

# '17 - '18 JERSEY STORM SWIMMING TRAINING PROGRAMS

| PROGRAM  | ANNUAL<br>(9/05 - 7/29) | WINTER & SPRING<br>(9/05 - 6/17) | WINTER Only<br>(9/05 - 4/01) | SPRING & SUMMER<br>(4/09 - 7/29) | SPRING Only<br>(4/09 - 6/17) | SUMMER Only<br>(6/18 - 7/29) | 2017 – 2018 PRACTICE SCHEDULES & TIMES*                                      |                |                |                |                |                 |
|----------|-------------------------|----------------------------------|------------------------------|----------------------------------|------------------------------|------------------------------|--|----------------|----------------|----------------|----------------|-----------------|
|          |                         |                                  |                              |                                  |                              |                              | *winter & spring practice schedule only, practice schedule subject to change |                |                |                |                |                 |
|          |                         |                                  |                              |                                  |                              |                              | MONDAY   | TUESDAY        | WEDNESDAY      | THURSDAY       | FRIDAY         | SATURDAY        |
| BRONZE   | \$ 935                  | \$ 860                           | \$ 635                       | \$ 410                           | \$ 300                       | \$ 185                       | 6:00 - 7:00 PM   |                | 6:00 - 7:00 PM |                |                | 9:00 - 10:00 AM |
| SILVER   | \$ 1155                 | \$ 1060                          | \$ 775                       | \$ 490                           | \$ 350                       | \$ 205                       |  | 6:00 - 7:15 PM |                | 6:00 - 7:15 PM |                | 8:45 - 10:00 AM |
| GOLD     | \$ 1375                 | \$ 1260                          | \$ 915                       | \$ 570                           | \$ 400                       | \$ 225                       |  | 6:25 – 8:00PM  |                | 6:25 – 8:00PM  |                | 8:25 - 10:00 AM |
| JUNIOR   | \$ 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 | \$ 1980                 | N/A                              | 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 | 6:00 - 8:00 PM | 7:00 - 9:30 AM  |
| SENIOR 2 | \$ 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 | 6:00 - 8:00 PM | 7:00 - 10:30 AM |

Required USA swimmer registration fee additional

Family & Military Training Fee discounts

Practice attendance highly encouraged but 100% attendance not required

## SWIM TEAM PROGRAMS

### DEVELOPMENTAL TRAINING PROGRAMS

#### BRONZE TRAINING PROGRAM

Beginning developmental group for swimmers ages 5 and older. Emphasis is on the teaching of the basic techniques of the four competitive strokes as well as starts, turns, and finishes. The goal of this group is for swimmers to swim each stroke correctly. Practices include a stretching routine. Swimmers will compete in local swim meets as assigned by the coach. Swimmers must be able to swim 25yds unassisted (freestyle or backstroke) to participate.

#### SILVER TRAINING PROGRAM

Developmental group for swimmers ages 7 and older. Primary emphasis is on the continued development of the four competitive strokes, the individual medley, starts, turns, and finishes. Practices include a stretching and dryland routine. Aerobic conditioning is introduced. The goal of this group is for swimmers to train 50's of strokes and 100IM. Swimmers will compete in local swim meets as assigned by the coaching staff.

### COMPETITIVE TRAINING PROGRAMS

#### GOLD TRAINING PROGRAM

The mid-level age group for swimmers ages 10 and older. Practice emphasis is placed on continuing stroke development as well as building an aerobic conditioning base needed for competition. Speed/race training is introduced. The goal of this group is for swimmers to train 100's of strokes and 200IM. Practices include a stretching and dryland routine. Swimmers will compete in local swim meets as assigned by the coaching staff.

#### High School Warm-Up Program

Offered from September through mid-November and April through June for HS age swimmers looking to get a jump-start on the High School or summer swim season. See team website for more information.

### COMPETITIVE TRAINING PROGRAMS

#### JUNIOR TRAINING PROGRAM

The top-level age-group program for ages 12 and older. Emphasis is on stroke technique, aerobic conditioning, and development of speed/race training. The goal of this group is for swimmers to train 200's of strokes and 400IM and to compete in all events. Practices include a stretching and dryland routine.

#### SENIOR 1 TRAINING PROGRAM

Designed for swimmers who are committed to a year-round program that is focused on swimming at the age-group or regional level. Workouts will be 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. The goal of this group is for swimmers to train for JO's and Senior Champs meets.

#### 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 will be 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. The goal of this group is for swimmers to train for Sectional and National meets. **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](http://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: Week of September 4<sup>th</sup>- Week of October 9<sup>th</sup>
- Session 2: Week of October 30<sup>th</sup>- Week of December 4<sup>th</sup>
- Session 3: Week of January 1<sup>st</sup>- Week of February 5<sup>th</sup>
- Session 4: Week of February 26<sup>th</sup>- Week of April 9<sup>th</sup>
- Session 5: Week of April 30<sup>th</sup>- Week of June 4<sup>th</sup>
- Session 6: Week of June 18<sup>th</sup>- Week of July 23<sup>rd</sup>

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. **Thu 6:00-6:25PM**
- **Level 2:** The focus in level two is on proper breathing, moving through the water independently, flotation, streamline, and mechanics for freestyle and backstroke. **Thu 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. **Thu 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. **Thu 7:30-7:55PM**

## JERSEY STORM SWIMMING

### FACILITIES

The Fort Dix 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 warm-up/teaching pool.

### TEAM TRYOUTS

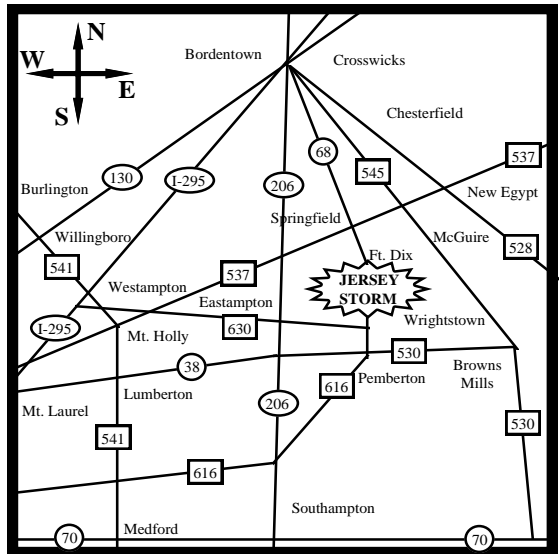
New team swimmers are required to attend a tryout session. The tryout session allows the parents and swimmer to learn about the team and for the coaches to meet and evaluate the swimmers to place them in the program that will benefit them the most. Tryout/Registration sessions will be held at the Ft. Dix Outdoor Pool on

- Tuesday, August 8, 2017 at 5:00PM
- Tuesday, August 29, 2017 at 5:00PM

Additional tryout dates are available. Please contact us to schedule a tryout.

### LOCATION / DIRECTIONS

The JERSEY STORM SWIM TEAM swims at Fort Dix, 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 (soccer fields), at the intersection of 10th Street and Doughboy Loop, Ft. Dix.



## JERSEY STORM SWIMMING

Jersey Storm Swimming is a year-round competitive swim team and part of a national organization, USA Swimming, dedicated to providing opportunities for swimmers to learn and grow through swimming and competition. 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. All swimmers will be placed in the training program that will benefit and challenge them the most.

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, need additional information, would like to schedule a try-out, please contact us:

E-Mail: [admin@jerseystormswimming.org](mailto:admin@jerseystormswimming.org)  
Website: [www.jerseystormswimming.org](http://www.jerseystormswimming.org)

# JERSEY STORM SWIMMING

P.O. BOX 369 FT. DIX, NJ 08640

E-Mail: [admin@jerseystormswimming.org](mailto:admin@jerseystormswimming.org)

Website: [www.jerseystormswimming.org](http://www.jerseystormswimming.org)

Head Coach: Jack Bower, ASCA Level III Coach

## A YEAR-ROUND DEVELOPMENTAL AND COMPETITIVE SWIM TEAM



## "CAN'T CALM THE STORM!"

Winter Swimming Starts Tuesday, Sept 5, 2017

Spring Swimming Starts Monday, April 9, 2018

Summer Swimming Starts Monday, June 18, 2018

Proud member of

