



Empowering athletes to grow into champions in sport, spirit and life in a safe and healthy environment.

“Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming.” – John Wooden legendary basketball coach

Group	Dues	Monthly swimmer per	Fundraising per swimmer per year	Service Hours per family per year
<p>Novice (Pre-comp)</p> <p>Beginning level of the team. Swimmers need to know and be able to complete a 25 freestyle and a 25 backstroke. Practices are technique oriented where we build the skill and movement patterns for the future</p> <p>Explore (Red)</p> <p>Swimmers know the four competitive strokes: Freestyle, Backstroke, Butterfly, and Breaststroke. Practices do have a fitness component but are still heavily geared towards developing quality movement patterns for the future.</p>		<p>\$52 (2 day)</p> <p>\$77 (3 day)</p>	\$100	9 hr
<p>Sprint (White)</p> <p>Swimmers have developed proficiency with the four strokes and demonstrated competitive commitment and desire. Swimmers are expected to practice close to 5 times a week and participate in the full strength and conditioning regimen. Practice is geared towards developing fitness and building quality of movement preparing athletes to perform at a high level.</p> <p>Race (Blue)</p> <p>Swimmers begin to spend more time on training sets and building endurance while still emphasizing technique. Race swimmers will learn to set personal and team goals, develop seasonal strategies for competitive and personal success, and learn ways to lead balanced and healthy lives both in and out of the pool Practices are six days a week and range from an hour and fifteen minutes to 2 hours, with 30-40 minute dryland sessions 5-6 times a week</p>		<p>\$112.00</p> <p>\$125.00</p>	\$150	21 hrs 24 hrs

***2nd Swimmer: \$10 off, 3rd & more swimmers 50%**

***annual USA Registration Fee automatically comes out Nov 1**