

# AQUABEARS 2011 LONG COURSE PRACTICE SCHEDULES AND FEES

## **Novice Team (4/12-7/16)**

Description: The Novice Team is designed for children with limited or no 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 limited, and based on the child's progress. Swimmers entering this group should be able to swim 10-15 yards of backstroke and/or freestyle and be safe in the water. The program is designed for children 6 to 10 years old.

Schedule:            Tues. 6:00-7:00    Saturday A.M. 10:00-11:00

## **Junior Team (4/12-7/16)**

Description: The Junior 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 encouraged to participate in all BEAR-sponsored meets. Additional meets will be offered.

Schedule:            Tues/Thurs 6:00-7:30    Saturday A.M. 9:30-11:00

## **Age Group (4/10-7/16)**

Description: The Age Group Team is designed to meet the additional training needs of swimmers who desire to compete at a state level. Swimmers in this group will participate in challenging training sessions. Age Group swimmers will be expected to compete in all scheduled meets. 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. The Age Group team will be broken into two groups. "Age Group 5" is for swimmers 11/12 who already have Age Group Championships Qualifying times, and for 11/over swimmers who can compete at a Regional Championship level. "Age Group 3" is for swimmers 9-12 who have fairly solid skills in all four strokes, and who want to begin training at a higher level.

Schedule:            Sunday 5:00-7:00            Mon-Fri. 6:00-8:00            Saturday A.M. 8:00-10:00

Note: There are two Age Group options. "Age Group 3" swimmers may attend any 3 of the 7 scheduled workouts. "Age Group 5" swimmers may attend any 5 of the scheduled workouts.

## **Senior (4/10-7/24)**

Description: The Senior Team is offered to 13/over swimmers who want to compete at an Age Group, Zone, Sectional, and eventually National level. Swimmers in this group must have obtained qualifying times for Age Group Championships. Swimmers in the Senior training group will have challenging training sessions, and will have the opportunity to participate in goal-setting meetings and videotaped technique sessions. Certain travel meets and training opportunities may be offered just to this group. Senior team members will be expected to follow all practice and meet rules as determined by the coaching staff. Senior swimmers will be expected to attend a minimum of five practices a week, and it is hoped that many will do more than that.

Schedule:            Sun.    5:00-7:30                            Mon.-Fri.            6:00-8:30                            Sat. A.M. 8:00-10:00