



Winter Session 2023

The Liverpool Jets athletes and coaches will be back poolside on a regular basis. We are thrilled to be back home in the newly renovated LHS POOL! As always, athlete and coach safety is our first priority. Training sessions will focus on rebuilding technique while bringing in the training component that will allow us to develop the endurance and abilities of our athletes in all four competitive strokes. 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 WINTER TRAINING OPTIONS



SENIOR/JUNIOR – (NOV 28-APR 1)

\$680* (Payment Plan 4 x \$180) – 4-5 practices per week typically 1.5 to 2 hours in length

AG2/AG1 – (NOV 28- APR 1):

\$560* (Payment Plan 4 x \$145) – 3-4 practices per week typically 1.5 hours in length

AG BOYS MODIFIED (NOV 28-DEC 31, MAR 1-APRIL 1):

\$240 – 3-4 practices per week typically 1.5 hours in length, *(Boys in grades 7-8 swimming scholastically)*

BOYS HIGH SCHOOL (IN SEASON TRAINING + FEB 21-APRIL 1):

\$170 – Season begins after the conclusion of HS Season in Feb *(Boys in grades 9-12 swimming scholastically)*

DEVELOPMENTAL (JAN 9-APRIL 1):

\$195 – typically 2 practices per week

*Payment Plans are available for these training options. Credit Cards will be billed at registration, Jan 1, Feb 1, and March 1. [Outreach programs are also available](#) for families in need of financial assistance. See our website for details.

REGISTRATION PROCESS

ALL REGISTRATIONS WILL TAKE PLACE ONLINE.

**HEAD TO THE JETS WEBSITE AND SELECT THE
“SWIM TEAM REGISTRATION” BUTTON.**



REGISTRATION WINDOWS: Returning ~ Opens Nov 17th, NEW Swimmers: November 25th

USA REGISTRATION: All athletes must be registered with USA Swimming for 2023. This now occurs directly with USA Swimming. *After* JETS registration is complete, a link will be provided.

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.