

## 2008/2009 SMAC Season

*One Team...One Mission.*

### **The Mission**

At SMAC we believe a winning attitude is about more than just the place in which you finish. A winning attitude is the constant pursuit of personal excellence. The SMAC swim team strives to instill in its athletes the values necessary in achieving success both in and out of the pool. Values such as hard work, dedication, self-discipline, sportsmanship, self-confidence, and team work are just a few of the values at the forefront of the SMAC swimming experience. Through these tools, SMAC encourages ALL of its athletes to become lifelong swimmers and lifelong achievers.

### **The Program**

#### **Mini Marlins:**

This is a beginner level swim team that guides young athletes looking to make the transition from swim lessons into the SMAC Swim Team. To join Mini-Marlins, swimmers must be able to swim a length of the pool in freestyle and backstroke, and be able to attempt breaststroke and butterfly. Mini-marlins have the option to participate in USA swimming and/or YMCA meets. This group will be only for those individuals interested in becoming full members of the SMAC Swim Team. Numbers are limited for this group.

**Ages:** 4- 9

**T/TH—4:30-5:30pm**

**Session 1:** September 16th—December 18th

**Session 2:** January 6th—April 2nd

**Cost—\$150 per session**

#### **Age Group I:**

This is the first level of the SMAC swim program. The focus of this group will be on building the fundamentals of all four competitive strokes, as well as, improvement of starts and turns. Swimmers will be introduced to training concepts, pace clock usage, and overall swimming terminology. Three practices a week are recommended but not required for this group. Swimmers must be familiar with all four competitive swim strokes for acceptance into this group. **Ages: 6-10, MWF—4-5pm, Sat.—9:30-**

**10:30am**

**Annual:** September 2nd—August 7th—\$660

**7 month:** September 2nd— April 2nd- \$455

**10 month:** September 2nd – June 30th - \$625

## **Age Group II:**

This is the second level of the SMAC age group swim program. This will be for swimmers with a proven record of practice consistency, meet participation, and achievement. A strong emphasis will be placed on stroke technique as well as overall conditioning. Four out of six practices per week are recommended.

Participation in all team meets is highly encouraged. **Ages:** 9-12, **MWF**—7-8:15pm, **T/TH**—4-5:30pm, **Sat.**—10:30 -12:00pm

**Annual:** September 3rd—August 8th—\$770

**7 month:** March 2nd – April 2nd—\$525

**10 month:** September 2nd – June 30th - \$725

## **Gold:**

This training group is for all 10 -13 year olds who have a proven record of commitment, hard work, and achievement. These should be swimmers who have the desire to progress to the National Prep training group. Members of this group should be committed to reaching their full potential in swimming. A strong emphasis will be placed on fine tuning stroke mechanics, overall conditioning, and racing. Swimmers should be prepared to attend a minimum of four practices per week. Meet participation is required. Admission into this group is by recommendation from the SMAC coaching staff. **Ages:** 10 – 13, **MW** – 7 – 8:20pm, **T/TH** – 4-5:30pm, **F** – 7 – 8:30pm, **Sat.** – 10:30 am – 12:30pm

**Annual:** September 3rd – August 8th – \$825

## **Senior:**

This group will be for swimmers who are too old for Age Group II and Gold but do not wish to make the commitment to the top two SMAC training groups. A strong emphasis will be placed on mastering technique in all four strokes, as well as, conditioning and race strategies. This group will be good for swimmers who are looking to be competitive for their high school and summer league swim teams. Four of five practices are recommended. Meet participation is strongly encouraged but not required. **Ages:** 13-18, **MW**—7-8:30pm, **T/TH** – 6:30 – 7:15pm (weights/dry-land) 7:30 – 8:30pm (swim) **Sat** – 8-9:30am

**Annual:** September 4th—August 8th—\$770

**Fall:** September 4th—November 10th—\$175

**7 month:** November 1st – May 31st - \$525

## **National Prep:**

This group is designed to prepare swimmers for the highest level of the SMAC swim program, the

National team. Swimmers must have a proven record of commitment to the sport of swimming. Training for the highest level of competition will be a priority. Dry-land training will be a major part of the overall training program. Swimmers will work closely with the head coach to establish short and long term goals. A minimum of 5 practices per week including Saturday is required to remain in this training group. Meet participation is required. Admission into this group is by recommendation from the SMAC coaching staff.

**Ages: 12-16, MWF**— 5—7pm (swim), **T/TH**— 4:15-5:15pm (dry land) 5:30—7:30pm (swim), **Sat.** – 7:00—9:30 am (swim) 9:30 – 10:30am (dry-land)

**Annual:** September 4th—August 8th

**Cost:** \$1125

## **National Team:**

This is the elite group of the SMAC training program. Swimmers in this group have chosen to solely dedicate to the sport of swimming. Training for national and international competition will be a priority. This group is also designed to prepare members for swimming at the NCAA level. Morning practices, weight training, and dry-land sessions will be required as part of this group. Swimmers are expected to adjust their personal schedules around practices and meets. Members of the National Team are expected to be the leaders in and out of the pool and frequently asked to give back to the program. Swimmers are required to maintain 80% practice attendance to remain in this group. Meet participation is required.

Admission into this group is by recommendation from the SMAC coaching staff. **Ages:** 13-18, **AM Workouts - MWF**—5:30—7am **MWF**—4-5pm (weights/dry-land), 5—7pm (swim), **T/TH**—5:30—7:30pm (swim), **Sat.**—7:00-9:30am (swim), 9:30-10:30am (dry-land),

**Annual:** September 4th—August 8th

**Cost:** \$1275

## **Masters:**

This group is for adults who have the desire to swim for competition or for general fitness. We are a United States Masters Swimming registered team. The focus of this group will be on conditioning and technique. This is also a good program for triathletes who wish to improve technique and conditioning for triathlon competitions. Prior competitive swimming experience is not necessary.

Ages: 19 & up

Fees:

Non-member - \$30 per month

Member - \$20 per month

***\*All SMAC families are required to pay a \$25 Commonwealth Games fee, commit to fundraising a minimum of \$100 for the SMAC swim-a-thon, and pay the \$57 USA swimming registration fee.***

***Additionally, all SMAC swimmers must be members of the YMCA.***