

SEAHORSE SWIM TEAM

2011-12 Winter Program

- I. Regular practice sessions – first practice date – Monday, October 17
 - A. SST age group swimmers should follow practice calendar – Oct. 17. – Feb. 10
 - 1. 9 –14 yr. olds – 5:45 to 7:15 PM (average 3 days per week)
 - 2. 8 & unders – 6:00 to 7:00 PM (maximum 3 days per week)
 - B. Christmas holiday practice schedule will be
 - 1. 9 to 14 yr. olds – 12:30 PM to 2:00 PM
 - 2. 8 & unders – 1:00 PM to 2:00 PM
 - C. Practice expectations:
 - 1. 9 to 14 yr. olds are expected to attend at least 3 practices each week (48 practices for the season) .
 - 2. 8 & unders are expected to attend at least 2 practices each week (32 practices for the season).
 - 3. Parents must talk to coaches when a swimmer will not be able to meet these requirements.
 - D. Practice sessions will continue for all team members until the First Capital Swim League Championship Meet.
- II. Team Fees
 - A. Age group swimmers (9 to 14 - \$200.00; 8 & under - \$150.00)`
 - 1. Each swimmer will receive a free swim cap
 - 2. Registration form must be completed before first practice session.
 - 3. Payment schedule and due dates

	9 –14	8 & under
a. October 20	\$100.00	\$75.00
b. November 11	\$50.00	\$50.00
c. December 16	\$50.00	\$25.00
 - 4. Monthly payments are due on the dates listed above. Full payments are due on October 20th . Two payments must be made prior to participation in the meet on November 19th .
 - 5. 8 & unders who request to practice more than three times per week will be charged the \$200.00 team fee.
 - B. Please make payment using cash or check payable to Seahorse Swim Team by due date. Place payment in an envelope with name and what payment is written for on the front. Envelope may be given to Coach Sterner or Coach Mowery.

Fall Parent's Meeting – Monday, September 19th – 7:00 PM
EHMIS Cafeteria B

C. All team fees must be paid in full by January 20th in order to be eligible for the FCSL Championship Meet.

D. There is a \$10.00 descending discount per child for multiple swimmer families which may be taken on the final payment.

E. Payments may not fall more than one month behind unless approved by the program director.

III. Awards Program

A. Team award – must meet the following standards

1. 9 – 14 – 40 practices minimum during the season
8 & U. – 28 practices minimum during the season
2. Participate in 6 meets during the season
3. Complete the entire season and satisfy all team obligations.
4. Be recommended by the Coach.

B. Certificate of participation – must meet the following standards

1. 9- 14 – 28 practices minimum during the season
2. 8 & U.- 20 practices minimum during the season
3. Participate in 4 meets during the season.
4. Complete the entire season and satisfy all team obligations.
5. Be recommended by the Coach.

C. Record Holder certificate

1. Awarded to a swimmer or relay at the end of the season who has the fastest time ever swam by a member of the team in that event.
2. Must complete the entire season and satisfy all team obligations.
3. Be recommended by the Coach.

D. Medals - awarded at Invitational and All Star Meets

E. Ribbons – awarded at all dual meets, invitational meets, Championship meet

IV. Meet participation requirements

A. Swimmers must complete a total of 8 practices before they will be eligible to compete in their first meet.

B. Swimmers who have completed 8 practices are eligible for 2 meets.

C. 9-14 year olds will then need 4 practices for each additional meet. 8 & unders will need 3 practices for each additional meet.

D. Listed below are the minimum requirements:

Practices completed	meets earned	practices completed	meets earned
8	2	15/20	5
9/12	3	18/24	6
12/16	4	26/32	Championships