



LIVERPOOL JETS SWIM CLUB

P.O. Box 2130

LIVERPOOL, NY 13090

www.liverpooljets.org



DEVELOPMENTAL PROGRAM

The Developmental Level is our entry-level training group. As a prerequisite, all swimmers entering this level should have completed level 4 in our lesson program OR have the ability to swim 25 yards freestyle and 25 yards backstroke. Although this level will primarily consist of athletes between the ages of 6-10 years of age, an athlete's ability will play a large role in their placement. **All athletes are given a free 2-day trial.**

PROGRAM OBJECTIVES

The primary focus of this level is to introduce new athletes to the sport of competitive swimming and prepare them for successful participation in our year-round Age Group training program. In the Developmental Level, swimmers will have the opportunity to learn all four competitive strokes to USA Swimming standards. Coaches use a variety of drills and games to break the stroke down in to smaller parts to help emphasis basic mechanics. Starts and turns for each stroke are also a component of the instruction for this level. Our enthusiastic coaching staff will share their passion for the water and begin to develop the well-adjusted student-athlete-citizen the Liverpool Jets Swim Club seeks to promote.

PROGRAM OUTLINE

The Developmental Level consists of three sessions throughout the year. While the LHS Pool is down for the 2019-2020 school year, we will be using Huntington Elementary (400 Sunny Crest Road, Syracuse) as our home site. There will typically be 3 practices scheduled per week (45 to 60 minutes long) on the weekdays between 5:45-7:30pm. Practice schedules will be distributed each month due to slight changes from time to time caused by scheduling conflicts. We recommend that swimmers attend at least two practices per week during their session.

2019-2020 PROGRAM DATES

2019 Fall Session	2020 Winter Session	2020 Spring Session
September 17 th – November 24 th Club Dues: \$225 10 weeks	January 6 th – March 27 th Club Dues: \$245 12 weeks	April 27 th – June 19 th Club Dues: \$190 8 weeks
Full Year Pre-Paid Dues Single Payment (All three sessions): \$625 (That's a \$35 discount!)		

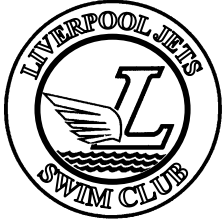
ADDITIONAL PROGRAM COSTS

USA Swimming Registration: \$82 (once per year – fall registration will cover Sept. 2019 to Dec 2020)
Competition fees (typically \$3 per event) will be invoiced as they occur on a monthly basis.

Payment plans can be arranged through our treasurer for those families interested in one. Due to the fact that athletes are given a 2-day trial, refunds will only be granted for documented medical reasons and will be pro-rated if a session has already begun.

Questions? Contact Coach Zac at 569-5387 or through e-mail at zmekker@gmail.com.

VISIT US ON-LINE AT www.liverpooljets.org



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DEVELOPMENTAL PROGRAM REGISTRATION

Please complete the form below and return with the appropriate payment. Registrations can either be brought to our Fall Registration meeting (Sept. 19th) or be placed in the mail to the address above.

SWIMMER'S LAST NAME FIRST NAME M.I. DATE OF BIRTH

STREET ADDRESS CITY ZIP

PARENT(S) NAMES PHONE

E-MAIL ADDRESS (PLEASE PRINT CLEARLY) SCHOOL DISTRICT

2019-2020 PROGRAM DATES

Please check ALL sessions you intend to register for at this time.

2019 Fall Session	2020 Winter Session	2020 Spring Session
September 17 th – November 24 th Club Dues: \$225 10 weeks Check Here: <input type="checkbox"/>	January 6 th – March 27 th Club Dues: \$245 12 weeks Check Here: <input type="checkbox"/>	April 27 th – June 19 th Club Dues: \$190 8 weeks Check Here: <input type="checkbox"/>
<input type="radio"/> Full Year Pre-Paid Dues Single Payment (All three sessions): \$625 (<i>That's a \$35 discount!</i>)		

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TO REGISTER: COMPLETE THE FORM ABOVE AND SEND IT WITH A CHECK MADE OUT TO THE LIVERPOOL JETS SWIM CLUB FOR THE APPROPRAITE AMOUNT (\$82 USA Registration fee PLUS session fee from above) AND MAIL IT TO:

Zac Mekker – 7900 Sudley Way, Baldwinsville, NY 13027

LIKELY TO BE FREQUENTLY ASKED QUESTIONS ABOUT OUR DEVELOPMENTAL LEVEL:

1. Who are the coaches?

The Developmental Program is run by coach Maddie Hall. In addition to being a Liverpool Jets Alumnus, Maddie was a team captain of the varsity team and is currently working towards her physical education degree. All of the coaches on our staff hold current USA Swimming Coaching Credentials. In order to achieve this, each coach must be certified in CPR, First Aid, Lifeguarding as well as pass a back-ground check and an extensive training program administered by USA Swimming.

2. How many athletes will be in the group?

Developmental will be capped at 16 swimmers per training group (DevOrange and DevBlue). This allows us to maintain a strong athlete to coach ratio to insure proper instruction and enjoyment by the swimmers. Athletes completing prior sessions will be given preference to registration. After that, slots will be filled on a first come, first served basis. There is no difference between DevO and DevB...just helps us with rosters.

3. Do Developmental swimmers attend competitions?

Absolutely – there will be a swim meet in the middle of the session and one at the conclusion of the session. In addition to learning the technical fundamentals of the sport at our training sessions, it is also important that a young swimmer enjoys the experience of attending a swim meet. The actual “competitive” part is not a primary objective at this level. Our main goal is to introduce the swimmers to the experience so that they (and their families) can begin to understand how the sport is run. Swim meets also allow us to show improvement and are a blast to attend with their teammates.

4. What are the requirements for promotion up to Age Group?

As mentioned in our program outline, the goal of the Developmental Level is to successfully prepare athletes for our Age Group program. To successfully advance into our Age Group training program, an athlete must have a coach’s recommendation AND meet the following criteria:

1. Swimmer must be able to perform all four strokes according to USA Swimming standards.
2. Swimmer must be able to complete a set of 5 x 100 freestyle on 2:00

5. What if a swimmer achieves the above promotion criteria during a developmental session?

If a swimmer successfully achieves the above promotional criteria for the Age Group training level, they will continue to attend and finish the developmental session they are currently involved with. At the conclusion of that session, all swimmers that are eligible for promotion will be invited to join our Age Group training program for a one-week trial. They can do so right away or at any point forward. Typically, swimmers will translate best into a NEW training group in the months of December, May, and September. All financial matters will be taken care of after the one-week trial period is completed.

6. How do I register?

Fill in the attached Developmental Registration form and send it in with a check made out to the Liverpool Jets Swim Club to reserve your child’s spot. You will be contacted via e-mail when your registration is received. Registration forms will NOT be processed and checks will NOT be cashed until after the first 2-days of the start of the session. This provides swimmers with the opportunity for a 2-day trial. Once our swimmer cap is reached, a waiting list will be created according to the postal date of the form.

7. Is there a discount for paying for all three sessions?

We do offer a discount for swimmers that register and pay for all three sessions at the start of the season (SEPTEMBER ONLY). If a swimmer earns a promotion during the year, the balance will be applied to dues for the next group. Outside of documented medical reasons for removal from the program, there are no refunds offered for pre-paid rates.