



Tales

2010 – 2011 Swim Season Details

Thank you all for waiting so patiently for all the details of the 2010-2011 Season. Included in this email should be all the information you need to prepare yourself and swimmer for the upcoming season. Should you have any questions, please email me and I will do my best to answer your question in a timely manner.

Practice Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mini RAYS	Londonderry 5:45-6:30			Londonderry 5:15-6:00			
Age Group	Londonderry 6:30-7:30	Londonderry 6:00 - 7:00		Londonderry 6:00 - 7:00			
	Salem 5:00 - 6:00		Salem 5:00 - 6:00		Salem 5:00 - 6:00	Londonderry 3:00-4:30	
Junior Group	Salem 5:30 - 7:00	Londonderry 7:00 - 8:15	Salem 5:30 - 7:00	Londonderry 7:00 - 8:15	Salem 5:00 - 6:30	Londonderry 3:00 - 5:00	
Senior Group	Salem 7:00 - 9:00	Salem 7:00 - 9:00	Salem 6:00 - 8:30	Salem 7:00 - 9:00	Londonderry 6:30 - 8:30		Londonderry TBD

We have done our best to try an offer as similar a practice schedule with as many options and opportunities as we had this summer. Swimmers will be assigned to each group by either Coach Andy or Coach Paul. Group assignments will be released for returning swimmers during registration.

Registration Nights/Tryouts-

We will hold our Registration Nights and Tryouts on the following nights. We ask that each family try and attend one or the other. If this isn't possible please email Coach Paul.

Salem - Wednesday September 8th 6:00 pm – 7:30 pm

Londonderry – Thursday September 9th 6:00 pm – 7:30 pm

We will have equipment and suit samples available for you to order during registration.

Team Fees –

There is a slight increase this season in the team fees due to the extended length of the season. We increased the length of the season so it is reflective of standard practices among most swimming clubs in the New England Region. We also increased the number of practice opportunities for all groups, and we will strive to lower our coach to swimmer ratio specifically with the younger swimmers. If you have any questions or concerns, please direct them to Coach Paul. I apologize for the small font; however, it was the only manner in which I could get the rates to post to the email.

Levels	Existing Workout/Wellness Club Member (Family or Individual)			Non Workout/Wellness Club Member		
	Prepaid	Monthly EFT	Monthly EFT	Prepaid	Monthly EFT	Monthly EFT
	<u>Rates</u>	<u>Winter Only Rates</u>	<u>Full YEAR Rates</u>	<u>Rates</u>	<u>Winter Only Rates</u>	<u>Full YEAR Rates</u>
Mini Rays	\$385	\$60	NA	\$525	\$80	NA
Age Group	\$560	\$85	\$68	\$700	\$105	\$84
Junior Group	\$630	\$95	\$77	\$770	\$115	\$93
Senior Group	\$700	\$105	\$85	\$840	\$125	\$102
**High School	\$500	\$80	\$70	\$640	\$95	\$85

**To pay the High School Rate – Athlete must be a Rostered High School Swimmer in Grades 9-12

Monthly EFT Full YEAR RATES Include locked in rates for the Summer Season (3 months) with payments spread over 12 months

Sibling Discount: 10% off rate above for siblings after athlete assigned to highest priced group. The 10% discount is taken from the child registered in the lowest priced group from the rate category selected.

Practice Start Dates

Practices will start for all groups except the Mini Rays on Monday September 13th. The Mini Rays will begin the following week on Monday September 20th.

Equipment

Effective for this season we are asking that all Rays have access to the own pair of Fins and at least one bottle of water at each practice. These will be important tool in our training this year. Additionally, in addition to Fins and a water bottle, Senior swimmers are asked to acquire a Mesh Training Bag, an Old Pair of Sneakers for the pool, and a pair of hand paddles. Coach Paul will have the paddles we used this summer available, but if your swimmer would prefer a different brand/type you can order these through Varsity Swim Shop.

Swim Team Groupings Explanation

Mini Rays –

This group is intended for 7 and Under swimmers to help develop their technique and strengths so they are ready for the Age Group Program at an appropriate time. This group is extremely limited in size.

Age Group

This group is intended for swimmers ages 11 and Under. Selection to the group is dependent upon age, ability and mastery of basic techniques. Emphasis is placed on technique instruction and an improvement in stamina. The goal of this group is to produce technically proficient swimmers who are ready for advancement into the Junior or Senior Groups.

Junior Group

This group is intended for swimmers 10 to 14. Selection to the group is dependent upon age, ability and mastery of basic techniques. Emphasis is placed on technique instruction, continuing improvement in stamina and the foundation of training methods. The goal of this group is to produce technically proficient swimmers who are ready for advancement into the Senior Group.

Senior Group

This group is intended for swimmers 12 to 21. Selection to the group is dependent upon age, ability and mastery of basic techniques. Emphasis is placed on technique instruction, advanced training methods, dryland introduction and growth in the sport. The goal of this group is to produce swimmers who have the ability to achieve the goals they set for themselves both in and out of the water.