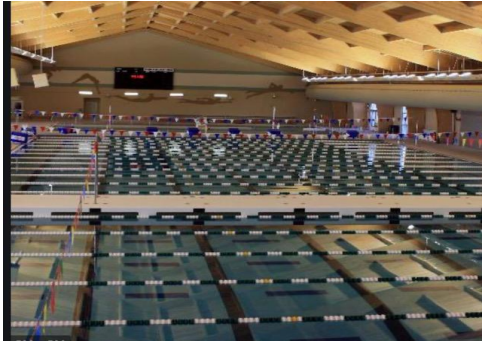


## Locations

PEAK offers programming at the Pearland Natatorium and in Shadow Creek Ranch at the Emerald Bay pool. With the same programming options at both pools, you can choose the schedule and location that works best for your child's goals and competitive swimming experience.

### Pearland Natatorium



**4141 Bailey Road**

#### **Coaching Team:**

Natalie Melenric - Lead Site Coach  
Caitlin Cunningham  
Thuc Nguyen  
Charyl Teal

PEAK practices in ten 25 yard lanes at the Pearland Natatorium.

### Shadow Creek Ranch Emerald Bay Pool



**11814 North Clear Lake Loop**

#### **Coaching Team:**

John Burke - Head Coach  
Ann Burke - Head Age Group Coach / Lead Site Coach  
Esther Kizito

Emerald Bay is a six lane, 25 yard, heated pool in the heart of Shadow Creek Ranch.

## Age Groups, Goals, and Frequency

PEAK's programming and scheduling is differentiated by age group and sessions per week. Below, you will find a breakdown of goals and sessions per week for each age group. Programming for each swimmer is customized to meet them at their level of competitive swimming development.

### 10 and Under Program Descriptions and Schedule Options

| Age Group | Goal  | Sessions Per Week  | Prerequisite  |
|-----------|---|--|---|
| 6 - 10    | Develop fundamental skills for competitive swimming.                                | 2 one hour sessions per week - \$120/month                     | PEAK Tryout   |
|           | Explore swimming as a competitive sport.  | 3 one hour sessions per week - \$140/month                     |   |
|           | Establish swimming as part of a healthy lifestyle.                                  |  |   |
| 9 - 10    | Develop advanced technical skills for training and competition.                     | 4 one hour and fifteen minute sessions per week. - \$160/month | PEAK Tryout<br><br>Legal in all competitive strokes<br><br>Swim team experience |
|           | Develop a focused mindset to perform in a competitive environment.                  |  |   |
|           | Establish a commitment to competitive goals through consistent practice attendance. |  |   |

| 10 & Under athletes | Monday       | Tuesday      | Wednesday    | Thursday     | Friday       | Saturday     |
|---------------------|--------------|--------------|--------------|--------------|--------------|--------------|
| SC - 4x/wk 9-10s    | OFF          | 7:00-8:15pm  | 5:45-7:00pm  | 7:00-8:15pm  | OFF          | 9:45-11:00am |
|                     |              | Emerald Bay  | Emerald Bay  | Emerald Bay  |              | Pearland NAT |
|                     |              |              |              |              |              |              |
| NAT - 4x/wk 9-10s   | 6:45-8:00pm  | OFF          | 6:45-8:00pm  | OFF          | 6:45-8:00pm  | 9:45-11:00am |
|                     | Pearland NAT |              | Pearland NAT |              | Pearland NAT | Pearland NAT |
|                     |              |              |              |              |              |              |
| SC - 3x/wk 10&U     | OFF          | 6:00-7:00pm  | OFF          | OFF          | 6:00-7:00pm  | 9:45-11:00am |
|                     |              | Emerald Bay  |              |              | Emerald Bay  | Pearland NAT |
|                     |              |              |              |              |              |              |
| NAT - 3x/wk 10&U    | 5:45-6:45pm  | OFF          | 5:45-6:45pm  | OFF          | 5:45-6:45pm  |              |
|                     | Pearland NAT |              | Pearland NAT |              | Pearland NAT |              |
|                     |              |              |              |              |              |              |
| SC - 2x/wk 10&U     | OFF          | 6:00-7:00pm  | OFF          | OFF          | 6:00-7:00pm  | OFF          |
|                     |              | Emerald Bay  |              |              | Emerald Bay  |              |
|                     |              |              |              |              |              |              |
| NAT - 2x/wk 10&U    | OFF          | 5:45-6:45pm  | OFF          | 5:45-6:45pm  | OFF          |              |
|                     |              | Pearland NAT |              | Pearland NAT |              |              |

## 11 - 13 Program Descriptions and Schedule Options

|                |  |   |   |
|----------------|--|---|---|
| <b>11 -13</b>  | <p>Develop fundamental skills for competitive swimming.</p> <p>Explore swimming as a competitive sport.</p> <p>Establish swimming as part of a healthy lifestyle.</p>  | <p>2 one hour sessions per week - \$120/month</p> <p>3 one hour sessions per week - \$140/month</p>   | <p>PEAK Tryout</p>  |
| <b>11 - 13</b> | <p>High-performance training and advanced skill development for peak performance.</p> <p>Focused commitment to the pursuit of competitive swimming at the highest possible level.</p> <p>Understands and takes responsibility for attendance, performance, and habits in practice and how these three relate to competitive performance.</p> | <p>4 one and one half hour sessions* - \$160/month</p> <p>5 one and one half hour sessions* - \$180/month</p> <p>*Emerald Bay - additional 3 thirty minute dryland sessions per week.</p> | <p>Minimum one year training experience with demonstrated commitment.</p> <p>Proven competitive performance</p> <p>Coach Approval</p> |

| 11-13 year old athletes | Monday       | Tuesday      | Wednesday    | Thursday     | Friday       | Saturday     |
|-------------------------|--------------|--------------|--------------|--------------|--------------|--------------|
| SC - 5x/wk 11-13s       | 6:30-8:30pm  | 6:45-8:15pm  | 6:30-8:30pm  | OFF          | 6:30-8:30pm  | 8:10-9:40am  |
|                         | Emerald Bay  | Pearland NAT | Emerald Bay  |              | Emerald Bay  | Pearland NAT |
|                         |              |              |              |              |              |              |
| NAT - 5x/wk 11-13s      | 6:45-8:15pm  | 6:45-8:15pm  | 6:45-8:15pm  | OFF          | 6:45-8:15pm  | 8:10-9:40am  |
|                         | Pearland NAT | Pearland NAT | Pearland NAT |              | Pearland NAT | Pearland NAT |
|                         |              |              |              |              |              |              |
| SC - 4x/wk 11-13s       | 6:30-8:30pm  | OFF          | 6:30-8:30pm  | OFF          | 6:30-8:30pm  | 8:10-9:40am  |
|                         | Emerald Bay  |              | Emerald Bay  |              | Emerald Bay  | Pearland NAT |
|                         |              |              |              |              |              |              |
| NAT - 4x/wk 11-13s      | 6:45-8:15pm  | OFF          | 6:45-8:15pm  | OFF          | 6:45-8:15pm  | 8:10-9:40am  |
|                         | Pearland NAT |              | Pearland NAT |              | Pearland NAT | Pearland NAT |
|                         |              |              |              |              |              |              |
| SC - 3x/wk 11-13s       | 6:00-7:00pm  | OFF          | OFF          | 6:00-7:00pm  | OFF          | 8:10-9:40am  |
|                         | Emerald Bay  |              |              | Emerald Bay  |              | Pearland NAT |
|                         |              |              |              |              |              |              |
| NAT 3x/wk 11-13s        | 5:45-6:45pm  | OFF          | 5:45-6:45pm  | OFF          | 5:45-6:45pm  | OFF          |
|                         | Pearland NAT |              | Pearland NAT |              | Pearland NAT |              |
|                         |              |              |              |              |              |              |
| SC - 2x/wk 11-13s       | 6:00-7:00pm  | OFF          | OFF          | 6:00-7:00pm  | OFF          | OFF          |
|                         | Emerald Bay  |              |              | Emerald Bay  |              |              |
|                         |              |              |              |              |              |              |
| NAT - 2x/wk 11-13s      | OFF          | 5:45-6:45pm  | OFF          | 5:45-6:45pm  | OFF          | OFF          |
|                         |              | Pearland NAT |              | Pearland NAT |              |              |
|                         |              |              |              |              |              |              |

### High School Program Descriptions and Schedule Options

|                       |   |  |   |
|-----------------------|---|--|---|
| <b>High School 4x</b> | <p>Competitive training and skill development.</p> <p>Competitive performance training for peak performance at high school and USA Swimming championship meets.</p> <p>Support academic demands and school team commitments.</p>                  | 3 one and one half hour sessions + 1 two hour session - \$160/month            | <p>PEAK Tryout</p> <p>Coach Approval</p>  |
| <b>High School 6x</b> | <p>Periodized training for peak performance at high school and USA Swimming championship meets.</p> <p>Prioritizes commitment to competitive swimming along with academic excellence.</p> <p>Plan to pursue swimming at the collegiate level.</p> | 6 two hour water sessions + 4 forty five-minute dryland sessions - \$200/month | <p>Demonstrated commitment to high-performance training</p> <p>Proven competitive performance</p> <p>Coach Approval</p> |

| <u>Age Group</u>        | <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> |
|-------------------------|---------------|----------------|------------------|-----------------|---------------|-----------------|
| High School athletes    |               |                |                  |                 |               |                 |
| SC - 6x/wk HS athletes  | 4:00-6:45pm   | 4:00-6:45pm    | 4:00-6:30pm      | 4:15-6:15pm     | 4:00-6:45pm   | 6:00-8:45am     |
|                         | Emerald Bay   | Emerald Bay    | Emerald Bay      | Pearland NAT    | Emerald Bay   | Emerald Bay     |
|                         |               |                |                  |                 |               |                 |
| NAT - 4x/wk HS athletes | 4:15-5:45pm   | OFF            | 4:15-5:45pm      | 4:15-6:15pm     | 4:15-5:45pm   | OFF             |
|                         | Pearland NAT  |                | Pearland NAT     | Pearland NAT    | Pearland NAT  |                 |