

# **BROADSTONE**

## **2020 Fall Swim Team**



**Aug. 17 to Nov. 25**

**Monday through Friday**

**7:00-8:00/8:15 a.m. > workout for 13 on up**

**2:00-2:30 p.m. > Ages 7-8**

**2:30-3:15 p.m. > Ages 9-10**

**3:15-4:15 p.m. > Ages 11-12**

**4:15-5:15 p.m. > Ages 13-14**

**5:15-6:30 p.m. > Ages High School**

**6:30-7:15 p.m. > 11 on up**

Our program is a satellite program to the STAS, a Spare Time Club USA swim team. We practice at our pool and compete together at USS meets during the fall season.

We motivate our swimmers through positive feedback, detailed stroke and turn instructions, as well as beginning-advanced drills with easy to follow step-by-step instructions to aid stroke development. We are dedicated to giving individual attention to each one of our swimmers, so that no one is lost in the pack! Swimmers can see themselves improving as they develop a better “feel” for each stroke.

**\* DETAILS NEXT PAGE\***



**BROADSTONE**  
**SPORTS CLUB**

## DETAILS

Our program focuses on proper swimming techniques through extensive stroke and turn drills and constant coaching refinement. Our goal is to meet each swimmer's needs and abilities with a comprehensive approach to advancing each individual's skills to a higher level.

Swimmers that have participated in our program find they have an "edge up" on next year's competition by staying in shape during the off season, as well as being able to take the time to refine and perfect their swim strokes and racing techniques.

Photos taken of your swimmer while attending swim events may be used for publication and/or ads. Registration of your child in our program acts as consent for this usage.

## IMPORTANT DATES

- Aug. 17: Fall swim team begins
- Meets to be announced
- Nov. 25: Final day of practice
- Practice will not be held on holidays

**Clinic dates: Aug. 17 through Nov. 25**

### **7:00-8:00/8:15 a.m. > morning workout for 13 on up**

2:00-2:30 p.m. > Ages 7-8  
2:30-3:15 p.m. > Ages 9-10  
3:15-4:15 p.m. > Ages 11-12  
4:15-5:15 p.m. > Ages 13-14  
5:15-6:30 p.m. > Ages High School  
6:30-7:15 p.m. > Ages 11 on up

Practices will be conducted by experienced coaches who are knowledgeable in teaching proper swim technique. Practices will be canceled only if there is lightning or the pool temperature drops too low, but not due to rainy weather.

Coaches will organize swimmers by ability. Swimmers must be able to swim independently for 25 yards, breathe to the side, and follow directions in a group setting.

**No refunds.** First come, first served. Spaces are limited and fill up quickly. We will take a wait list.

## PROGRAM COST

|   | Full membership | Fitness membership |
|---|-----------------|--------------------|
| 13 on up morning workout<br>7:00-8:00/8:15 a.m. | \$275           | \$300              |
| Ages 7/8<br>2:00-2:30 p.m.                      | \$225           | \$250              |
| Ages 9/10<br>2:30-3:15 p.m.                     | \$250           | \$275              |
| Ages 11/12<br>3:15-4:15 p.m.                    | \$275           | \$300              |
| Ages 13/14<br>4:15-5:15 p.m.                    | \$275           | \$300              |
| Ages High School<br>5:15-6:30 p.m.              | \$309           | \$334              |
| 11 on up group<br>6:30-7:15 p.m.                | \$250           | \$275              |

The current plan is to offer a modified swim practice program. The COVID-19 mandated guidelines are initially allowing us just 2 swimmers per lane. Kids will start on opposite ends (one in shallow end, one in deep end). We will have 6 lanes and are organizing the age groups to the best of our ability. We hope restrictions will loosen up within the season, which would safely allow more swimmers per lane. Due to the limited space we have a maximum of 12 kids PER TIME SLOT and will be first come first served when registration opens. Kids may only come during the time slot in which they register. To achieve proper social distancing, we ask that for kids ages 10 and under that only one parent accompany the kids. For ages 11 and up, we recommend parents drop off kids or wait outside the club. We will establish a wait list for cancelations and for when we can add more swimmers per lane.

**Please note: to be placed on the wait list, you will be required to pay a NON-REFUNDABLE \$1.00 fee plus the credit card processing charges.**