



**Green Mountain Aquatics** provides every swimmer with a safe, healthy, and positive competitive program in New England for technique, training, commitment, development, and personal excellence.

The GMA Developmental Programs are designed to introduce swimmers to the competitive strokes, starts and turns. Endurance and dryland training is utilized to improve each swimmer's overall fitness level. These GMA programs teach the four competitive strokes, basic training principles, sportsmanship and team leadership concepts necessary for long term success in competitive swimming. The coaches anticipate introducing many new swimmers to the sport and encouraging many returning athletes in their swimming goals through these programs!

### **GMA DEVELOPMENTAL PROGRAMS – SHORT COURSE/ FALL & WINTER 2022-2023**

<b>GMA - Burlington</b>	<b>Dates</b>	<b>Training Times</b>	<b>Program Fees</b>	<b>Program Notes</b>
<p><b>GMA Prep Group</b>  <i>This introductory program, designed <b>for 8 and younger swimmers</b>, teaches the strokes and skills needed to race for the GMA Swim Team. Swimmers work primarily on Freestyle and Backstroke skills and will be introduced to Butterfly, Breaststroke and competitive swimming skills, like starts and flip-turns. GMA coaches provide positive coaching and encouragement to teach new athletes the beginning skills in the sport.</i></p>	<p>9/6/22-2/24/23 Short Course</p> <p>4/3/23-7/28/23 Long Course Long course training times to be published in 2023</p>	<p><b>9/6/22-2/24/23</b>  <u>Monday through Thursday</u>            6:30-7:00 PM</p>	<p><u>Registration Fee</u> NONE</p> <p><u>1 Practice Per Week Maximum</u> \$75.00 per month</p> <p><u>2 Practices Per Week Maximum</u> \$85.00 per month</p> <p><u>3 Practices Per Week Maximum</u> \$95.00 per month</p>	<p>30 Minutes Swimming</p> <p>No training in March or August</p>
<p><b>State Group</b>  <i>The State Group is a fun beginner-level program <b>for 10 and younger swimmers</b>. Athletes will grow in the sport by learning the basics of stroke, skill and dryland technique. Athletes may train up to 3 sessions per week and may choose to compete at the GMA and UVAC Meets.</i></p>	<p>9/6/22-2/24/23 Short Course</p> <p>4/3/23-7/28/23 Long Course Long course training times to be published in 2023</p>	<p><b>9/6/22-2/24/23</b>  <u>Monday through Friday</u>            6:00-7:00 PM</p>	<p><u>Registration Fee</u> \$25.00 per season</p> <p><u>2 Sessions Per Week Maximum</u>            \$985.00 Short Course Season  <i>Billed in 6 monthly payments:</i>            \$160.00 per month (\$135.00 team fees, \$25.00 team support)</p> <p><u>3 Sessions Per Week Maximum</u>            \$1050.00 Short Course Season  <i>Billed in 6 monthly payments:</i>            \$175.00 per month (\$150.00 team fees, \$25.00 team support)</p> <p><u>Single Month Option</u> \$190.00 per month (\$165.00 team fees, \$25.00 team support)</p>	<p>30 Minutes Dryland 30+ Minutes Swimming</p> <p>No training in March or August</p>

## **GMA DEVELOPMENTAL PROGRAMS – SHORT COURSE/ FALL & WINTER 2022-2023**

<b>GMA - Burlington</b>	<b>Dates</b>	<b>Training Times</b>	<b>Program Fees</b>	<b>Program Notes</b>
<b>Regional Group</b> <i>Athletes in the Regional Group will strengthen their swimming technique, racing skills and dryland standards. With a positive and supportive team environment, Regional Group athletes may train up to 3 sessions per week. The Regional Group is designed to meet the developmental needs of our <b><u>12 and younger athletes</u></b> as they progress in the sport through New England Swimming competitions including the GMA and UVAC Meets</i>	9/6/22-2/24/23 Year-Round	<b>9/6/22-2/24/23</b> <u>Mon through Friday</u> 6:00-7:30 PM	<u>Registration Fee</u> \$25.00 per season	30+ Minutes Dryland 45+ Minutes Swimming  No training in March or August
	9/6/22-2/24/23 Short Course		<u>3 Sessions Per Week Maximum</u> \$1,225.00 Short Course Season <i>Billed in 6 monthly payments:</i> \$190.00 per month year-round (discounted rate for 10 month payment commitment) (\$165.00 team fees, \$25.00 team support) \$200.00 per month seasonal	
	4/3/23-7/28/23 Long Course Long course training times to be published in 2023		\$200.00 per month seasonal (\$175.00 team fees, \$25.00 team support)  <u>Single Month Option</u> \$215.00 per month (\$190.00 team fees, \$25.00 team support)	

*\*All training times are subject to change based on facility availability.*

\*\* Additional fees and costs include meet entry fees and team equipment costs for caps, suits, t-shirts and optional team gear.

Please visit our team website at [www.gmaswim.com](http://www.gmaswim.com) for more team information and to **REGISTER ONLINE TODAY.**

Click [HERE](#) to link to read the specific requirements for each training group.

Please call Laura Matuszak at 802-238-9168 with any questions.

## GMA SELECT PROGRAMS – SHORT COURSE/ FALL & WINTER 2022-2023

<b>GMA - Burlington</b>	<b>Dates</b>	<b>Training Times</b>	<b>Program Fees</b>	<b>Program Notes</b>
<p><b>Age Groups Group</b></p> <p><i>The Age Groups Group coaches provide a goal-oriented environment for <b>11-14 year old swimmers</b> interested in training 3 or more sessions per week. Athletes will refine their strokes and skills and improve their dryland training through the increased training offered in this group. Focus meets for this group include the New England Silvers Meet and the New England 11-14 Age Group Championship Meet</i></p>	<p>9/6/22-8/11/23 Year-Round</p> <p>9/6/22-3/24/23 Short Course</p> <p>4/3/23-8/11/23 Long Course <i>Long course training times to be published in 2023</i></p>	<p><b>9/6/22-3/24/23</b> <u>Monday through Friday</u> 6:00-8:00 PM</p> <p><u>Saturday</u> 6:30-8:30 AM (required for athletes 12 and older seeking move-up within next 6 months)</p>	<p><u>Registration Fee</u> \$50.00 per season</p> <p><u>4 Sessions Per Week Maximum</u> \$1,730.00 Short Course Season <i>Billed in 7 monthly payments:</i> \$230.00 per month year-round (discounted rate for 12 month payment commitment.) (\$205.00 team fees, \$25.00 team support) \$240.00 per month seasonal (\$215.00 team fees, \$25.00 team support)</p> <p><u>6 Sessions Per Week Maximum</u> \$1,870.00 Short Course Season <i>Billed in 7 monthly payments:</i> \$250.00 per month year-round (discounted rate for 12 month payment commitment) (\$225.00 team fees, \$25.00 team support) \$260.00 per month seasonal (\$235.00 team fees, \$25.00 team support)</p> <p><u>Single Month Options</u> \$255.00 per month – 4 sessions per week (\$230.00 team fees, \$25.00 team support) \$275.00 per month – 6 sessions per week (\$250.00 team fees, \$25.00 team support)</p>	<p>30+ Minutes Dryland 45+ Minutes Swimming</p> <p>Between one week and two weeks break in March and August</p>
<p><b>Senior Group</b></p> <p><i>Senior Group athletes focus on intensive training and learning to gain the strength and skill required for long term success in our sport. Senior Group <b>athletes must be 13 years of age or older and committed to training as many as 6 sessions per week.</b> Athletes' goals in this program include competing at the New England Silver Meet and the New England Age Group Championship Meets</i></p>	<p>9/6/22-8/18/23 Year-Round</p> <p>9/6/22-3/31/23 Short Course</p> <p>4/3/23-8/18/23 Long Course <i>Long course training times to be published in 2023</i></p>	<p><b>9/6/22-3/31/23</b> <u>Monday through Friday</u> 6:00-8:30 PM</p> <p><u>Saturday</u> 6:30-9:30 AM (required for Championship meets)</p>	<p><u>Registration Fee</u> \$50.00 per season</p> <p><u>6 Sessions Per Week Maximum</u> \$2,115.00 Short Course Season <i>Billed in 7 monthly payments:</i> \$285.00 per month year-round (discounted rate for 12 month payment commitment) (\$260.00 team fees, \$25.00 team support) \$295.00 per month seasonal (\$270.00 team fees, \$25.00 team support)</p> <p><u>Single Month Option:</u> \$310.00 (\$285.00 team fees, \$25.00 team support)</p>	<p>50+ Minutes Dryland 60+ Minutes Swimming</p> <p>Two-week break in August</p>

## GMA SELECT PROGRAMS – SHORT COURSE/ FALL & WINTER 2022-2023

<b>GMA - Burlington</b>	<b>Dates</b>	<b>Training Times</b>	<b>Program Fees</b>	<b>Program Notes</b>
<p><b>Sectional Group</b>  <i>Sectional Group athletes increase their training, commitment and team leadership as they focus their goals on racing their best each season at the New England Age Group and Senior Championship Meets as well as the EZ Speedo Championship Sectional Meet. Sectional Group <b>athletes must be 13 years of age or older and committed to training 7 sessions per week.</b> Double session schedule to be determined with the primary coach.</i></p>	<p>9/6/22-8/18/23 Year-Round</p> <p>9/6/22-3/31/23 Short Course</p> <p>4/3/23-8/18/23 Long Course  <i>Long course training times to be published in 2023</i></p>	<p><b>9/6/22-3/31/23</b>  <u>Monday through Friday</u>                      6:00-8:30 PM</p> <p><u>Saturday</u>                      6:30-9:30 AM (required for Championship meets)</p> <p><u>Double Session:</u>                      Fri 5:30-7:00 AM</p>	<p><u>Registration Fee</u>                      \$50.00 per season</p> <p><u>7 Sessions Per Week Maximum</u>                      \$2,220.00 Short Course Season  <i>Billed in 7 monthly payments:</i>                      \$300.00 per month year-round (discounted rate for 12 month payment commitment) (\$275.00 team fees, \$25.00 team support)                      \$310.00 per month seasonal (\$285.00 team fees, \$25.00 team support)  <u>Single Month Option: \$325.00</u> (\$300.00 team fees, \$25.00 team support)</p>	<p>50+ Minutes Dryland                      60+ Minutes Swimming</p> <p>Two-week break in August</p>
<p><b>National Group</b>  <i>National Group athletes are outstanding team leaders and exemplify the best attitudes and effort in our sport. National Group athletes are focused on year-round, intensive and specific training in preparation for the EZ Speedo Championship Sectional Meet, USA Swimming Junior National Meet and the USA Swimming National Meet. National Group <b>athletes must be 13 years of age or older and committed to training up to 9 sessions per week.</b> Double session schedule to be determined with the primary coach.</i></p>	<p>9/6/22-8/18/23 Year-Round</p> <p>9/6/22-3/31/23 Short Course</p> <p>4/3/23-8/18/23 Long Course  <i>Long course training times to be published in 2023</i></p>	<p><b>9/6/22-3/31/23</b>  <u>Monday through Friday</u>                      6:00-8:30 PM</p> <p><u>Saturday</u>                      6:30-9:30 AM (required for Championship meets)</p> <p><u>Additional Training Sessions:</u>                      Fri 5:30-7:00 AM + Strength and Conditioning Sessions (TBD)</p>	<p><u>Registration Fee</u>                      \$50.00 per season</p> <p><u>9 Sessions Per Week Maximum</u>                      \$2,325.00 Short Course Season  <i>Billed in 7 monthly payments:</i>                      \$315.00 per month year-round (discounted rate for 12 month payment commitment) (\$290.00 team fees, \$25.00 team support)                      \$325.00 per month seasonal (\$300.00 team fees, \$25.00 team support)  <u>Single Month Option: \$345.00</u> (\$320.00 team fees, \$25.00 team support)</p>	<p>50+ Minutes Dryland                      60+ Minutes Swimming</p> <p>Time off as planned with the coaching staff.</p>

**\*All training times subject to change based on facility availability.**

\*\* Additional fees and costs include meet entry fees and team equipment costs for caps, suits, t-shirts and optional team gear.

**Please visit our team website at [www.gmaswim.com](http://www.gmaswim.com) for more team information and to REGISTER ONLINE TODAY. Please call Laura Matuszak all 802-238-9168 with any questions. Click [HERE](#) to link to read the specific requirements for each training group.**