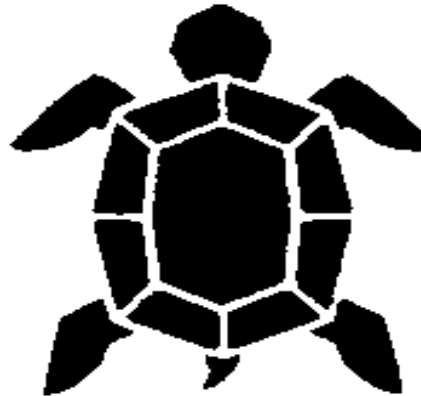


Terrapins Swim Team

“Desire - Dedication - Determination”

(925) 680-8372

www.terrapiinswim.com



TERRAPIN SWIMMING

FALL TECHNIQUE

DEVELOPMENT PROGRAM

2018

A community-based non-profit program which helps youth to excel to the highest levels of competitive swimming.

Welcome Participants and Parents!!!

The Terrapins Swim Team wishes to welcome you to the 2018 fall swim season. We look forward to working with you over the next few months and know that you will find the program educational, challenging and loads of fun!

The staff has once again planned a terrific season and are well prepared to advance your skills to the next level! Our staff works very hard to provide you with the best learning environment possible. We know you will find the program beneficial as so many participants previously have.

The Terrapins are one of USA Swimming's most prestigious clubs and one of the area's most exciting youth sports opportunities. A professional staff, a progressive philosophy and a program based on education with sound physiological principles are what set the Terrapins apart. We look forward to continuing our success in the 2018-2019 swim year and beyond. We are happy you have chosen the Terrapins as your team! Good luck this season.

The Terrapin coaching staff

The Terrapin Age Group Philosophy

The Terrapins take a unique approach with the young developing age group swimmer. The focus is on the **long-term development** of each athlete realizing that all athletes are different and will progress at their own rate. With this approach, **attention is given to detail** and the swimmers can take a more relaxed approach to their participation in the sport of swimming. We encourage our younger swimmers to participate in other activities away from the pool.

The goal during the Fall season is to enhance each individual's knowledge of the sport and to make the necessary technical adjustments in their stroke mechanics. This is done through the use of:

- Extensive stroke drill progressions.
- Informational meetings.
- Terrapin educational program handouts.

We take the time to make the changes with each swimmer so that bad habits are not reinforced. This is what sets the Terrapin program apart.



Meet & Activity Calendars

Swim Meet participation is optional, not required. Additions may be made to this calendar.

Please watch the TERA web site for updates.

Sept 10	Fall Program Begins
Oct 6-7	Orinda c/b/bb+ Meet
Oct 20-21	San Ramon c/b/bb+ Meet
Oct 30	Halloween Party
Nov 3-4	Brentwood c/b/bb+ Meet
Nov 17-18	Stockton b/bb+ last chance meet
Nov 30	Last day of Fall Program
Nov 30– Dec 2	14&Un Junior Olympic Championships (Moraga, CA)



FALL KICK OFF & TEAM PICTURE DAY SAT. 9/8 @ 8:30AM–11:00am

- ◆ Pick up swimmers packets
- ◆ Receive additional program details & parent handbook
- ◆ Meet the coaching staff
- ◆ Individual & group photo's 8:30-9:30
- ◆ Team photo 10:00 am - Please be at pool no later than 9:30am to be included in Team Picture



GROUP PLACEMENT EVALUATIONS

We have re-structured the Terrapin training groups to provide appropriate training groups for all ability levels and training abilities. Due to this, we will be conducting group placement evaluations for all fall program participants to determine the appropriate training group for swimmers based on current swimming and training ability. **ALL NEW FALL SWIMMERS ARE REQUIRED TO HAVE AN IN-WATER EVALUATION TO CONFIRM GROUP ASSIGNMENTS.**

If your evaluation changes your group assignment from your online registration, refunds or fee adjustments will be given.

GROUP PLACEMENT EVALUATIONS– DATES/TIMES

Wed 9/ 5 Orange/ Blue Groups Only 5:30-7:00pm

Thur 9/6 Silver, Gold, Sen-Dev 5:30-7:00pm

Evaluations will be approximately 10 minutes per swimmer. Swimmers should bring their suit, towel and goggles. ONLY swimmers who have paid their online registration fee prior to the evaluations are eligible to participate.. Space is limited for the 2018 Fall program. NO later registrations will be accepted. You MUST register prior to the evaluation dates.

PARENT ON DECK MEETING / FALL PROGRAM ORIENTATION MEETINGS

WED 9/12- SEE WEEKLY REMINDERS at
TerrapinSwim.com FOR TIMES

AGENDA:

- Discussion of team policies and procedures. Goals of the Fall Program. Terrapin Philosophy.
- Questions & Answers.

FALL TECHNIQUE DEVELOPMENT PROGRAM

GROUP DESCRIPTIONS

Orange Group: (6 & older)) beginning skill level

This group is for the beginning level swimmer with limited competitive experience. **This is not a learn to swim program.**

- ♦ Swimmers must be able to swim 25yds of Free with correct side breathing and 25yrd Backstroke

Blue Group : (7 & older)

All blue swimmers must have a working knowledge of all four competitive strokes. Instruction will focus on the stroke drill progressions for each stroke. Swimmers will learn how the drills are designed to focus on “parts” of each stroke. In addition, swimmers will be introduced to basic training concepts and training sets.

- ♦ This group is for 9-10 year old swimmers & “A” level 7-8 yr olds
- ♦ Must have 25fr under 25.00 or 50fr under 50.00

Silver Group: (9-13 yrs)

Silver Group swimmers are expected to be legal in all four of the competitive strokes and have previous meet experience. The group will focus on the stroke progressions for each stroke and what proper technique is supposed to look and “feel” like. In addition, swimmers will be training to develop their aerobic base, increase kicking ability, and interval training.

- ♦ This group is for County qualifying 9-10’s
- ♦ Must have 50fr under 40.00 or 50 stroke under 50.00

Gold Group: (11-14 yrs)

This is our elite level age group training group. Swimmers in this group must meet minimum training standards. Instruction for this group will include advanced technique and drill work. **50fr under 29.0 or 50 stroke under 35.0**

Senior Development Group: (minimum of 14 yrs / HS training group

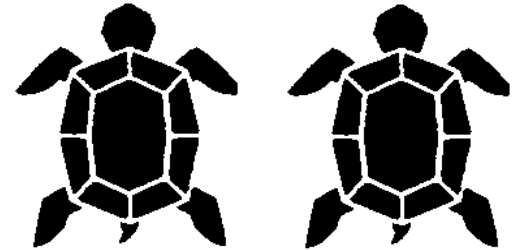
This is mainly a high school group. The focus is on physical conditioning and preparing for HS level competition.

GROUP SCHEDULES & COST

CONCORD COMMUNITY POOL 9/10 through 11/30 (3501 Cowell Rd, Concord)

<u>GROUP</u>	<u>TIME</u>	<u>DAYS</u>	<u>1st swimmer</u>	<u>2nd</u>	<u>2 Day a week program</u>
ORANGE	6:30-7:15pm	M thru TH	\$450	\$350	\$275 (any 2 days)
BLUE	5:30-6:30pm	M thru TH	\$550	\$450	\$350 (any 2 days)
SILVER	6:30-7:30pm	M thru F	\$600	\$500	\$400 (any 2 days)
GOLD	5:00-6:30pm	M thru Fr	\$650	\$550	\$450 (any 2 days)
SEN-DEV	5:00-7:00pm	M thru Fr	\$700	\$600	\$450 (any 2 days)

NOTE: Pay full fee for swimmer in the highest training group. Second swimmer discount applies for multiple swimmers in the same family. No family discounts for 2 day program.



YEAR ROUND TEAM OPTION:

Those swimmers signing up Year Round will receive guaranteed acceptance into the program. Space is VERY limited for the 2018 Fall program. Year round memberships forms can be found on the TERA website after August 15th, 2018. If interested in joining our Year Round team please contact Coach Doug Reed at 925-680-9372 Ext 205, or email us at swimterrapin@msn.com

Swimmers signing up for YEAR ROUND instead of fall program begin practices on August 27th and continue through December. Year round swimmers are eligible to swim the Winter Junior Olympic Championship Meet and the Dec 8-9 Fall Season Ending Meet.

The Terrapins DO NOT set fall season ending dates in order to be eligible for summer recreation swimming. The LMYA swim team board does this and we DO NOT support their limitations or reasoning for these restrictive policies.

REFUND POLICY

Because we will limit enrollment and the program is popular, we can only provide refunds for medical reasons. **No other refunds will be made.** Any refunds will be pro-rated and subject to a \$50.00 processing fee. If you require a medical related refund, you must submit your request in writing to:

**“Terrapin program Refund”
PO Box 21127
Concord, CA 94521**

Please include the following information: Swimmer’s Name, program registered for, Group, Pool, Nature of Injury, Doctor’s Note, and Date last participated. The Terrapin Board of Directors will determine the amount of refund. Please allow 2-3 weeks for refund to be received.

Note: No refunds will be made after October 1ST, 2017.

Team Contacts

**Mailing Address: PO Box 21127,
Concord, CA 94521**

Phone: (925) 680-8372

Email: teraswimteam@gmail.com

Website: www.terrapinsswim.com

Online Registration Available at

WWW.TERRAPINSWIM.COM

Medical Forms: We use the electronic waiver forms through ePact. You will receive an email inviting you to make an account and fill out your medical forms. All swimmers must have this completed before the first day of practice.

Terrapin 2018 Program Registration Card

(ALL INFORMATION MUST BE FILLED IN COMPLETELY)

Swimmer's First Name

Last Name

Middle Initial (must have)

Birth Date

Age

Gender

Address

City

Zip

Phone #

E-mail address (most of team communication is done via e-mail. Include all addresses you wish to receive team communication)

TRAINING GROUP ASSIGNMENT

ORANGE GROUP Full 2 day

BLUE GROUP Full 2 day

SILVER GROUP Full 2 day

GOLD GROUP Full 2 day

SEN DEV GROUP Full 2 day

Misc Items: T-Shirt Size (circle one)

Adult Sizes:

S M L XL

Child sizes:

M L XL

Total Swim Fee: _____

(swimmer in the highest training group pays full fees).