



2008-2009 Short Course Program

Training Location

Westhill High School Pool
125 Roxbury Road
Stamford, CT

Formal Practice Begins

September 15, 2008

Program Ends

March 8, 2009
(Or date of swimmer's last meet.)

Registration Forms and Payment Due

September 5, 2008

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

Questions?
Please contact:

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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: \$1,650

Practice Times:

Senior A

Days	Time
Monday, Wednesday	4:30pm – 6:45pm
Tuesday & Thursday	6:30pm – 8:30pm
Friday	4:30pm – 6:30pm
Saturday	9:00am – 11:00am

Note: Dry land – Times will be announced
Morning and Sunday practices as announced

Requirements to be in Senior A Practice Group

1. Must be at least 14 years old. (12 and 13 year olds can only participate if they meet the criteria below)
2. Have a National, Junior National or Sectional Cut in an individual event.
3. Have a minimum of 3 Connecticut Senior Open Cuts.
4. Have an **IMX** score of at least 3500 on the 13 year old scale.
(13 year old events: 200 fly, 200 back, 200 breast, 200 IM, 400 IM, 500 free)
5. Must come to practice 4 times a week, but should attend at least 80% of all practices.
6. 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: \$1,550

Practice Times:

Days	Time
Tuesday & Thursday	6:30pm – 8:30pm
Wednesday & Friday	4:30pm – 6:00pm
Saturday	7:30am – 8:45am

Note: Morning and Sunday practices as announced

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: \$1450

Practice Times:

Days	Time
Monday	4:30pm – 6:00pm
Tuesday & Thursday	5:30pm – 6:30pm
Wednesday & Friday	6:00pm – 7:00pm
Saturday	7:30am – 8:45am

Requirements to be in Junior Practice Group

1. Must be at least 10 years old.
2. Must come to practice at least 3 times a week, but should attend 80% of practices.
3. Must have an **IMX** score.
(This signifies that the swimmer has successfully completed in a meet the 100 fly, 100 back, 100 breast, 200 IM and the 200 free if 10 years old or the 500 free if 11 or 12 years old.)
4. 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: \$1350

Practice Times:

Days	Time
Tuesday & Thursday	5:30pm – 6:30pm
Wednesday & Friday	6:00pm – 7:00pm

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

Fee: \$1250

Practice Times:

Days	Time
Monday	6:00pm – 7:00pm
Tuesday & Thursday	4:30pm – 5:30pm

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.