

Competitive Programming Group Descriptions

Wahoos

10&Under

1 Class Session

1 Competitive Session– Wednesday 5:15-6:15 pm

Intrasquad Meets and ONE Travel USA Meet

Marlins

8-12

1 Class Session

1 Competitive Session- Monday 5:15 – 6:15 pm

1 Optional Conditioning Session– Sunday 6:00 – 7:00pm

Intrasquad Meets and Full USA Meet Schedule

Junior Group

10-14

1 Class Session

1 Competitive Session– Monday OR Wednesday 6:15 – 7:30 pm

1 Optional Conditioning Session– Sunday 6:00 – 7:00pm

Intrasquad Meets and Full USA Meet Schedule

Senior Group

13&Over

1 Class Session

2 Competitive Session– Monday AND Wednesday 7:15 – 8:45 pm

1 Conditioning Session– Sunday 6:30 – 8:00pm

Intrasquad Meets and Full USA Meet Schedule

The schedule differs during the High School Swim Season. Wednesday falls off and at least 2 sessions are expected during that time.

Tuition/Costs

All swimmers must be registered in a class. Tuition is the same for all swim school participants. \$89 per month or \$890 for yearly members.

2nd Day of the week - \$40

3rd Day of the week - \$15

4th Day of the week - \$15

Examples:

Wahoo Group

Class Tuition - \$89 per month

Wahoo Group Session - \$40 per month

Total = \$129 + Meet Fees

Marlin or JR Group

Class Tuition - \$89 per month

JR Group Session - \$40 per month

Conditioning Session - \$15 per month

Total = \$144 + Meet Fees

Senior Group

Class Tuition - \$89 per month

Senior Group Session #1 - \$40 per month

Senior Group Session #2 - \$15 per month

Conditioning Session - \$15 per month

Total = \$159 + Meet Fees

All Swimmers will pay an annual fee of \$100. This covers team and coach registration with Maryland and USA Swimming and other team-specific expenses like travel, equipment, and meet management.

Practice Descriptions

Stroke Development Class

Classes occur throughout the week on Tuesday, Thursday, Friday, and Saturday. Each swimmer will attend one class.

Dedicated entirely to stroke technique development.

Consists of drills, stroke feedback, and full-stroke practice

Low yardage with an emphasis on quality.

Competitive Swimming Sessions

These sessions occur on Monday and/or Wednesday, depending on group assignment.

With a focus on stroke technique development, these sessions will contain more work on starts, turns, finishes, underwaters, and other components of competitive swimming to prepare them for meets.

A moderate amount of yardage with more emphasis on competitive swimming skills and training.

Conditioning

These sessions will occur on Sunday evenings at Harford Community College.

These sessions will not occur if there is a USA Meet on the same day.

This is a guided workout. Drills and skills may be incorporated with speed and endurance work. Athletes are expected to be able to maintain technique and incorporate skills learned throughout the week during these workouts.

Frequently Asked Questions

Where do I pay for this stuff?

All tuition will be managed through iClass. This is what the swim school uses for registration for all customers. The number of days you plan to swim will be manually input based on your selection on the team registration. Changes to that number of days will need to be manually changed by Mr. Wayne in the middle of the season.

Team-specific expenses like meet fees and team outings will be billed through the swim team GoMotion site.

Is my swimmer in trouble if they miss practice?

High school-aged swimmers should be aiming for near-perfect attendance. Dedication, time management, and discipline are part of being a successful student-athlete. Younger swimmers... the more they put in, the more they will get out of the sport. We do not expect athletes to specialize in swimming exclusively. We encourage them to participate in other sports/activities. Building a well-rounded athlete is essential to long-term development. My ultimate goal is to make a young athlete love the sport of swimming as much as I do. So, when they reach high school and are deciding where to specialize, swimming is what they choose!

Do I have to come to EVERY meet?

This question really depends on the athlete and their level of commitment. If you have a high school-aged athlete, then yes. If you have a younger athlete, competitions should be a priority as much as the sport of swimming is in their life. If swimming is their main sport, competing in all competitions is expected. Intrasquad meets are a lower priority than our USA Meets.

Can I join and leave different sessions, or am I committed to the entire season?

It is preferred that you commit to all or most of the season. We do understand that swimming may be a high priority for some athletes and a lower priority for others. If your athlete wants to swim and has a different primary sport/activity, we can make accommodations on a case-by-case basis.

If my kid is in the JR group, how do they pick Monday vs. Wednesday?

The JR group's athletes will be assigned a day. However, considering the level of this group and the similarity of the lesson plan, we can accommodate changes to those days throughout the year. For example, swimmers who are assigned Monday, who may

have a Monday basketball practice in the Winter, can switch during that time. It is not designed to flip-flop. It is more designed to allow you and me flexibility to accommodate these athletes who are hopefully involved in other sports/activities.

What happens when my swimmer starts High School Practice?

Once the high school season begins, Wednesdays drop off. They are required to be enrolled in at least 2 days at this time. Flexibility on the days is allowed. Sunday usually becomes the easiest. But every attempt should be made to attend Monday night since that is our primary session. This practice will be tailored specifically to high school athletes to complement the training they receive from their school coaches. Swimmers who practice right after school or in the morning should not have an issue getting to Monday night sessions.