

'19 - '20 JERSEY STORM SWIMMING TRAINING PROGRAMS

PROGRAM	Monthly Training Fee ¹	ANNUAL (9/03 - 7/31)	WINTER & SPRING (9/03 - 6/14)	WINTER Only (9/03 - 3/29)	SPRING & SUMMER (4/06 - 7/31)	SPRING Only (4/06 - 6/14)	SUMMER Only (6/15 - 7/31)	2019 – 2020 PRACTICE SCHEDULES & TIMES						
								winter & spring practice schedule only, schedule subject to change						
								MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
BRONZE	\$ 75	\$ 935	\$ 860	\$ 635	\$ 410	\$ 297.50	\$ 185	6:00 - 7:00 PM		6:00 - 7:00 PM				9:15 - 10:15 AM
SILVER	\$ 95	\$ 1155	\$ 1060	\$ 775	\$ 490	\$ 347.50	\$ 205		6:00 - 7:15 PM		6:00 - 7:15 PM			8:15 - 9:30 AM
GOLD	\$ 115	\$ 1375	\$ 1260	\$ 915	\$ 570	\$ 397.50	\$ 225		6:25 – 8:00PM		6:25 – 8:00PM			8:40 - 10:15 AM
JUNIOR	\$ 150	\$ 1760	\$ 1610	\$ 1160	\$ 710	\$ 485	\$ 260	5:30 – 7:30 PM		5:30 – 7:30 PM		5:30 – 7:30 PM		7:00 – 9:00 AM
SENIOR 1	\$ 170	\$ 1980	\$ 1810	N/A	N/A	N/A	N/A	5:20 - 8:00 PM	5:20 - 8:00 PM	5:20 - 8:00 PM	5:20 - 8:00 PM	5:20 - 8:00 PM		7:00 - 9:30 AM
SENIOR 2	\$ 190	\$ 2200	N/A	N/A	N/A	N/A	N/A	5:00 - 8:00 PM	5:00 - 8:00 PM	5:00 - 8:00 PM	5:00 - 8:00 PM	5:00 - 8:00 PM		7:00 - 10:30 AM

(1) Team and USA Swimming reg fees in addition to monthly training fees

Multi-Swimmer & Military Training Fee discounts offered

SWIM TEAM PROGRAMS

DEVELOPMENTAL TRAINING PROGRAMS

BRONZE TRAINING PROGRAM

Beginning developmental group for swimmers ages 5 and older. Practice emphasis is on the teaching of the basic techniques of the four competitive strokes as well as starts, turns, and finishes. Swimmers will compete in local swim meets as assigned by the coach. Swimmers must be able to swim a full length of the pool (unassisted) in either freestyle or backstroke to be eligible for the Bronze group.

SILVER TRAINING PROGRAM

Developmental group for swimmers ages 7 and older. Practice emphasis is on the continued development of the four competitive strokes and individual medley as well as starts, turns, and finishes for all strokes. Swimmers will compete in local swim meets as assigned by the coach.

COMPETITIVE TRAINING PROGRAMS

GOLD TRAINING PROGRAM

The mid-level age group for swimmers 10 and older. Practice emphasis is on continuing stroke development as well as building an aerobic conditioning base needed for competition. Practices are held 3 days per week including in-water training and a stretching and dryland routine. Swimmers will compete in local swim meets as assigned by the coach.

High School Warm-Up Program

Offered from September through mid-November for HS swimmers looking to get a jump start on the High School Swim season. See Team website for more information.

COMPETITIVE TRAINING PROGRAMS

JUNIOR TRAINING PROGRAM

The top level age-group program for USA swimming athletes. Swimmers in this group are focused on conditioning themselves for competition while continuing stroke development. The program includes in-water training, stretching & dryland routine.

SENIOR 1 TRAINING PROGRAM

Designed for swimmers who are looking to commit to a year-round program that is focused on swimming at the age-group or regional level. Workouts are held 6 days per week and will include in water training as well as a 5x per week dryland program designed to introduce the athlete to muscular flexibility, muscle building, and core strength. Swimmers will also benefit from advanced training routines, an in-depth nutritional analysis, and an extensive goal plan each season.

SENIOR 2 TRAINING PROGRAM

The top training program designed for swimmers who are committed to a year-round program that is focused on swimming at the regional & national level. Full commitment to the sport is required. Workouts are held 6 days per week and will include in-water training as well as a 5x per week dryland program designed to introduce the athlete to muscular flexibility, muscle building, and core strength. Swimmers will also benefit from advanced training routines, an in-depth nutritional analysis, and an extensive goal plan each season. **Swimmers in this group are required to maintain 80% practice attendance, and 100% meet attendance.**

- Annual commitment is required. Swimmers must meet with head coach prior to joining.

www.jerseystormswimming.org

PRE-SWIM TEAM PROGRAM

Beginner swim instruction for ages 5 - 12 yrs offered year-round. Instructors work with swimmers in the water in small groups. Minimum age is 5 years old. Swimmers can begin with any session and will progress through the program learning the basic skills of swimming. Each session consists of six :25 minute lessons.

Cost: \$100/Session (6 lessons; 1 lesson per week for six weeks)

Capacity: Maximum of 6 students per group

Session Schedule (subject to change):

- Session 1: September 12th - October 17th
- Session 2: November 7th - December 19th (no class Nov 28th)
- Session 3: January 9th - February 13th
- Session 4: March 5th April 16th (no class April 2nd)
- Session 5: May 7th - June 11th
- Session 6: June 18th - July 23rd

Make-up dates will be the date immediately following the end dates, the same day as the lesson

Class Levels, Days & Times:

- **Level 1:** This is the first step in learning to swim. The main focus is on independent water entry and exit, buoyancy, proper arm and leg movement, and increasing overall comfort in the water. **Thursdays 6:00-6:25PM**
- **Level 2:** The focus is on proper breathing, moving through the water independently, flotation, streamline, and mechanics for freestyle and backstroke. **Thursdays 6:30-6:55PM**
- **Level 3:** This class focuses on expanding freestyle and backstroke stroke knowledge and skill, treading water, diving, and streamlining under water. Breaststroke and butterfly mechanics are introduced. **Thursdays 7-7:25PM**
- **Level 4:** This course continues the skills learned in level 3. The focus is on stroke enhancement and swimming endurance, treading water, starts and turns. **Thursdays 7:30-7:55PM**

JERSEY STORM SWIMMING

FACILITIES

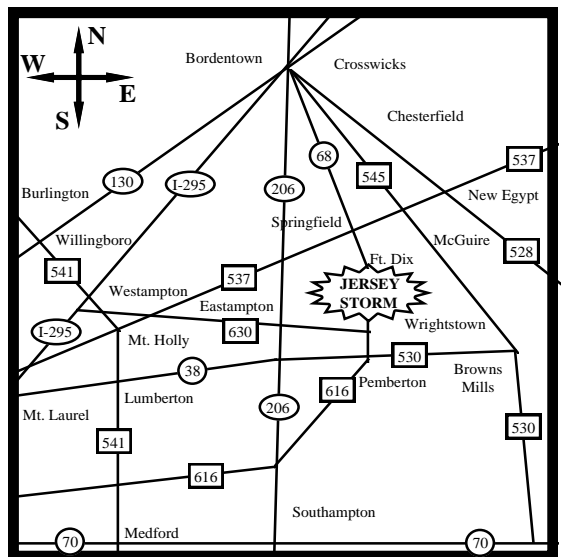
The JB MDL Aquatic facilities include two indoor pools and a 10 lane outdoor pool. The indoor pools include a 6-lane, 25-yard pool with a full Colorado Timing System and Paragon starting blocks, and a 4-lane, 20-yard training pool.

TEAM TRYOUTS

New team swimmers are required to attend a tryout. The tryout allows the parents and swimmer to learn about the team and for the coaches to meet and evaluate the swimmers to place them in the program that will benefit them the most. Please e-mail us if you are interested in trying out (so that we can arrange base access).

LOCATION / DIRECTIONS

JERSEY STORM SWIMMING practices at Joint Base McGuire-Dix-Lakehurst, NJ in northern Burlington County, close to Mercer, Monmouth, and Ocean Counties. The pools are within 25 minutes of Chesterfield, Mansfield, Springfield, Bordentown, Allentown, Burlington, Mt. Holly, Pemberton, Browns Mills, Southampton, New Egypt, Cream Ridge, Jackson, Hamilton, Trenton, Medford, & Mt. Laurel. The pools are located next to the Ft. Dix Parade Grounds at the intersection of 10th Street and Doughboy Loop, JB MDL (6000 Doughboy Loop, JB MDL 08640).



JERSEY STORM SWIMMING

Jersey Storm Swimming is a year-round competitive swim team and a member of USA Swimming, dedicated to providing opportunities for swimmers to learn and grow through swimming and competition. Our program is open to both civilian and military members and has swimmers ages 6 – 18yrs old. We offer swim programs to fit all skill levels, commitments and goals. Each program provides a balance of instructional and physical training to help swimmers reach their full potential. In addition to practice and training, all team members are encouraged to participate in swim meets and other team activities.

Some of the important benefits and reasons to consider Jersey Storm Swimming are:

- QUALITY training programs
- Experienced, knowledgeable, dedicated and enthusiastic coaching staff
- Excellent Coach to Swimmer ratio (~15 swimmers per coach)
- "Open door" communication policy between coaches, swimmers & parents
- Family (>1 swimmer) & Military (10%) Training Fee discounts

JERSEY STORM GOALS

Our team philosophy and goals reflect our commitment towards swimming & character development. JERSEY STORM SWIMMING strives to:

- Provide quality coaching, training and competition for all team members;
- Motivate all members to realize their full potential in the sport of swimming;
- Develop life skills such as self-discipline, self-confidence, good sportsmanship, setting and working to achieve goals;
- Provide opportunities to grow emotionally, socially and educationally through consistent training, competition, and travel

COACHING STAFF

Jersey Storm is committed to providing all swimmers with quality coaching. Each program will have dedicated, experienced, and enthusiastic coaches to provide each swimmer the individual attention and instruction that they deserve.

INFORMATION & QUESTIONS

If you have questions, would like to schedule a try-out, or would like additional information, please contact us:

E-Mail: admin@jerseystormswimming.org
Website: www.jerseystormswimming.org

JERSEY STORM SWIMMING

P.O. BOX 369 JB MDL, NJ 08640
E-Mail: admin@jerseystormswimming.org
Website: www.jerseystormswimming.org

A YEAR-ROUND COMPETITIVE AND DEVELOPMENTAL SWIM TEAM



"CAN'T CALM THE STORM!"

Winter Swimming Starts Tuesday, Sept 3, 2019
Spring Swimming Starts Monday, April 6, 2020
Summer Swimming Starts Monday, June 15, 2020

