

# Training Groups

We place our swimmers in the group we feel will have the greatest benefit and the most positive impact on each athlete. For this reason, we do not allow swimmers to join other group practices. We understand practices will be missed due to other activities, busy schedules, and vacations, but please respect our best efforts to maintain the integrity of each group. Proper placement in a training group and moving from one training group to another is always at the discretion of the Head Coach.

**\*\*Please note:** Bronze and Silver groups are our developmental groups for swimmers ages 6-10. Our goal is to categorize them by age, attendance, and ability. If your child is new to competitive swimming, they may be placed in a younger group until their skills match their peers. Lessons can be scheduled to accelerate the learning curve of a new swimmer. Once they turn 11 years old, they will be considered for one of the Gold groups.

**BRONZE:** The bronze group consists of swimmers ages 6-10 who can complete 25 yards unassisted in all four strokes. During practices, they will complete several 25-yard lengths with adequate rest and/or use of fins and learn correct technique through instruction and drill repetition. The goal of the bronze group is to understand the proper stroke technique in each of the four competitive swimming strokes. Swimmers will also learn competitive swimming starts, turns, and group swim etiquette. The emphasis of this group is to learn and have fun. Kids will enjoy swimming as it becomes more manageable, and they can swim longer with greater ease.

**SILVER:** The Silver group is for swimmers, approximately ages 9-11. They can swim all four strokes legally for 50-100 yards, can demonstrate legal turns and starts, and have the goal of reaching "B," "BB," and "A" time standards. The purpose of Silver is technique improvement, using the pace clock during practice, completing more challenging swim sets to gain endurance, and gaining race experience. We expect swimmers to compete in

swim meets. Kids will progress to the next level when their technique and fitness improve.

Swimmers will be taught the importance of detail in swimming without losing the balance between strenuous efforts and fun.

**GOLD:** The Gold group is made primarily of ages 10-12, working to achieve the "BB," "A," or TAGS time standards. The goal of Gold is to work hard while cultivating your swimmer's love of swimming. The emphasis in practice is on proper technique, especially when the workout gets hard, and teaching swimmers to race at a high technical level. We believe if swimmers understand the sport, comprehend why the proper technique is essential, and learn how to execute race strategies, it will help them in the short term and endure the length of their swimming career.

**JUNIOR PREP:** The goal of Junior Prep is for ages 11-14 swimmers to work hard while cultivating a love of competitive swimming. The emphasis in practice is on proper technique, especially when the workout becomes challenging, teaching swimmers to

compete at a high technical level. If swimmers understand the sport, why the appropriate technique is helpful, and how to race, it will help them both in the short term and endure the length of their competitive swimming career.

**JUNIOR:** The Junior group is for swimmers ages 13-14, who are TAGS qualifiers or have at least three 13 - 14 age group "A" times. This group aims to teach an advanced knowledge of the sport, to help swimmers understand their swimming and appreciate the process as they move forward in their swimming careers. Goals for the Junior group consist of becoming a TAGS finalist and achieving Sectionals cuts.

**HIGH SCHOOL SKILLS AND SPEED:** This group is for high school-aged swimmers looking to supplement their high school training with practices flexible to after-school extracurriculars.

**SENIOR:** The Senior group is comprised of swimmers 15 years of age and older. Senior athletes come to practice working hard, continue to cultivate a love for swimming, and enhance their knowledge of the details of proper stroke mechanics. Seniors will teach swimmers the value of competition and self-improvement to achieve 'A' times, excel in high school swimming, and pursue collegiate swimming. The importance of hard work, team unity, and accountability is reinforced daily in Senior.

### **National Group Girls & National Group Boys**

National consists of swimmers who have one or more Texas Senior Circuit sectional events, whose attendance is equal to or greater than 85%, and who can train at least a 1:10 (boys)/1:15 (girls) pace per 100y FR. A National Group swimmer is a model of what a dedicated student-athlete strives to be on their team, LSC, and nationally. Swimmers' goals include achieving junior nationals and national time standards and college swimming.

**College Group:** ASC holds a Summer and Christmas training group designed to meet the specific needs of athletes currently competing for a college/university. This group practices independently with a specific practice and competition schedule. Collegiate swimmers interested in this training opportunity, please email Megan Hangliter, [megan@austinswimclub.org](mailto:megan@austinswimclub.org).

**Dry land Training:** our goal is to improve physical performance and the well-being of all individuals. We **believe** that every individual can become the best version of themselves through **dedication, attitude, and respect**. We design our training programs to promote injury prevention and improve athletic performance by applying research-based knowledge, tailoring to their specific groups' needs, working around injuries, and creating positive relationships. We create an environment where everyone feels welcomed, valued, motivated and safe.

## Monthly Fees

Austin Swim Club's yearly registration runs from September 1 through August 31.

Austin Swim Club training fees are billed monthly. The amount of the monthly fees that an athlete will be charged is based on the training group that the athlete is placed into by the Austin Swim Club coaching staff.

If a swimmer moves to a different practice group, they will begin paying the new group monthly rate from first day of the first full month that the athlete moves into the new group through the remainder of the swim year.

For athletes that are current members of Austin Swim Club or athletes that join Austin Swim Club prior to September 1, the first monthly payment is due at the beginning of the swim year on September 1. If the athlete joins Austin Swim Club after September 1, the first monthly payment is due on the date that the athlete joins Austin Swim Club.

**Athletes must pay for the entire month of the month that they join Austin Swim Club from the 1<sup>st</sup> day of the month through the 15<sup>th</sup> day of the**

**month. Half of the monthly dues will be charged for swimmers after the 16<sup>th</sup> of the month through the last day of the month, without regard to the number of days in the initial month that the athlete trains with Austin Swim Club. Monthly Rates will not be prorated other than stated above for any reason. All regular monthly payments are due on the first of the month and will be charged to the account's credit card.**

**All accounts must have an active credit card on file, with Austin Swim Club while the account member/s are training at Austin Swim Club.**

**By submitting Registration, you agree to the above Policy of the ASC Team Handbook**

## **ASC Groups and Monthly Fees**

- Bronze - Tier 1: Three 1-hour weekly swim sessions - \$155 per month
- Silver - Tier 2: Five 1-hour weekly swim sessions - \$195 per month
- Gold - Tier 3: Six 90-minute weekly swim sessions and Two 30-minute dry land sessions led by certified strength and conditioning coach - \$255 per month
- Junior Prep - Tier 4: Six 75-minute weekly swim sessions - \$235 per month
- Junior - Tier 5: Six 105-minute and Two 30-minute dry land sessions led by certified strength and conditioning coach - \$310 per month
- High School Skills & Speed - Tier 6: Three weekly swim sessions between September – March. Four weekly swim sessions between April and August - \$190 per month

- Senior - Tier 7: Six 90-minute weekly swim sessions and Two 30-minute dry land sessions, led by certified strength and conditioning coach - \$280 per month
- National Girls & National Boys - Tier 8: Eight 105 - 120 minutes weekly swim sessions and Three 45-minute dry land sessions, led by certified strength and conditioning coach - \$390 per month

## College Swimmer Fees

College swimmers wishing to train with ASC over the holidays and in the summer, please email Megan Hangliter, [megan@austinswimclub.org](mailto:megan@austinswimclub.org) to inquire. Account must be set up through AASA Mind & Body.

\$330 Summer for 9 practices a week and up to 3 dry lands

\$270 Nine (9) practices a week, **no dry land**

\$220 for 6 practices or less a week, **no dry land**

\$100 USA Swimming Registration Fee (if not current)

\$85 Christmas Break/Summer Break; one week

\$140 Christmas Break; two weeks

\$85 to train over Spring Break.

Must be a current registered member of USA Swimming in order to compete in USA Swimming Meets

## **Unattached Swimmer Fees**

Any swimmer who wishes to train with Austin Swim Club must have approval. Please email Megan Hangliter at [megan@austinswimclub.org](mailto:megan@austinswimclub.org) to inquire.

Price per month for each month the unattached swimmer trains with Austin Swim Club is dependent on which group the swimmer trains with. We do not prorate the monthly fee.

\$90 Registration Fee

Must be a current registered member of USA Swimming

## **Family Discount**

First two (2) swimmers from a family pay the full monthly fee. The third and fourth swimmers from a single family will receive 10% off their monthly fee, and all swimmers over 4 swimmers from an individual family will receive 15% off their monthly fees. The family must pay the full monthly rate for the two swimmers that are in the highest training group, and discounts will apply from most expensive swimmer to least expensive swimmer.