**Sailfish USA Swimming Programs**

**Sept 7, 2021- Mar 25, 2022**

**COVID 19 is still around and we continue to monitor the Safety Guidelines provided by our Board of Health and the CDC Guidelines continue to evolve and our protocols will be based on the most current recommendations. Please know that social distancing, wearing face masks, limited swimmers/lane, daily attestations, strict drop off and pick up times are all being considered for the fall to keep the swimmers and coaches safe during practices. We will send out the finalized guidelines to all registered swimmers before the season starts. Please note that they could change as the season progresses. And note that practice size may be limited due to an abundance of caution.**

**Sailfish USA 1**

For swimmers getting started with USA swimming. Swimmers will practice with their age group and pay the USA registration fee. *\*\*Please note that there are additional USA meet fees and coaching fees for USA 1*

**Sailfish USA 2**

1. For swimmers 11 & older who have been doing USA swimming and will practice 3x/week
2. Swimmers must be able to do 5 x 100 free on 1:45 and do a legal 200 IM to participate in this practice
3. **Practices**: Mon/Wed 5:30-6:30pm or Tue/Thur 5:30-6:30pm and Friday 3:30-5pm

**Sailfish USA Senior**

1. This program is for swimmers aged 12 and older who have been doing USA swimming and will practice 3x/week
2. Swimmers must be able to do 5 x 100 free on 1:20-1:30 and do 3x200 IM on 3:40 to participate in this practice
3. **Practices:** Mon/Wed 6:30-8pm OR Tue/Thur 6:30-8pm and Fridays 3:30-5pm or 5-6:30 (coaches determine which Fri practice you attend)

**Pricing** **USA Swimming Practices**

**Sailfish USA 2\***

 **Registration Fee** $40/swimmer, includes Sailfish Cap and t-shirt

 **Per Swimmer**  $1250 in full or $190/month for 7 months

**SRFC Members** $1190 in full or $180/month for 7 months

**Sailfish USA Senior\***

 **Registration Fee** $40/swimmer, includes Sailfish Cap and t-shirt

 **Per Swimmer**  $1450 in full or $225/month for 7 months

 **SRFC Members** $1390 in full or $215/month for 7 months

**Payment is required to hold your spot All fees are non-refundable**

**Practice times are subject to change especially over vacation weeks**

**\* REQUIREMENTS for USA swimmers**:

TYR crossblade/sporti training Fins, pullbouy, 12 & older swimmers need finis agility paddles and swim snorkel

\*Space is limited in these practices and these practices require coach approval

\*USA Registration fee ($87) required

\*Individual USA meet entry and event fees are paid for each meet signed up for.

\*USA meets must be signed up for well in advance and if you commit to a meet you are responsible for the meet fees even if you do not participate in the meet due to a change in your schedule.

**AAU registration** for those interested in AAU meets which run Jan-Aug (registration year is Sept 1-Aug 31)

**REGISTRATION**: **Current and past Sailfish swimmers:** Sign up online through the website starting WED, Aug 18th at 8am (sailfishswimteam.com)

 **Scituate Racquet Club Members:** evaluation Tues 8/24, 4-5pm (before open tryouts)or by contacting Coach Barb at barb@sailfishswimteam.com

 **New to Sailfish Swimmers**: Evaluation/tryout TUES, 8/24 from 5-6pm and

 WED 8/25 from 5-6pm IF SPACE IS AVAILABLE\*\* Sign up AFTER Eval/tryout

 \*\*Space is limited and filled on a first come first serve basis. Payment is required to hold your spot. Current and past Sailfish swimmers have first opportunity to sign up. If the program fills before new to Sailfish evals it will be posted on the website\*\*

 **ALL EVALUATIONS/TRYOUTS ARE AT SCITUATE RACQUET CLUB POOL**

**Questions:** Contact CoachBarb T **barb@sailfishswimteam.com**