

# PURPLE VALLEY AQUATICS

Short Course Season 2014-2015

September 15<sup>th</sup> – March 20<sup>th</sup>

PARENT MEETING for all families: September 10<sup>th</sup> @ 6:00pm

## TRAINING GROUPS

### \*PRE-COMPETITIVE GROUP:

This group offers an introduction to competitive swimming. The fundamentals will be taught with a focus on technique, stroke development, starts and turns. This group will do a few time trials and be encouraged to participate in at least one meet per season.

*Practices:* 2 times a week for 60 minutes

\* Swim requirement for this group; able to do at least 25 yards of freestyle and some backstroke

### AGE GROUP I:

The emphasis of this group will be on developing good technique in all areas, starts, turns, as well as endurance training. Other essentials, such as race strategy and using the pace clock properly, will also be covered. This group will compete in several meets each season.

*Practices:* 3 times a week for 1 hour 15 minutes

### AGE GROUP II:

In this group, swimmers will focus on a continuation of stroke development with more advanced endurance training, including dryland. This group will compete in several meets each season.

*Practices:* 4 times a week for 1 hour 45 minutes

### SENIOR GROUP:

This group is the most advanced group and will focus on endurance (not over distance) training, including dryland, while making great technique and race strategy a priority.

*Practices:* 5 times a week for 2 hours

### HIGH SCHOOL SWIMMER:

This group is for those athletes that will also be participating in high school swimming and are unable to attend full time during their high school season.

*Practices:* 4-5 times a week prior to high school swim season. Up to 3 practices a week during high school swim season

## PRACTICE SCHEDULE

(All practices held at the Williams College pool)

### \*PRE-COMPETITIVE GROUP:

Tues/Thurs 6:15 – 7:15 pm

### AGE GROUP I:

Mon/Weds/Fri 6:15 – 7:30 pm

### AGE GROUP II:

Mon/Wed/Thurs/Fri 6:15 – 8:00 pm

### SENIOR GROUP:

Mon-Weds, Fri 6:15 – 8:15 pm

Sat or Sun

TBD

## FEE STRUCTURE

### \*PRE-COMPETITIVE GROUP:

SCY Season \$400

### AGE GROUP I:

SCY Season \$650

### AGE GROUP II:

SCY Season \$800

### SENIOR GROUP:

SCY Season \$875

### HIGH SCHOOL SWIMMERS:

SCY Season \$550

A mandatory yearly \$67 USS Registration charge is not included in the fee

Multiple Child Discounts:

2<sup>nd</sup> child- \$100 off

3<sup>rd</sup> child- \$175 off

Suits, meet fees, and team gear are additional

\*Fees may be paid in full or in four payments  
(Sept/Oct/Nov/Dec)\*

*Please note that practice times, training groups, and fee structure are subject to change.*

*For questions or more information, please e-mail Karrie Honecker at [pvacoach@gmail.com](mailto:pvacoach@gmail.com)*

*Visit our website: [www.purplevalleyaquatics.org](http://www.purplevalleyaquatics.org)*