Timer**: Using your own smart phone, attends to the swimmer in their lane and stops the timer when any part of the swimmer touches the wall. There is a timer from each team working each lane. The backup timer helps any timer whose timing device didn't start correctly and gives breaks to each timer for our team. Brief pre-meet training is all that is required for the timer jobs.

- **Place Judge**: Stands at the finishing end of the pool and marks which swimmer finishes in what place. If the 2 place judge slips do not match, the Meet Director will determine the finish.

- **Runner:** Collects place-order slips from the two place judges and meet director and delivers them to the scorer's table.

- **Scorer**: Attends to the digital scoring device and validates scores.

- **Heat Ribbon volunteer**: Awards fastest swimmer in each heat a ribbon at the end of their heat.

- **Hospitality:** Makes sure coaches and volunteers have water as needed throughout the meet.

- **Starter assistant:** Takes over for starter when needed, ensures that the next heat of swimmers is up on the blocks.

DSSL Training Required - *MEET VOLUNTEER POSITIONS*:

RSVP to be a trained Volunteer

Please RSVP above, we will send out reminders about training times and this will help us to organize the meets .

- **Meet Director**: The overseer who makes sure all jobs are filled and that things run as smoothly as possible. Must be willing to approach people at the meet to help fill jobs at the last minute. This would be a person who knows many of the faces around the pool, and has often been a season-long position. The Meet Director needs to be familiar with all the positions, the potential problems, and be able to draft helpers and give rapid on-the-job training. **Requires training.**

- **Starter**: Operates the "Start System" to make announcements; calls the swimmers up for their events; starts each event. **Requires training.**

- **Stroke/Turn Judge**: The Stroke/Turn Judge watches the swimmer's form and must disqualify the swimmer if the stroke does not meet stated criteria. There are 4 stroke judges, 2 from each team, located diagonally across the pool from each other. The stroke judges are primarily responsible for the three lanes on their side and at their end of the pool. The Durham Summer Swim League has a training video, and there are swim league stroke/turn judging clinics. The swim team and league are always in need of good stroke judges. **Requires training.**

The Training required for parents to participate in these positions is offered through the DSSL on the dates listed below. Training sessions will be via Zoom and will consist of Stroke and Turn, Starter and Meet Director training. Meet Directors must stay for the entire training. The Stroke and Turn portion will take about an hour to a hour and a half, while the Starter and Meet Director portions about 20-30 minutes each

Here are the dates and times of training:

Officials Training:

TBD

STROKE DESCRIPTIONS

Freestyle: While front crawl is mostly commonly used, any swimming style can be used during freestyle competitions. You must touch the wall with some part of your body when making a turn and upon finishing, and you cannot pull along lane lines, grab another swimmer, or push off the bottom of the pool. Otherwise, most everything is fair game.

Breaststroke: This is the most formalized of the strokes. On starts and turns, the swimmer may pull in any fashion that keeps the arms underwater at all times and is a simultaneous movement of both arms. The kick must sweep out, and then end with a 'frog kick" motion in a simultaneous movement of both legs. The swimmer is not allowed to flutter or dolphin kick (any up and down motions with the feet). When touching the walls for turns and finishes, both hands must touch at the same time.

Backstroke: The primary rule is that the swimmer must be on his back. The swimmer is allowed to roll onto the chest before turning.

Butterfly The butterfly is similar to the breaststroke in that all movements of the arms or legs must be simultaneous. The swimmer must bring his arms over the top of the water when recovering from the last pull. The kick must be a simultaneous up and down movement of both legs; and both hands must touch the wall at the same time.

SWIMMING TERMINOLOGY

Clerk of Course: The designated area where swimmers go to be pre-staged for the upcoming events; swimmers are usually placed on benches in the order they will swim.

Developmental Heat: Heat of swimmers that may require assistance from a floatation device or another swimmer. This is not an official race and will not be scored.

DQ (Disqualified): A swimmer who commits a stroke violation or fails to touch properly. No time is recorded and no points scored for that swimmer for that event.

Event: Any race or a series of races, in a given stroke and distance.

False Start: Any swimmer who is not motionless when the starting gun is fired or who leaves the starting blocks before the gun is fired is charged with a false start. A swimmer charged with 2 false starts is disqualified from the particular event.

Heat: A division of an event in which there are too many swimmers to compete at one time. A pool usually has 6 lanes for each race. If there are more racers than lanes, multiple heats may be swum for a single event to allow all swimmers a chance to swim that event.

Heat Sheet: Booklet sold for the Championship Meet that lists the event, heat, and assignment for each swimmer.

I.M. (Individual Medley): An event in which the swimmer uses all four strokes in the following order: butterfly, backstroke, breaststroke and freestyle. This event is not swum at the meet, but is often done in practice.

Lane: The specific area, marked by lane lines, in which a swimmer is assigned to swim.

Lane Lines: Continuous floating markers attached to a line stretched from the starting end of the pool to the turning end of the pool, for the purpose of separating each lane.

Leg (relay): The part of a relay event that is swum by a single team member.

Meet: Competition designed to be a learning experience. By implementing what has been learned in practice, swimmers test their time against the clock and other swimmers to see how they are improving.

Free Relay: An event in which 5 swimmers, one from each age group (except 6 & under), compete together as a team to achieve one time.

Scratch: To withdraw from an event in a competition.

Starting Block: The platform the swimmer stands on to begin a race.

Warning (Backstroke) Flags: Located 15 feet from each end of the pool and strung across the pool above the water, indicating to backstroke swimmers that they are nearing the end of the pool.