



NRG Swim Team: **USA Competitive Club Team** **2025-2026 Season Sept – Aug**

TECHNIQUE and PERFORMANCE focused instruction

ONLINE REGISTRATION OPENS: 8/1/25 (returning) , 8/4/25 (new) START: 9/2/25

^registration remains open until Roster Caps are reached, waiting lists kept

Registration online: <https://www.gomotionapp.com/team/manrg/page/team-registration>

Training TEAMS:

Age Range:

*Tentative Schedule:

Monthly fee:

Platinum Team:

**Capped: limited spots, check website*

***Minimum of 8 swimmers for early start*

14o

M-Th @3:40-5:40pm
Sa @8-10am

\$250.00

Gold Team:

**Capped: limited spots, check website*

11o

M-Th @5:40-7:20pm
Sa @8-10am

\$225.00

Silver Team:

**Capped: limited spots, check website*

9-12

M-Th @5:40-7pm
Sa @8-9:30am

\$200.00

Bronze Team:

**Capped: limited spots, check website*

10u

Tu & Th @7-8pm
Sa @8-9am

\$175.00

NRGizers Pre-team:

N/A

Tu & Th @7:20-8pm

\$150.00

**Capped: limited spots, check website*

^Morning Practices Available to all 11o Swimmers: Tu-F @5:30-“7:30am”/ departure for school

**Practice Schedule: Subject to change (& consolidation) based on roster size, other programming, holidays, etc.*

Season Registration Options:

*1st Payment Due upon registration (non-refundable)
Payments charged on the 1st of each month*

Fall Clinic/ Training Camp: September @Somerton Springs (50 Bustleton Ave)

+through Fall Season: October & November @Carl Sandburg (30 Harmony Road)

+through Winter Season: December - April @Carl Sandburg (30 Harmony Road)

+through Spring Warm-up: May @Somerton Springs (50 Bustleton Ave)

+through Summer Season: June - August @Somerton Springs (50 Bustleton Ave)

**(year-round opt.)*

**Registration for a roster spot comes with the required expectation of completing the season for which you are registered and all obligations included during that time. Registration & 1st payment are non-refundable.*

**Swimmers MUST renew registrations to continue beyond their selected Season length, unless year-round.*

nrgswiminfo@gmail.com

(215)715-4290



NRGizers Pre-team:

Pre-competitive Programming

2025-2026 Season Sept – Aug

From Beginners to Ready to join a

Competitive Swim Team

****≥3 years old & potty trained (required)***

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Registration online: <https://www.gomotionapp.com/team/manrg/page/team-registration>

Training TEAMS:

Age Range: *Tentative Schedule:

Monthly fee:

Small Group Lessons:

n/a

**Only available @Somerton Springs*

Beginners:

n/a

Tu & Th @7:20-8pm

\$150.00

Minis:

8u

Developmental:

9o

**Total NRGizer Pre-team Capped: limited spots, Group placement made during 1st practices*

**Practice Schedule: Subject to change (& consolidation) based on roster size, other programming, holidays, etc.*

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No Equipment Required, Fins strongly recommended

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NRG Swim Team:
USA Competitive Club Team
2025-2026 Season Sept – Aug

Required Equipment:

Training TEAMS	Fins	Paddles	Kick board	Snorkel
Platinum:	Required	Required	Required	Required
Gold:	Required	Required	Required	Required
Silver:	Required	Required	Required	Optional
Bronze:	Required	Optional	Required	n/a
NRGizers:	Optional	n/a	n/a	n/a

Younger Swimmers:



All Swimmers:



All Swimmers:



All Swimmers:



Older Swimmers:



Optional Equipment for older swimmers: tempo trainer



^Additional Equipment will be provided by the Team

**All swimmers should bring Sneakers & Flip-flops (thong style) to practice everyday*

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NRG Swim Team: **USA Competitive Club Team** **2025-2026 Season Sept – Aug**

Standards & Expectations:

Practice Attendance Policy:	Minimum Expected:	Ideal:
Platinum Team:	6	≥ 9 th Grade= 9
Gold Team:	5	8 th Grade= 8 7 th Grade= 7
Silver Team:	4	6 th Grade= 6 5 th Grade= 5 4 th Grade= 4
Bronze Team:	3	n/a
NRGizers Pre-team:	2	n/a

^Move-ups before age out= must meet minimum expectations

**No Required attendance, attendance records will be kept & published based on Minimum*

Meet Attendance Policy:	Minimum Expected:	Ideal:
Platinum Team:	7 per year All Local Champ Meet	1 per month All Champs Meets
Gold Team:	6 per year Highest Champs Meet	1 per month All Local Champs Meets
Silver Team:	5 per year Local Champ Meet	1 per month Highest Local Champ Meet
Bronze Team:	4 per year	6 per year Local Champ Meet
NRGizers Pre-team:	n/a	n/a

^Move-ups before age out= must meet minimum expectations

Competitive Team Swimmers are **REQUIRED to represent NRG at at least 3 USA Meets per year*

- **The Golden Rule** applies at all times for Swimmers & Parents
- Swimmers are expected to come to practice **PREPARED** with **ALL** equipment
- Swimmers are expected to treat practice like an active classroom environment
- Swimmers are expected to meet all training Standards set forth by the coaches
- **EVERYONE** is expected to make the practice environment **FUN & INCLUSIVE**

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