PURPLE VALLEY AQUATICS

Long Course Season 2019

Full Season: April 10th- July 26th **Partial Season: April 10th- June 28th**

Long Course Swimming is very similar to the Short Course (winter) season. The difference is the setup of the pool. Instead of 25 yards, the pool is 50 meters in length. All training and competitions will be done utilizing the 50 meter long pool. The Williams College pool affords us the opportunity to practice under these conditions as it converts from two 25 yard pools to one 50 meter long pool.

TRAINING GROUPS

***PRE AGE GROUP**: (ages 6-9)
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 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, kick using kickboard, & some backstroke

AGE GROUP I: (ages 7-11)
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: (ages 10-13)
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: (ages 12 & Over)
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

PRACTICE SCHEDULE

(All practices held at the Williams College pool)

***PRE AGE GROUP**:
Mon/Wed 6:15 – 7:15pm

AGE GROUP I:
Mon/Wed/Fri 6:15 – 7:30 pm

AGE GROUP II:
Mon/Tues/Wed/Fri 6:15 – 8:00 pm

SENIOR GROUP:
Mon/Tues/Wed/ Fri 6:15 – 8:15 pm
Sat TBD

FEE STRUCTURE

***PRE AGE GROUP**:
This training group will only swim partial season

Partial LC Season	(3mo)	$224

AGE GROUP I:

Full LC Season	(4mo)	$350
Partial LC Season	(3mo)	$280

AGE GROUP II:

Full LC Season	(4mo)	$480
Partial LC Season	(3mo)	$384

SENIOR GROUP:

Full LC Season	(4mo)	$550
Partial LC Season	(3mo)	$440

A mandatory yearly $78 USA Registration charge is not included in the fee for new athletes.

Multiple Child Discounts:
2nd child- $100 off
3rd child- $175 off

Suits, meet fees, and team gear are additional
Fees may be paid in full or in 3 payments (April/May/June)*

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

Visit our website: www.purplevalleyaquatics.org