

Payment Information

- Tuition and fees are non-refundable and there are no reimbursements for missed classes.
- A credit card, debit card, or bank account will be kept on file and automatically charged for tuition and meet fees on the 15th of each month if prior payment is not received by the 10th of that month.
- Swim team is a commitment through post-season. A withdrawal fee will be assessed if student withdraws from team before end of post-season.
- A service charge of \$25 will be applied to account for any check returned NSF

Meet Fees

There will be a modest additional fee for recreational and USA swim meets.

Silver Fins Competition Suits

The team competitive suits will be ordered in the fall. Price is to be determined.

USA Swimming

*All team levels are eligible to register and compete under USA Swimming. USA Swim charges \$78 to register as swimmer. Contact Lisa for details.

The Mission of our team is to develop the maximum potential of our swimmers and promote an interest in competitive swimming. We encourage good sportsmanship, enjoyment, individual integrity, self-discipline and team play.

Our Team Goals are to:

- Improve Swimmer's Skills
- Encourage and Develop Teamwork
- Enable Swimmers to Accomplish Their Goals
- Develop Good Sportsmanship
- And, Most Importantly, To Have Fun While Developing a LOVE for Swimming.



EVERGREEN AQUATICS SWIM TEAM



2018-2019 SEASON

September 10 - April 13

**To Register Call
603-838-6511
or e-mail**

evergreenswimmers@gmail.com

SWIM TEAM

Silver Fin's Swim team is for swimmers who want to learn about swimming as a sport. Swimmers have the opportunity to compete in Swim Meets, but are not required to do so. Each practice will consist of a warm up period on deck, along with stroke techniques in the water, and cardiovascular sets to improve their overall swimming fitness.

Swim team has 4 practice groups based on a combination of ability, age, maturity level, work ethic, and enrollment. Students typically stay in each level 2-3 years. Advancement is contingent on coaches approval; swimmers can advance anytime. Remaining in the same level does not mean a swimmer is not improving. Students are placed in a level that works best for their swimming development.

Monthly Rates (automatically billed on 15th each month)			
	45 min	60 min	120 min
1x/week	\$49/mo	\$59/mo	n/a
2x/week	\$89/mo	\$99/mo	\$119/mo
3x/week	\$109/mo	\$129/mo	\$159/mo
4x/week	n/a	n/a	\$189/mo
5x/week	n/a	n/a	\$209/mo

Season Payment Schedule

Pre-Season (9/10-10/31)

Pay Dates: 9/15 & 10/15

Competition Season (11/1-2/18)

Pay Dates: 11/15, 12/15 & 1/15

Post-Season (3/4-4/13)

Pay Dates: 2/15 & 3/15

Mini Fin's Team (Ages 4 & up) is for swimmers who are comfortable in the lap pool. Mini Fin's must be able to put their face in the water, jump in water over their head, and swim 15 feet on belly or back. A swimmers' maturity in following directions, listening, and focusing on the coach's instruction is crucial for success. They can follow directions in a group setting and keep their heads above the water during coach's instructions. **(Pool Membership offered for additional \$15 per month)**

White Team (Ages 6 & up) is for swimmers who can comfortably jump or dive into the pool, continuously swim 2 lengths (1 length Front Crawl/Freestyle, 1 length Backstroke) and tread water for 30 seconds. White team concentrates on the basic skills of competitive swimming; including: starts & diving, open turns and flip turns, and racing finishes. They will also work on stroke development for freestyle, backstroke, breaststroke, and butterfly. **(Pool Membership offered for additional \$15 per month)**

Blue Team (Ages 9 & up) concentrates on mastering the four competitive strokes: freestyle, backstroke, breaststroke, and butterfly. As well as starts, turns, and finishes for all strokes. Blue Team will also work on Individual Medley start and stroke transitions/turns. Blue Team is for swimmers who can dive & swim in all the competitive strokes (freestyle 50m, backstroke 50m and attempt the breaststroke and butterfly for 25m). **(Pool Membership included with Blue Team, only \$15/month extra per family member)**

Silver Team (Ages 11 & up) members have mastered the four competitive strokes. Swimmers can dive & swim all the competitive strokes with ease (minimum distance for freestyle and backstroke is 200m and minimum distance for breaststroke and butterfly is 50m). They will focus on increasing endurance and fine tuning their strokes to be USA Swimming legal in meets. **(Pool Membership included with Silver Team, only \$15/month extra per family member)**

		1x/week option	2nd day option
	Monday	Wednesday	Saturday
Mini Fin's (45 min)	N/A	3:45 pm	10:15 am

	Coaches Invite Only	1x/week option	2nd day option
	Monday	Wednesday	Saturday
White Team (45 min)	4:00 pm	4:30 pm	11:00 am

	2nd day option	1x/week option	3rd day option
	Monday	Wednesday	Saturday
Blue Team (60 min)	4:00 pm	5:15 pm	9:15 am
Silver Team (120 min)	5:15 pm	5:15 pm	8:00 am

Mini Fin's (45 min)

White Team (45 min)

Blue Team (60 min) *mandatory 2x/week or more during competition season

Silver Team (120 min) *mandatory 3x/week or more during competition season

***Silver Team** requires students to attend a minimum of 2x/week during pre/post season. During competition season it is mandatory to attend 3x/week and one of those three must be a conditioning class. See options below

Tuesday: 5:30-7:30 (Pool)

Thursday: 5:45-6:45 (Conditioning)

Please note we will not be holding practice during these vacation weeks.

Thanksgiving - Nov 21 – Nov 25

Winter Break - Dec 22 - Jan 2

February Break - Feb 19 - Mar 4