



www.berzerkerswimming.com

PREP Team Info Sheet

PREP (age 4-12):

Monday	Tuesday	Thursday
5:00-5:50pm	5:00-5:50pm	5:00-5:50pm
6:00-6:50pm	6:00-6:50pm	6:00-6:50pm

Note: All classes take place at the Webb City High School Pool in the deep-end diving well.

PREP Parents: We want your swimmer to have the best experience possible as a member of Berzerker Swimming. Here is what you need to know about our PREP program.

- OVERVIEW:** Our PREP Team is designed to introduce swimmers age 12 and under to our sport in a non-competitive environment so that they can learn at their own pace. In PREP we focus on comfort, "feel" for the water, and building the fundamentals that will help swimmers to learn the racing strokes correctly to move up to one of the competitive (COMP) teams. We work on team building, practice etiquette, and a lot of fun basic skills. Repetition is vital to learning in this group. We take time to acquaint swimmers with the idea that we are "racing ourselves" by focusing on personal improvement rather than how we compare to everyone else. To join the PREP team your swimmer must be able to practice in our 12 ft deep-end diving well without an instructor in the water. Our PREP swimmers spend 45-50 minutes in the water each practice. Once a swimmer has grown in their skills enough, they will be invited to join one of our COMP Teams.
- CLASS DURATION:** Prep classes are scheduled at 50 minutes long. Please expect your child to spend a 45-50 minutes in the water. After the class has ended, please feel free to discuss your child's progress with his or her instructor. Communication is key!
- DUES:** Lessons swimmers each have a **\$7** annual insurance fee due upon registration. This fee covers the fiscal year September-August. Lessons swimmers also have a session fee.
Fall session Sept 4- Dec 14----\$100
Winter session Jan 7-March 15-----\$75
Spring/Summer April 1-July 26---- \$100
- EQUIPMENT:** Prep swimmers are expected to have their own pair of goggles and fins. Sometimes we have a few spare pairs of goggles and fins at the pool, but we generally rely on you to bring your own gear with your swimmer each day. If you need to order fins, please visit the Apparel tab on our team website to find out how to order.
- MOVING UP FROM PREP TO COMP** requires approval from our COMP coaches. Sometimes this requires special sessions with one of our coaches to make sure your swimmer has the technique required and is ready to keep up in the lanes with the rest of the COMP Team. These move-up sessions are typically offered on Wednesday evenings and Saturday mornings.
 - For more information on what to expect when joining one of the COMP groups, please see the COMP Teams info sheets and/or the team website.