



Spring Session 2023

While there may be a few competitive opportunities built into the spring session, the main purpose of this part of the year is to will focus on building a base and a technical emphasis on stroke development in all four competitive strokes. Our Sr/Jr training group will begin with a water polo session for the first 4 weeks that will help to enhance their leg strength all while learning how to play the fantastic team water sport. In all groups, space is limited...but we will do our best to create opportunities for interested athletes. Questions – Contact Coach Zac 315-569-5387 or zmekker@gmail.com.



2023 SPRING TRAINING OPTIONS

SENIOR/JUNIOR – (MAY 1-JUNE 22)

\$295 (Payment plan 2 x \$155) – 4 practices per week typically 1.5 to 2 hours in length

Tentative Schedule: Mon, Tues, Wed, Fri

AG2/AG1 – (MAY 1 – JUNE 22):

\$250 (Payment plan 2 x \$135) – 3 practices per week typically 1.5 hours in length

Tentative Schedule: AG2 – Mon, Wed, Fri evenings. AG1 – Mon, Tues, Wed



DEVELOPMENTAL (MAY 1-JUNE 22):

\$155 – typically 2 practices per week (*Typically Tuesday and Friday evenings*)

REGISTRATION PROCESS

ALL REGISTRATIONS WILL TAKE PLACE ONLINE.

HEAD TO THE JETS WEBSITE AND SELECT THE

“[SWIM TEAM REGISTRATION](#)” BUTTON.



REGISTRATION WINDOWS: Returning Swimmers ~ Opens April 1st

NEW Swimmers: We will begin contacting new athletes on our waiting lists on April 16th to inquire about filling the remaining open slots.

USA REGISTRATION: All athletes must be registered with USA Swimming for 2023. NEW Athletes will register for USA Swimming after a 2-day trial. This is separate to the JETS Registration.

Once Capacity Limits have been hit for a training group, athletes will be added to waiting lists. In this case, money will not be collected until an athlete has been provided a spot on a roster.