

# Seacoast Swim Club

# Registration Form

www.seacoastswimclub.org

8 week

Late Winter Session

2012

Please complete ONE FORM per swimmer.

Feb 21st - Apr 14th

On the rate schedule, please circle the group and number of days you are registering for this session.

Mon	Tues	Wed	Thurs	Friday	RATE SCHEDULE	
Bronze 3:45-4:30	Blue 3:45-4:30	Bronze 3:30-4:30	Blue 3:45-4:30	Bronze 3:30-4:30	BLUE (T/TH)	\$60
					BRONZE M/W/F	\$120
Silver 4:30-5:30	Silver 4:30-5:30	Silver 4:30-5:30	Silver 4:30-5:30	Silver 4:30-5:30	S 3-DAY M-F	\$120
					S 5-DAY M-F	\$200
Gold 4:30-6:00	Gold 4:30-6:00	Gold 4:30-6:00	Gold 4:30-6:00	Gold 4:30-6:00	G 3-Day M-F	\$180
					G 5-DAY M-F	\$300
Dryland 6:00-6:45	Dryland 6:00-6:45			Dryland 6:00-6:45		\$120
* Please see "Important Dates" posting on Pool bulletin board & the SSC website for updates & changes.					**Annual Maine State Swimming fee	\$58

\*\*Every SSC swimmers is REQUIRED to be a member of Maine Swimming, Inc.; the governing body of competitive swimming in Maine. **One time annual fee applies to Sept-Aug competitive swim season.**

Swimmer First Name: \_\_\_\_\_ MI: \_\_\_\_\_ Last: \_\_\_\_\_

E-Mail address: \_\_\_\_\_ (SSC primary communication source)

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Address: \_\_\_\_\_ Telephone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Relation to swimmer: \_\_\_\_\_ Telephone: \_\_\_\_\_

Group Blue: \_\_\_\_\_ Bronze: \_\_\_\_\_ Silver (incl # days): \_\_\_\_\_ Gold (incl # days): \_\_\_\_\_

Does swimmer have any medical condition (asthma, allergies, etc)? Yes/no \_\_\_\_\_

If yes please provide detail: \_\_\_\_\_

Swimmer Guidelines Form signed & attached: yes/no \_\_\_\_\_

SSC can post photos of this swimmer on club website and club bulletin board @ GHS pool; yes/no \_\_\_\_\_

This swimmers name and phone can be posted on the team contact list yes/no \_\_\_\_\_ (Please initial)

Practice Fee (Based on swimmer group & # days) \$ \_\_\_\_\_

20% Family Disc\*\*\* (Enter Sibling name): \$ \_\_\_\_\_

MSI Annual Fee (\$58 annual fee, excluded from 20% discount) \$ \_\_\_\_\_

Checks payable to: Seacoast Swim Club Total \$ \_\_\_\_\_

P.O. Box 115 Cumberland, ME 04021 \*\*\*Highest level sibling = full price. 20% disc thereafter per

# **SSC SWIMMER GUIDELINES**

Welcome and congratulations on joining Seacoast Swim Club. You are now a member of a swim team in USA Swimming.

As your swimming improves your feeling of commitment to YOUR TEAM and SSC will also grow and improve.

Your coaching team spends an enormous amount of energy and time, at and away from the pool, focused on improving YOUR swimming.

**To ensure we all have a positive and fun experience, please review the following. . .**

## **WE ARE A TEAM**

We will encourage and support each other. Each team will have a team captain.

## **WE ARE GUESTS of Greely High School**

We need to respect the property. GHS allows SSC to use the facilities of MSAD #51.

## **SAFETY**

Pool shoes are highly recommended (clean flip flops, crocs etc). Street shoes are not allowed on the pool deck.

Your coaches are working on your swimming and their attention is focused on the pool. They cannot be responsible for you until you are actually in the pool swimming.

Your coaches will allow you to come and sit quietly in the bleachers, until it is your groups' time to swim. Please be prepared with homework, book, or a quiet (preferably with earphones) electronic game/toy.

Parents/Guardians; The swimmers are your responsibility until practice starts. Please review with them your expectations and your safety rules (as to where and whom they are to be with).

## **LOCKER ROOM**

Articles do go missing permanently. Do not go bring any valuables into the locker room. Paper towels are to go in trash cans only. Locked doors need to stay locked for your safety.

## **SCHEDULE CHANGES**

MSAD #51, the town of Cumberland & Seacoast Swim Club work in unison to maximize usage of the Greely Pool. SSC works diligently to maintain a steady swim schedule & publish accordingly. However, particularly during SSC Winter Session, scheduling is very challenging. On occasion unforeseen circumstances call for practice time adjustments or cancelation for reasons other than weather. The Club appreciates your patience and will do our best to provide advance notice, via email, when schedule changes occur.

YES, I want to be a member of SSC. I have read/had the rules read to me by a parent/guardian.

Swimmer's signature \_\_\_\_\_

Date \_\_\_\_\_

Parent/Guardian signature \_\_\_\_\_

Date \_\_\_\_\_

***Not sure which group your child belongs to?***

Join the Coaches on February 21st and 22nd (Tues/Wed) at 3:30-4:30pm for swimming evaluations & proper leveling. Have swimmers ready to swim with suit, cap, and goggles.

**SWIMMER LEVEL DESCRIPTIONS**

**Blue Group**

The Blue group is the first level SSC offers. This novice level swimmer must be able to complete one pool length of each freestyle and backstroke without assistance. The focus of this group is to hone the swimmers freestyle and backstroke technique while introducing turns and racing starts. Structured swim sets are introduced, as is the breast and butterfly strokes. Swimmers are also introduced to the use of the pace clock. Participation in competitive swim meets is encouraged.

**Bronze Group**

The Bronze group is the second level SSC offers. This swimmer must know how to swim three of the four strokes, have a basic understanding of how to use the pace clock and be comfortable in simple structured sets. Emphasis is placed on fine tuning all four strokes, turns and starts, and implementing a more structured workout set. Participation in competitive swim meets is encouraged.

**Silver Group**

The Silver group is the third level SSC offers. Swimmers must successfully complete a specific, coach assigned, swimming test-set before advancing into this group. The primary focus of the Silver swimmer is to prepare for the more rigorous practices offered at the Gold Group level. Swimmers work on technique and efficiency, as well as swim more challenging workout sets. A minimum of 2 in-water practices per wk is required. Competitive swim meet participation is expected.

**Gold Group**

The Gold Group is the highest level SSC offers. It is also the most competitive. This group is designed for the swimmer who is focused on reaching their highest potential as an athlete and thrives on a competitive spirit. In addition to time spent on technique, the main focus of the group is an intensive training regimen. Dry-land session is strongly advised - three times/week. A minimum of 3 in-water practices per wk is required. Competitive swim meet participation is expected.

**Dry-land Training**

Dry-land training is available for Silver & Gold swimmers. Sessions run 45 mins, 3 days a week.

**QUESTIONS? Email Coach AJ at [sscmaine@gmail.com](mailto:sscmaine@gmail.com).**