

Group Breakdowns and Expectations

PASA- DKS believes that, to perform your best, you need a great foundation to build off of. We have 2 tracks for swimmers based on both their experience with the sport as well as their current ability level. All of our groups will focus on the fundamentals of great technique and our group structure reflects this belief. Swimmers will be asked to complete the skills necessary at each level before they are considered eligible for moving up.

The main difference between the structure of the Developmental and Competitive Programs is that the Competitive programs has both practice and meet requirements. By requiring swimmers to attend a certain amount of practices per week, we are giving the minimum that we believe will allow that age of swimmer to continue to progress with their age group. While requiring racing at Meets allows for swimmers to learn how to track their progress, set goals, and evaluate their swimming. Swimmers in the Developmental Program have the freedom to decide how many practices to come to per week as well as whether to or not to attend meets.

When looking at moving a swimmer to a different group coaches will start with the swimmers age , commitment level, progress, and attitude as well as additional factors such as “coach-ability,” social and emotional maturity, and a swimmers ability to be part of the TEAM before making a final decision. The swimmer's current coach will make the final decision. Swimmers/Families who contact other coaches on the team to advance WILL NOT be considered eligible for advancement.

The Developmental Program:

The Developmental Program is all about learning! In 2014, PASA-DKS decided to open up additional entry points for swimmers to allow for greater access to our sport, while also allowing multi-sport athletes to continue having access to our program! Out of all of our Groups, the Developmental Groups are the most important! It is also where our swimmers learn the details that will become the habits that make the difference when they grow into Elite Athletes! These swimmers do not have practice or meet requirements, but will participate in our team fundraiser.

*Please note that age ranges are approximates and are not concrete guidelines.

<u>Developmental Groups</u>	Practice Times	Description		Monthly Mem/ Non	Quarterly Mem/ Non
Black Group 8 and Under	Mon-Thurs: 4-4:40pm	Swimmers must be able to swim 25 Free and Backstroke without assistance	Lesley	\$99/ \$110	\$268/ \$297
Red Group 9-11 years Old	Mon- Thurs: 4:40-5:30pm	Swimmers should be able to do 100 Fr and Back as well as legal Breaststroke and Butterfly	Lesley	\$113/ \$125	\$304/ \$337
JV Group 12-14 years old	M-Thurs: 5:30-6:30 Fr: 4-5p Sat: 10-11:30a	Ages 11 and under, focus on meet details/legal races and I.M. , focuses on preparing for High School Swimming	Lesley/ Dana	\$122/ \$135	\$328/ \$365
High School Athletes	M-F: 5:30-7:15p Sat: 7-9am	This group focuses on Fitness Swimming and preparing swimmers for their High School Season	Paul	\$153/ \$170	\$413/ \$459

We have combined and redistributed these groups to better accommodate our athletes as well as create strong age group appropriate groups as swimmers move through our developmental program into our competitive program or into their High School Swimming Programs.

Monthly Fee covers each month and is due before the 5th day of each month and will be considered late after the 15th day of each month. A late fee of 15% will be added to accounts that are over 21 days late.
Quarterly Fees cover the following periods: Quarter 1: Sept-Nov, Quarter 2: Dec-Feb, Quarter 3: March-May.
June and July will be combined for a reduced fee.

The Annual Registration Fee for these groups is \$150 in September and \$50 if the swimmer moves into a competitive group which requires participation in USS Sanctioned Swim Meets. This registration fee covers the \$73 fee for registration with Pacific Swimming as well as 2 T-shirts, a swim cap, along with prizes and other incentives

The Age Group Program:

The Age Group Program consists of 3 groups that focus exclusively on 12 and Under swimmers, their development and entry into competitive and championship level swimming. Our goal for these groups is for each group to build into the next creating a clear and concise path for swimmers to move from the 8 and Under beginning competitor through to the Farwestern finalist, while laying the foundations necessary to earn a future place in the Elite Program.

These groups have practice and meet requirements.

<u>Age Group</u>	Practice Times	Dryland	Description	Coach	Monthly Mem/ Non	Quarterly Mem/ Non
8 and Under	M-F 5:00-5:45p	4:45-5:00p	Legal in all four strokes, starts, & turns Required: 2 practice/week and 1 meet/ season	Paul/ Dana	\$122/ \$135	\$328/ \$365
9-10s	M-F 4-5p	5-5:30 p	Required: 3 practices/week and 2 meets/season	Paul/ Dana	\$131/ \$145	\$352/ \$391
11-13s	M-F: 4-5:30p, Sat: 10-11:30a	5:35-6:05p	Required: 4 practices/week and 3 meets/ season	Bruce	\$157/ \$175	\$425/ \$472

The Elite Program:

The Elite Program consists of 2 groups and is offered to HIGHLY committed athletes with strong goals and a great work ethic. Swimmers who have chosen to join the Elite Program will be held at the highest standards, will be asked to do tasks and homework outside of the pool, while also arriving early and staying late to give back to the team both in and out of the pool.

Elite swimmers are expected to be Role Models to the entire team at all times.

<u>Elite Program</u>	Practice Times	Dryland	Description	Coach	Monthly Mem/ Non	Quarterly Mem/ Non
Elite 2	M-F 5:30-7:15p Sat 7:00-10:00a Inc 1 mornings/ wk	4:45-5:30p	Ages 13+ with multiple FW	Bruce	\$185/ \$205	\$498/ \$553
Elite 1	M-F 5:30-7:30p, Sat 7:00-10:00a Inc 3 mornings/ wk	4:30-5:30p	Texas Sectionals, Ages 15+	All Coaches	\$220/ \$245	\$595/ \$631
High School Athletes	M-F: 5:30-7:15p Sat: 7-9am	No Dryland	This group focuses on Fitness Swimming and preparing swimmers for their High School Season	Paul	\$153/ \$170	\$413/ \$459

Monthly Fee covers each month and is due before the 5th day of each month and will be considered late after the 15th day of each month. A late fee of 15% will be added to accounts that are over 21 days late.

Quarterly Fees cover the following periods: Quarter 1: Sept-Nov, Quarter 2: Dec-Feb, Quarter 3: March-May. June and July will be combined for a reduced fee.

The Annual Registration Fee for these groups is \$225 for your first swimmer, \$200 for your second and \$185 for remaining swimmers within your immediate family. This registration fee covers the \$73 fee for registration with Pacific Swimming as well as 2 T-shirts, a swim cap, along with prizes and other incentives