



2010 Long Course Program Spring / Summer

Try-Outs

(Must try out if you did not swim 2009-2010 SC season with Sharks)
By appointment
Contact Kurt (contact info below)

Training Locations

Westhill High School Pool / Roxbury Swim Club
Roxbury Road
Stamford, CT

Practice Begins

March 15

Program Ends

June 18 - White
August (exact date TBA) - Senior / Junior / Red

Registration Forms and Payment Due

March 15

Attached are the training groups for the long course season.
Please refer to the coaches' recommendations for your swimmer(s).

Questions?
Please contact:

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Kurt Bittel
203-550-6560
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Senior A Group

For extremely serious 14 and over swimmers who are willing to train **6 to 7** days per week, plus morning and Sunday workouts as announced. All requirements and obligations are outlined below.

Fee:

- \$800* (Swimmers who swam with Sharks for the 2009-10 SC season.)
- \$925* (Swimmers who **did not** swim with Sharks for the 2009-10 SC season.)

*This fee includes fixed costs SC participants have already paid for, such as Registration Fees, Insurance, etc.

*There are no prorated fees for any reason.

Practice Schedule:

SENIOR A PRACTICE GROUP					
Thru June 18			Starting June 19		
Day	Time	Location	Day	Time	Location
Mon, Wed	4:30pm-6:45pm	Westhill HS	Mon thru Sat	7:00am-9:30am	Roxbury
Tues & Thurs	2:30pm-5:30pm	Westhill HS			
Friday	4:30pm-6:45pm	Westhill HS			
Saturday	7:30am-11:00am	Westhill HS	Starting date TBA Saturday	7:00am-9:30am	Roxbury

Note: Some morning and Sunday practices to be determined.

Dryland: 4:30pm to 5:30pm, Tuesday and Thursday
10:00am to 11:00am, Saturday

Requirements to be in “Senior A” Practice Group

1. Have a National, Junior National or Sectional Cut in an individual event.
2. Have a minimum of 3 Connecticut Senior Open Cuts.
3. Must come to practice 4 times a week, but should attend at least 80% of all practices.
4. Must attend at least 4 meets, one of which must be a championship meet as chosen by the coach.



Senior B Group

For High School swimmers only who have yet to meet criteria for Senior A and are willing to train **4 to 5** days per week including morning and Sunday workouts as announced. Plus requirements and obligations are outlined below.

Fee:

- \$750* (Swimmers who swam with Sharks for the 2009-10 SC season.)
- \$875* (Swimmers who **did not** swim with Sharks for the 2009-10 SC season.)

*This fee includes fixed costs SC participants have already paid for, such as Registration Fees, Insurance, etc.

*There are no prorated fees for any reason.

Practice Schedule:

SENIOR B PRACTICE GROUP					
Thru June 18			Starting June 19		
Day	Time	Location	Day	Time	Location
Wed & Friday	4:30pm-6:30pm	Westhill HS	Mon thru Sat	7:00am-9:00am	Roxbury
Tues & Thurs	2:30pm-5:30pm	Westhill HS			
Saturday	7:30am-11:00am	Westhill HS	Starting date TBA Saturday	7:00am-9:00am	Roxbury

Note: Some morning and Sunday practices to be determined.

Dryland: 4:30pm to 5:30pm, Tuesday and Thursday
10:00am to 11:00am, Saturday

Requirements to be in “Senior B” Practice Group

1. Must be in High School.
2. Must come to practice 4 times a week, but should attend at least 80% of all practices.
3. Must attend at least 4 meets, one of which must be a championship meet as chosen by the coach.



Junior Group

For dedicated 11 to 13 year old swimmers who are willing to train **4 to 5** days per week.
 All requirements and obligations are outlined below.

Fee:

- \$700* (Swimmers who swam with Sharks for the 2009-10 SC season.)
 - \$825* (Swimmers who **did not** swim with Sharks for the 2009-10 SC season.)
- *This fee includes fixed costs SC participants have already paid for, such as Registration Fees, Insurance, etc.
 *There are no prorated fees for any reason.

Practice Schedule:

JUNIOR PRACTICE GROUP					
Thru June 18			Starting June 19		
Day	Time	Location	Day	Time	Location
Monday	4:30pm-6:00pm	Westhill HS	Mon thru Sat	7:00am-8:30am	Roxbury
Tues and Thurs	5:30pm-6:30pm	Westhill HS	Starting date TBA Saturday	7:00am-8:30am	Roxbury
Wed & Friday	5:30pm-7:00pm	Westhill HS			
Saturday	9:30am-11:30am	Westhill HS			

Dryland: 5:30pm to 6:00pm, Wednesday & Friday
 9:30am to 10:00am, Saturday

Requirements to be in Junior Practice Group

1. Must be at least 11 years old.
2. Must come to practice at least 3 times a week, but should attend 80% of practices.
3. Must attend at least 4 swim meets, one of which is a championship meet determined by the coaches.



Red Group

For 9 to 12 year old swimmers with some experience looking to improve all four strokes.
All requirements and obligations are outlined below.

Fee:

- \$650* (Swimmers who swam with Sharks for the 2009-10 SC season.)
- \$750* (Swimmers who **did not** swim with Sharks for the 2009-10 SC season.)

*This fee includes fixed costs SC participants have already paid for, such as Registration Fees, Insurance, etc.

*There are no prorated fees for any reason.

Practice Schedule:

RED PRACTICE GROUP					
Thru June 18			Starting June 19		
Day	Time	Location	Day	Time	Location
			Mon thru Sat	7:30am-8:30am	Roxbury
Tues and Thurs	4:30pm-5:30pm	Westhill HS	Starting date TBA Saturday	7:30am-8:30am	Roxbury
Wed & Friday	6:00pm-7:00pm	Westhill HS			
Saturday	9:30am-11:00am	Westhill HS			

Dryland: 9:30am to 10:00am, Saturday

Requirements to be in Red Practice Group

1. Must be at least 9 years old.
2. Must come to practice a least 3 times a week.
3. Must have a legal time (does stroke correctly without getting disqualified) in the following events from a swim meet:
 - 50 Free
 - 25 or 50 Back
 - 25 or 50 Breast
 - 25 or 50 Fly
 - 100 IM
4. Must go to at least 2 swim meets plus any championship meets he/she qualifies for during the season



White Group

For 11/under swimmers looking to learn all four strokes.
 All requirements and obligations are outlined below.

Fee:

- \$550* (Swimmers who swam with Sharks for the 2009-10 SC season.)
- \$650* (Swimmers who **did not** swim with Sharks for the 2009-10 SC season.)

*This fee includes fixed costs SC participants have already paid for, such as Registration Fees, Insurance, etc.
 *There are no prorated fees for any reason.

Practice Schedule:

WHITE PRACTICE GROUP		
Thru June 18		
Day	Time	Location
Monday	6:00pm-7:00pm	Westhill HS
Tues & Thurs	4:30pm-5:30pm	Westhill HS
Saturday	9:30am-11:00am	Westhill HS

Requirements to be in White Practice Group

1. Must be able to swim multiple laps of freestyle comfortably with face to water.
(To be judged by coaching staff.)
2. Must be able to swim multiple laps of backstroke comfortably.
(To be judged by coaching staff.)
3. Must come to practice at least 2 times a week.
4. Must go to at least 2 swim meets plus any championship meets he/she qualifies for during the season.