



## 2020-21 Team Information

### Silver Team

The CSST Silver Team is for swimmers 6-14 years old that are new to competitive swimming. Emphasis is on developing stroke technique and proper starts and turns. Various meets are offered to help introduce Silver members to competition.

**Locations:**

Reserve Country Club	Monday, Tuesday, Thursday	5:00-6:00 PM	Start Sept 8 <sup>th</sup>
Woodmen Hills Rec Center	Monday, Tuesday, Thursday	5:45-6:45 PM	Start Aug 31 <sup>st</sup>

*Practices are subject to change based on availability.*

**Pricing:**

\$85.00/month

**Annual Registration Fee:**

\$100/ 1<sup>st</sup> swimmer; \$50.00/each for 2<sup>nd</sup> & 3<sup>rd</sup> swimmers.

Includes a USA Flex Membership, team shirt and cap.

**Fundraising:**

No fundraising obligation for Silver swimmers.

**Age requirement:**

At least 6 years old.

**Swimming requirement:**

Able to swim 25 yards of freestyle or backstroke.

### Gold Team

The CSST Gold Team is for swimmers 8-14 years old and competent in all four competitive strokes. Emphasis is placed on developing stroke technique and proper starts and turns. Swimmers are encouraged to swim in at least three practices per week and compete in meets at the appropriate level.

**Location:**

Cheyenne Mountain High School.

**Practice schedule:**

Monthly schedule is emailed out and is also available on CSST website.

**Season Starts:**

Monday, Aug 31<sup>st</sup>

**Pricing:**

COS: \$135.00/month; Woodmen Hills: \$130.00/month

**Annual Registration Fee:**

\$100/ 1<sup>st</sup> swimmer; \$50.00/each for 2<sup>nd</sup> & 3<sup>rd</sup> swimmers. Includes a team shirt and cap.

**Fundraising:**

\$400 for 1-2 Gold, Junior or Senior swimmers. \$500 for 3+ Gold, Junior or Senior swimmers.

**Age requirement:**

At least 8 years old.

**Swimming requirement:**

Able to swim all 4 competitive strokes and a 90-minute practice.

### Junior Team

The CSST Senior Team age requirement is at least 13 years old. Swimmers must also be able to complete a 2-hour workout.

**Location:**

Cheyenne Mountain HS; Woodmen Hills.

**Practice schedule:**

Monthly schedule is emailed out and is also available on CSST website.

**Season Starts:**

Monday, Aug. 31<sup>st</sup>

**Pricing:**

COS: \$155.00/month; Woodmen Hills: \$130.00/month.

**Annual Registration Fee:**

\$100/ 1<sup>st</sup> swimmer; \$50.00/each for 2<sup>nd</sup> & 3<sup>rd</sup> swimmers. Includes a team shirt and cap.

**Fundraising:**

\$400 for 1-2 Gold, Junior or Senior swimmers. \$500 for 3+ Gold, Junior or Senior swimmers.

**Age requirement:**

At least 14 years old.

**Swimming requirement:**

Competency in all four competitive strokes and able to swim a 2-2 ½ hour practice.

## Senior Team

The CSST Senior Team age requirement is at least 14 years old. Swimmers must also be able to complete a 2-2 ½ hour workout.

<b>Location:</b>	Cheyenne Mountain HS; Woodmen Hills.
<b>Practice schedule:</b>	Monthly schedule is emailed out and is also available on CSST website.
<b>Season Starts:</b>	Monday, Aug. 31 <sup>st</sup>
<b>Pricing:</b>	COS: \$165.00/month; Woodmen Hills: \$130.00/month.
<b>Annual Registration Fee:</b>	\$100/ 1 <sup>st</sup> swimmer; \$50.00/each for 2 <sup>nd</sup> & 3 <sup>rd</sup> swimmers. Includes a team shirt and cap.
<b>Fundraising:</b>	\$400 for 1-2 Gold, Junior or Senior swimmers. \$500 for 3+ Gold, Junior or Senior swimmers.
<b>Age requirement:</b>	At least 14 years old.
<b>Swimming requirement:</b>	Competency in all four competitive strokes and able to swim a 2-2 ½ hour practice.

For more information contact CSST at [info@csstswimming.com](mailto:info@csstswimming.com)  
Online Registration can be completed at [www.csstswimming.com](http://www.csstswimming.com)