

Group Breakdowns and Expectations

PASA- DKS believes that, to perform your best, you need a great foundation to build off of. We 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. Coaches will then look at additional factors such as commitment, “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 Development 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 are expected to participate in our annual team fundraiser.

<u>Developmental Groups</u>	Practice Times	Description		Mem/Non
8 and Under	Mon-Thurs: 4-4:40pm	Swimmers must be able to swim 25 Free and Backstroke without assistance	Lesley	\$95/\$105
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	\$104/\$115
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	\$113/\$125
High School Athletes	M-F: 4-5:45p Sat: 10-11:30a	This group focuses on Fitness Swimming and preparing swimmers for their High School Season	Kyle/ Bruce	\$135/\$150
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.				

***The 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	Mem/Non
8 and Under	M-F 5:00-5:45pm	4:45-5:00pm	Legal in all four strokes, starts, & turns Required: 2 practice/week and 1 meet/ season	Kate	\$113/\$125
9-10s	M-F 4-5pm	5-5:30 pm	Required: 3 practices/week and 2 meets/season	Dana	\$122/\$135
11-12s	M-F: 5:45-7:45p, Sat: 10-11:30a	5:10-5:40pm	Required: 4 practices/week and 3 meets/ season	Kate	\$149/\$165

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	Mem/Non
Elite 2	M-F 4:00-5:45pm, Sat 7:00-9:00am Inc 1 mornings/ wk	5:45-6:45pm	Ages 13+ with multiple FW	Kyle	\$175/\$195
Elite 1	M-F 5:45-7:45pm, Sat 7:00-9:00am Inc 3 mornings/ wk	4:45-5:45pm	Texas Sectionals, Ages 15+	Dana	\$205/\$225
High School Athletes	M-F: 4-5:45p Sat: 10-11:30a	No Dryland	This group focuses on Fitness Swimming and preparing swimmers for their High School Season	Kyle/ Bruce	\$135/\$150

***The registration fee covers everything from Insurance to helping cover pool rent. It allows us to prorate months and offer financial assistance to families in need. The Fee for athletes starting in September is \$225 for the first swimmer, \$200 for the second and \$185 for the third swimmer in your immediate family. The fee for athletes starting in November is \$150 for each athlete.**