2017-2018 Short Course Season
Gold III Level

Level Description:

The first of our Gold select programs. Swimmers in Gold programs are expected to embody the EDGE values of hard work, discipline, friendliness, respect, sportsmanship, and the focus of process over outcome. Gold swimmers are expected to be peer models for all swimmers. Gold III is for swimmers ages 13 and older who are interested in training 4 times per week. Swimmers will learn and develop advanced racing skills and strategies in all four strokes. Swimmers will improve their discipline, focus, and leadership skills. Gold III swimmers are required to attend all local meets and all championship meets they qualify for.

Ability, Skill & Practice Requirements:

All ability and skill requirements will be closely followed and implemented by the EDGE coaching staff. The head coach's discretion is final in determining athlete placement within the EDGE program.

- Swimmers ages 13-14 meet silver qualifying standards in at least 3 events
- Swimmers ages 15-18 meet regional qualifying standards in at least 4 events
- All swimmers are expected to be able to perform all four strokes with efficient technique
- All swimmers must maintain an average of 4 practices/week

Schedule: August 28th, 2017 – March 2nd, 2018

MON	TUE	WED	THU	FRI	SAT
6:15pm-8:30pm	6:15-8:30pm	6:15-8:30pm	6:15-8:30pm	6:15-8:30pm	8:15-10:30am

- 6:15-6:30pm Dynamic Dryland Warm-Up
- 6:30-8:00pm Swim
- 8:00-8:30pm Dryland
- SAT: 8:15-8:30am Dynamic Dryland Warm-up, 8:30-10:30am swim
- W/F AM practice of 5:45-7:00am ONLY for swimmers that have scheduling conflicts preventing them from attending 4 practices within schedule displayed above

Fees:

Member FULL	Non-Member FULL	Member Monthly	Non-Member Monthly
$2,000.00	$2,200.00	$335.00	$370