

Seacoast Swim Club

Winter Session 2010

Registration Form

13 weeks

Jan 4

- Apr 2

www.seacoastswimclub.org			13 weeks	
Group	Days	Time	Res	Non-res
Blue	T/TH	3:45-4:30 PM	\$98	\$108
Bronze	M/W/F	3:30-4:30 PM	\$195	\$205
Silver – any 3 days	M-F	4:30-6:00 PM	\$293	\$303
Silver - 5 days	M-F	4:30-6:00 PM	\$488	\$498
Gold – any 3 days	M-F	4:30-6:00 PM	\$293	\$303
Gold - 5 days	M-F	4:30-6:00 PM	\$488	\$498
Dry-land*	M/W/F	4:00-4:30 PM	\$98	\$108
MSI Seasonal fee**			\$56	\$56

Winter is the busiest season at Greely Pool. At times the regular SSC Practice schedule will be adjusted due to High School & Middle School swim practice and/or meets. Exceptions to this practice schedule are noted in "Important Dates" posted on the Pool bulletin board.

*Gold/Silver only

**Seacoast swimmers are required to be members of Maine Swimming, Inc. ; the governing body of competitive swimming in Maine. Competitive Swim season is Sept-Aug.

Not sure which group your child belongs to? See Back/pg 2 of this form.

Swimmer First Name: _____ MI _____	Last: _____
<small>1 swimmer per form please</small>	
Date of birth: _____	Age: _____ Grade: _____
Address: _____	Tel: _____
City: _____	State: _____ Zip: _____
Emergency Contact: _____	Tel: _____
Relation to Child: _____	
Group: (place X)	Blue: _____ Silver: _____ <---# days
	Bronze: _____ Gold: _____ <---# days
Session length: (place X)	13 weeks _____
Swimmer Guidelines Form signed & attached (place X)	yes _____ no _____
SSC can post photos of this swimmer on club website and club bulletin board @ GHS pool (Place x and initial)	yes _____ no _____
Parent Signature: _____	
E-Mail address: _____	(SSC primary communication source)
Practice Fee: (based on swimmer group & # days)	\$ _____
MSI Annual Fee: (1 time annual fee, per calender yr)	\$ _____
Dry-land Training (gold & silver only)	\$ _____
QUESTIONS? Email Coaches AJ and Larissa at coachssc@yahoo.com.	Total : \$ _____
Family Discount-20% disc applied to each add'l swimmer	Checks payable to: Seacoast Swim Club
Highest level swimmer = full price.	P.O. Box 115 Cumberland, ME 04021

Not sure which group your child belongs to?

Please join the Coaches (AJ and Larissa) on Jan 6th & 7th, from 4-5 pm for swimming evaluations for proper leveling. Have swimmers ready to swim with suit, cap, goggles.

SWIMMER LEVEL DESCRIPTIONS

Blue Group

The Blue group is the first level Seacoast Swim Club offers. The swimmer must have knowledge of both freestyle and backstroke and be able to complete one length of each without assistance. The focus of the group is to learn all four strokes, as well as turns and racing starts. Structured swim sets are introduced, as well as an introduction to the use of the pace clock. Practice is offered twice/week for an hour and participation in home meets is required.

Bronze Group

The Bronze group is the second level Seacoast Swim club offers. The swimmer must know how to swim three of the four strokes and have a basic understanding of how to use the pace clock and be comfortable in simple structured sets. There are three one hour practices available. The emphasis is on fine tuning all four strokes, turns and starts, and implementing more structured workout sets. Participation in specific meets is required.

Silver Group

The Silver group is the third level of Seacoast Swim Club. Swimmers must successfully complete a specific swimming test-set assigned by the coach to gain entry into this group.

The primary focus of this group is to prepare the swimmers for the more rigorous practices offered to the Gold Group. Swimmers will work on technique and efficiency, as well as swim more challenging workout sets. Practices are offered five times/week for one hour. They are required to come to at least two workouts, and three to five is encouraged. Participation in specific meets is required.

Gold Group

The Gold Group is the highest and most competitive level that Seacoast Swim Club offers.

This group is designed for those swimmers who thrive on competition and are focused on reaching their highest potential as a swimmer. Although there is time spent on technique, the main focus of the group is on an intensive training regiment. A 30 minute Dry-land session is highly suggested three times/week. In the water training is offered six times per week, of which three times are mandatory. Participation in most meets is required.

2010 IMPORTANT DATES

Jan 4 – **Start SSC Winter Session**

Jan 6 & 7 – **Swimmer evaluations with SSC Coaches – OPEN TO THE PUBLIC.**

Jan 7 (Thursday) - **SSC Silver/Gold Swim Practice ends at 5:30** for GHS Swim meet

Jan 16-17 – **SSC Swim meets; *Swim Your Own Age*** (Daven Pool, Westbrook)

Jan 18 – (Monday) **No SSC Practice** due to MLK Holiday

Jan 19-20 (Wed & Thurs) – **SSC Swim-A-Thon**; Takes place during regular swim practice
This is **SSC's ANNUAL FUNDRAISER** – Please ensure every effort is made to maximize pledges

Jan 24– **SSC Swim meet; *Wicked Good Winter Challenge*** (Husson College, Bangor)

Jan 26 (Tuesday) - **SSC Silver/Gold Swim Practice ends at 5:30** for GHS Swim meet

Feb 1 - Begin Middle School Swim Practice

2 practice groups-Mon/Tues/Thru/Fri; 2:30-3:15, 3:15-4:00.

EARLY RELEASE WEDNESDAYS (2/3, 10, 24, 3/3, 10, 17, 24); 2:00-2:45, 2:45-3:30

Feb 1 thru Mar 26 Mon/Wed/Fri **SSC Bronze swimmers** will share lanes with the GMS swimmers for 1st ½ hr; 3:30-4:00.

Feb 4 (Thursday) – **SSC Silver/Gold Swim Practice ends at 5:30** for GHS Swim meet

Feb 7 **SSC Swim meet; *Tuffin Up*** (Bath YMCA)

Feb 12 - End of High School Swim Practice (State Championship 2/15)

Feb 19-21 **SSC Swim meet; *Bronze/8 & Under Champs*** (Cape Elizabeth High School)

Feb 27 **SSC Swim meet; *Last Ditch Effort*** (Husson College, Bangor)

Mar 5 - **SSC Silver/Gold Swim Practice ends at 5:30** for GMS Swim meet

March 11 thru 14 - **SSC Swim meet; *Winter Combined Champs*** (Bowdoin College-swimmer must have qualifying times)

Mar 12 – (Friday) **No SSC Practice** due to GMS Swim meet

Mar 19 – (Friday) **No SSC Practice** due to GMS Swim meet

Mar 26 - End Middle School Swim Practice

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 help us all have a really positive season, we need to review a few rules.

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.

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 _____