



TRIDENT'S ACADEMY

(868) 735-6055

38 Jade Gardens, Diamond Vale, Diego Martin
tridentswpa@gmail.com | www.tridentswpa.com

Steps to Enrol at Trident's Academy

Step 1 - Registration

- Head to our website: <https://tridentswpa.com/>
- Click “Register Here” and register **your child** or **yourself (it is important, so we have your information in our records)**
- With your registration we can generate an electronic receipt. In addition, we can record any medical information and emergency contact.
- You will see an option for a free assessment. **Choose a date that is suitable for you** to attend and find out firsthand if the Academy is a good fit for you and or your child.

Note: The assessment session will be a 30 min long. Once fees are paid on this day or before or after the assessment, your child will be placed into a stage in our program.

Training times

- **Primary School** athletes:
Saturday: 4:30am-6:30am
Sunday: 3:15pm – 5:30pm
- **Secondary School** athletes:
Saturday 6:30pm-8:30pm
Sunday 10:30am-12:30pm

Note: To Maximize pool time, we recommend that parents and athletes arrive 15 minutes before the session.

Please Note:

Research shows that the retention and attention time factors of children 4 – 6 is around 45 minutes and ages 6 – 8 is 1 hour. We take this research into consideration and allow for a bit of additional time as we teach Learn to swim into Waterpolo. For athletes ages 4 – 6, we do training for 1 hour and athletes ages 6 – 8 we do training for 1 hour and 15 minutes to 1 hour and 30 minutes.

Step 2 – Membership Forms

- Once the free assessment is completed and **you have made the decision to join** our community, head to the Trident's Academy Manual page on our website, **Read, Download and Electronically Sign and Send** the Membership Code of Conduct, the Trident's Academy Policy and the Conduct Policy.



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Step 3 - Payment Process

- We allow both cash and bank transfer payments for fees.
- For **Cash Payments**, place the payment in an envelope including your name, your child/s and the month being paid for.
- For **Online Transfer Payments**, transfer to our business account. In the notes part of the payment include your name, your child/s name and the month being paid for. See the bank details below:
Business Chequing account information:
Republic Bank
Trident's Academy
150815004201
- Once the payment is made, you will need to send a screenshot of the payment to myself or Jamila.

Note: Fees are \$300.00 dollars per month. Fees will be due by the 10th of every month. If this is not met, we will not be allowing your child to train with us.

Note: Receipts will be sent out on the 15th of the month. Kindly let us know if you have not received an email by the 15th of the month and we will ensure to get you your receipt as soon as possible.

Important Information to Note:

Swimwear:

- Female athletes will need: a whole piece swimsuit/ waterpolo suit, a swim cap, goggles (optional), & water bottle.
- Male Athletes will need: jammers or speedos, water bottle, goggles (optional), swim cap if the athlete has long hair.
- For children in secondary school, we would like for them to have their own ball.
- Proper attire to come to the pool to prepare for land training ie. Loose pants & tops/vests & sneakers.

Note: No cotton material is to be worn in the pool as it clogs the filter of the pools. If proper attire is not worn, your child/children will not be allowed in the pool and depending on their age will be subjected to land training until proper attire is worn.

Why is this swimwear necessary? This attire is necessary to practice for competitions, to allow coaches to feel more comfortable engaging with the children as they learn to swim, to keep their hair out of their faces and to allow them to perform drills properly as loose/ too much clothing will slow them down. While goggles are not mandatory, it is highly



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recommended as the chlorine can burn their eyes. When we do progress into deep water there are specific drills where each person will need to have their own ball. In addition, there are drills that they can work on at home to better their skills.

Please use these pictures as reference for the required swimwear.

