

2010-2011 Season

September 7, 2010 to April 1, 2011

Registration Dates: 5:30 p.m. to 7:00 p.m.

Wednesday, September 01, 2010

Thursday, September 02, 2010

(Families are encouraged to pre-register by mail.)

Session fees do not include the following mandatory fees:

- Annual U.S.S. membership/insurance fee.
Expected cost - approximately **\$60.00**
- Initial deposit for payment of all meets entry fees:
\$100.00 - Novice, Junior-Level I; **\$200.00** for all others.
- All swimmers are required to provide their own equipment for workouts. Standard equipment shall include goggles, fins, pull buoys and mesh bag. Some Junior and all Senior group members shall also need paddles and/or stretch cords. A standard equipment package for all athletes can be purchased through Spirit Swimming.
- **Spirit Parents Association: A mandatory fee of \$100.00 (includes 1 swimmer) per family + \$25.00 for each additional swimmer is due at the time of registration.** This money can be used to help with the purchase of equipment, help defray the cost of the Holiday party, travel expenses for coaches, and other costs deemed necessary to help the Spirit Swimming team. **A separate check should be made out to 'Spirit Parents Association'**
- Qualifying swimmers will be charged a **travel meet surcharge** to offset the cost of the coach(es) hotel room(s).

Discounts:

- *A 15% discount is offered to the third-member of any family registered with Spirit Swimming.
- *A 5% discount is offered to all Spirit members if session fees are paid in full on or before September 17, 2010.

Fund Raising Activities: Our club will be holding activities during the year in which athletes are expected to participate. Proceeds from fund raising shall be shared between all the swim groups.

Practice Groups

The description and expectations listed for each group are provided as a guideline to the athlete and his/her parents. Each group is designed to help swimmers achieve their individual goals.

Final authority for assignment to a specific group rests with our coaching staff and director.

Novice

T-Th 5:30 p.m. to 6:30 p.m.
Fri 5:30 p.m. to 6:30 p.m.

Novice Starts September 20, 2010

Session Fee: \$650

<u>Payment</u>	<u>Date</u>
\$250	September 01, 2010
\$225	October 01, 2010
\$175	November 05, 2010

This group is for the young swimmer (ages 6-9) who has some experience in competitive swimming. Emphasis is placed on learning the basic stroke mechanics for all four competitive strokes, in a format that allows the young swimmer to have fun. Swimmers will be expected to participate in meets. Each athlete is encouraged to attend at least two practices per week.

Junior (Level I)

T-Th-F 5:30 p.m. to 7:00 p.m.
Sat 9:30 a.m. to 11:00 a.m.

Junior Level I Starts September 20, 2010

Session Fee: \$700

<u>Payment</u>	<u>Date</u>
\$275	September 01, 2010
\$225	October 01, 2010
\$200	November 05, 2010

This group is for swimmers 8-12 years old who are "legal" in all four strokes. Emphasis is placed on stroke technique, starts, and turns. Swimmers are introduced to training techniques and the use of the pace clock. Each athlete is expected to participate in meets. Two to three workouts per week is strongly encouraged.

Junior (Level II)

M-W 5:30 p.m. to 7:30 p.m.
T-F 6:30 p.m. to 8:30 p.m.
Sat 9:30 a.m. to 11:30 a.m.

Junior Level II Starts September 13, 2010

Session Fee: \$775

<u>Payment</u>	<u>Date</u>
\$275	September 01, 2010
\$250	October 01, 2010
\$250	November 05, 2010

This is the principal age group level (9-14) program for swimmers who have sufficiently mastered all four strokes. Major attention is still given to stroke corrections, starts and turns, but also to physical and mental conditioning. Each athlete is expected to participate in meets. At least three workouts per week is strongly encouraged.

Junior (Level III)

M-W-F 6:30 p.m. to 8:30 p.m.
T-Th 5:30 p.m. to 7:30 p.m.
Sat 9:30 a.m. to 12:00 noon

Junior Level III Starts September 7, 2010

Session Fee: \$875

<u>Payment</u>	<u>Date</u>
\$325	September 01, 2010
\$275	October 01, 2010
\$275	November 05, 2010

This group is designed primarily for the age group swimmer (11-14) preparing to make the transition to the senior level in terms of physical conditioning and personal commitment. Technique will still be emphasized, but group members should exhibit good stroke mechanics and a positive attitude. Athletes are encouraged to attend at least three workouts per week and Saturday practice. Each athlete is expected to participate in meets.

Senior

M/T, Th/F 5:45 a.m. to 7:00 a.m.
 M-Th 5:30 p.m. to 8:30 p.m.
 Fri 5:30 p.m. to 7:30 p.m.
 Sat 6:30 a.m. to 9:30 a.m.

Senior Level Starts September 7, 2010

Session Fee: \$1150

<u>Payment</u>	<u>Date</u>
\$450	September 01, 2010
\$350	October 01, 2010
\$350	November 05, 2010

This group is for athletes in the ninth grade and above who have sound stroke mechanics and the desire to train for the highest levels of competition. Participation in a limited number of U.S.S. meets (designated by coaching staff) is mandatory. It has been the coach's experience that swimmers need to participate in at least 85% of the workouts offered in order to be successful in the program. Athletes will work one-on-one with coaches to develop personal goals and the process by which they can be achieved.

Spirit Masters Swimming

Masters Swimming

M- F 5:45 a.m. to 8:00 a.m.
 Sat 6:30 a.m. to 9:30 a.m.

Masters Starts September 7, 2010

Session Fee:

<u>Payment</u>	<u>Date</u>
\$400	September 7, 2010

Spirit's Masters swimming program is for swimmers over 19 years of age. The program is open to all Masters swimmers regardless of whether they have children participating in other Spirit groups. Masters swimmers with varying degrees of swimming ability practice with Spirit.

Masters swimmers may participate in Masters swim meets although many Masters swimmers simply take advantage of the health benefits of swimming.

Lanes are provided for Masters swimmer workouts. Workout attendance and content is at the discretion of the Masters swimmer.

More information on the United States Masters Swimming organization can be found on the Internet at <http://www.usms.org>.

So come check out Spirit's Masters Swimming program. You will be glad you did.

***N.B. - Payments must be received within seven (7) days of due date or swimmer will not be allowed to participate in team functions (practice, meets and/or social activities) unless other arrangements have been made.**

Learn to swim program is available on Sundays. Call 215-579-6687 for more information



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Director: Susan Schmelz

Spirit Swimming is a club organized in accordance with rules and regulations sanctioned by U.S. Swimming and is a member of good standing in that organization. Spirit Swimming is devoted to the promotion of swimming for athletes of all ages and particularly to the service of the youth of our community. We strive to provide an environment in which every athlete associated as a member can achieve his/her full potential as a student and an athlete regardless of ability.

Spirit Swimming
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