

Seacoast Swim Club

Registration Form

www.seacoastswimclub.org

Summer Session 2010

8 wks

June 21 - Aug 13th

Monday	Tuesday	Wednesday	Thursday	Friday	RATE SCHEDULE		
MORNING PRACTICE OPTIONS					GROUP	RESIDENT	NON RESIDENT
Bronze 7:30-8:30a		Bronze 7:30-8:30a		Bronze 7:30-8:30a	BLUE 2-DAY	\$60	\$70
Silver 7-8:30a	Silver 7-8:30a	Silver 7-8:30a	Silver 7-8:30a	Silver 7-8:30a	BRONZE 3-DAY	\$140	\$150
Gold 7-8:30a	Gold 6:40-8:30a	Gold 7-8:30a	Gold 6:40-8:30a	Gold 7-8:30a	SILV/GOLD 3-DAY	\$200	\$210
AFTERNOON PRACTICE OPTIONS					SILV/GOLD 4-DAY	\$260	\$270
Blue 4:30-5:15p		Blue 4:30-5:15p			SILVER 5-DAY	\$300	\$310
Bronze 4:30-5:30p		Bronze 4:30-5:30p		Bronze 4:30-5:30p	GOLD 5-DAY	\$320	\$330
	Dryland 3:30-4:30p			Dryland 4-5p	DRYLAND 2- Day	\$60	\$70
	Silver/Gold 4:30-6pm		Silver/Gold 4:30-6pm	Silver 5:30-7p Gold 5-7p	Annual MSI Swimming fee*	\$56	\$56

*Seacoast swimmers are required to be members of Maine Swimming, Inc.; the governing body of competitive swimming in Maine. 1 time annual fee applies to Sept-Aug competitive swim season.

Swimmer First Name: _____ MI: _____ Last: _____

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
(Please initial) _____ yes/no _____

E-Mail address: _____ (SSC primary communication source)

Practice Fee (Based on swimmer group & # days)	\$
Dry-Land Training (Gold only for Summer Session)	\$
20% Family Disc**-Enter Sibling name:	\$
MSI 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 Coaches AJ and Larissa on June 21st & 22nd (Mon/Tues) at 7-8:30am or 3-4pm for swimming evaluations & proper leveling. Have swimmers ready to swim with suit, cap, 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 for the summer session will be directed to Gold swimmers. Sessions will be intensified & extended to 45 mins. A 15 minute rest period is incorporated prior to the start of Gold in-water practice.

QUESTIONS? Email Coaches AJ and Larissa at coachssc@yahoo.com.