

# AQUABEARS 2009-2010 SHORT COURSE PRACTICE SCHEDULES AND FEES

## Junior Team (9/22-2/19)

Description: The Junior Team is designed for children with limited experience on a USA Swimming team. Instruction will be geared towards beginner swimmers who are just learning the basics of the four strokes. Swimmers will also be introduced to important skills like starts and turns. Participation in meets will be based on the child's progress, will begin with BEAR-sponsored meets, and will probably be limited to one meet per month. Swimmers entering this group should be able to swim 25 yards of backstroke and/or freestyle and be safe in the water. The program is designed for children 7 to 10 years old.

Schedule: Tues./Fri 6:00-7:00

## Age Group Team (9/20-2/24)

Description: The Age Group Team is designed to increase the volume of training for younger, developmental swimmers. Significant emphasis will be on stroke and turn technique, while also introducing more challenging training sets. Swimmers in this group should have a working knowledge of all four strokes, and will be expected to participate in all BEAR-sponsored meets. Additional meets will be offered.

Schedule: Sun: 6:00-7:30 Tues/Fri: 7:00-8:30

## Pre-Senior Teams (9/21-2/27)

Description: The Pre-Senior Team is designed for younger swimmers who are starting to compete at a state level. Children in this group will participate in fairly intense training sessions, will be expected to compete in all BEAR-sponsored meets, and will be allowed to compete in other meets upon request. This program is designed primarily for children 9 and above who have exhibited the skills and desire necessary to make the transition to Senior level swimming.

Schedule: Mon/Wed/Thur 6:00-8:00 Saturday 9:00-11:00

Note: There are two Pre-Senior options. "Pre-Senior 3" swimmers may attend any 3 of the 4 scheduled workouts. "Pre-Senior 4" swimmers may attend all 4.

## Senior (9/20-3/14)

Description: The Senior Team is designed to meet the additional training needs of more mature swimmers who are experienced at competing at the state level. Swimmers in this group will participate in intense training sessions. Seniors will be expected to compete in all scheduled meets, and should have already attained qualifying times for the Connecticut Age Group Championships. The program is designed primarily for children 11 and over, with 10/unders accepted upon approval from the coach. Senior swimmers will be expected to follow all practice and meet rules as determined by the coaching staff.

Schedule: Sun. 5:00-7:00 Mon.-Fri. 6:00-8:00 Sat. A.M. 8:00-10:00

## Senior Elite (9/20-3/14)

Description: The Senior Elite Team is offered to 13/over swimmers who want to compete at a Zone, Sectional, and eventually National level. Acceptance into this group is based on an expressed desire by the swimmer to train at this level, and is also based on coach approval. Swimmers in this group will be expected to maintain high attendance levels, and may be moved down to the Senior program, with no refunds, if the coaches feel that practice and/or meet attendance levels are not sufficient. This will be an extremely intense training group, and swimmers may have the opportunity to participate in goal-setting meetings and videotaped technique sessions. Certain travel meets and training opportunities may be offered to this group. Senior Elite swimmers will be expected to follow all practice and meet rules as determined by the coaching staff.

Schedule: Sun. 5:00-7:30 Mon.-Fri. 6:00-8:30 Sat. A.M. 8:00-11:00  
A.M. workouts will also be held on Tues. & Thurs., 5:15-6:45, beginning October 13.

## College Annual Membership

Description: The College Program helps keep our college athletes training and competing while they are home from school. The annual membership, paid during the long course season, allows swimmers to train during the summer season, and during school vacations, and includes meet fees for long course meets. College members must also pay a separate USS membership (usually during the short course season). Swimmers must have completed their freshman year of college to be eligible for this membership.

Schedule: Same as Senior Elite

### **Practices:**

The season will begin on Sunday, September 20. The BEAR practice week runs from Sunday through Saturday, and there are no make-up practices for workouts canceled due to meets, weather conditions, or any other reasons, including personal commitments of the coaches. During the short course season, there may be a short break during December vacation. All practice times are subject to Suffield Academy approval, and adjustments may have to be made.

### **Applications:**

All swimmers, new and returning, need to **complete and submit a 2009-2010 Short Course Season application and payment #1 by 9/14.** This is very important, so that we can organize our workouts. A separate application must be completed for each swimmer. Please note that **the email address you supply on the application will be used to distribute important team information.** Virtually all information will be distributed via email, so let us know where you want to receive it.

### **USA Swimming Registration Fees:**

The annual USA Swimming registration fee for 2010 is included with your membership.

### **Meet Fees:**

Unlike other teams, we do not bill you separately for entry fees when your child swims in a meet. Please note that it is very important that you notify the team if you cannot attend a meet, prior to our entry being sent, so that the team does not waste entry fees. **If your child does not attend a meet that he or she is signed up for, or scratches events, you will have to reimburse the team for all entry fees at that meet, including the cost of relays if the relays are scratched.** This rule only applies to meets not sponsored by the Aquabears, and to Regional Championships.

### **Officials' Discount:**

In order to encourage parents to become officials, and because we often ask officials to work sessions in which their children aren't swimming, we offer a membership discount during the short course season to families with at least one official. One credit can be taken per family, and it can be applied to the 4th payment of the short course season. The credit is \$75 for a Stroke and Turn official, \$150 for a Starter, and \$250 for a referee. This will be based on the official's level of certification as of January 1st, 2010.