



PARDS Winter Swim Team Training Groups

Now that the fall swim seasons are over PARDS is continuing to develop a year round based training group for swimming. These training groups will focus on technique and proper training habits. Swimmers will be placed into groups based on skill level. If you are unsure of what group to place your child in you can have them swim tested before the season starts. Simply contact the aquatics director to set up a test time. There will be four (4) different group levels offered at PARDS; Pre-Comp, Silver, and High School/Senior. Please read below to see which group would be best for your child.

If you have any questions please contact the aquatics director, Geoff Grice, at 664-8099.

The winter swim season will run from Monday December 5th – Friday March 3rd, 2012.

Pre-Comp Group

The Pre-Comp swim group is a novice level group for children between the ages of 4-10, designed as a transition from swimming lessons into the world of competitive swimming. The focus will be placed on teaching Freestyle and Backstroke through the use of drills and motor skills, improving kicking technique and learning body and head position and balance in the water. Progress in this group will be measured on developing skills and technique rather than on speed in the water.

Practice times: Tuesday & Thursday, 6:15pm – 7:00pm

Prices: Member \$40 a month (\$120), Non-member \$55 a month (\$165)

Silver Group

This Silver swim group is a mid level group for children between the ages of 7-12, designed as a group that is looking to get involved in the world of competitive swimming. The focus is geared toward preparing the swimmer for longer and more demanding practice sessions, and includes starts, turns, and more aerobic base training loads. All four (Free, Back, Breast & Fly) stroke techniques and skill acquisition will be the primary focuses. Swimmers develop strokes and techniques through drills, games, and demonstrations.

Practice times: Monday – Thursday, 6:00pm – 7:15pm

Prices: Member \$50 a month (\$150), Non-member \$65 a month (\$195)

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High School / Senior Group

The High School / Senior group is our top level group for kids between the ages of 13-18. This group is designed for swimmers that are currently in high school or about to be in high school. This group can range from beginning high school swimmers looking to get a head start on swimming for their school up to advanced swimmers looking to not only get better for high school swim season, but to compete at a high level of year round swimming. A minimum attendance requirement is expected in this group as the consistency in training plays a major role in continued improvement.

Practice times: Monday – Friday, 3:30pm – 5:00pm/5:30pm. Saturdays – TBA

Prices: Members \$60 a month (\$180), Non-member \$70 a month (\$210)

Please fill out the form on the next page.

If you have more than one swimmer, please be sure to fill out separate forms for each athlete.

ATHLETE'S NAME

Last _____ First _____ MI _____

Date of Birth ____/____/____ Age _____ Gender [] M [] F

Cell Phone _____

Please circle which swim group that the athlete will be participating in:

Pre-Comp Silver High School/Senior

ATHLETE'S PARENT or GUARDIAN

Last _____ First _____ MI _____

Last _____ First _____ MI _____

Physical Address

Street *Apt #* *City* *State* *Zip*

Mailing Address (if different from physical address)

Street *Apt #* *City* *State* *Zip*

Home Phone _____

Work Phone _____

Cell Phone 1 _____

Cell Phone 2 _____

E-Mail _____

EMERGENCY CONTACT INFORMATION & AUTHORIZED ATHLETE PICKUP

Name _____ Relationship _____

Home Phone _____ Cell Phone _____

Name _____ Relationship _____

Home Phone _____ Cell Phone _____