

2016 – 2017 SWIM GROUP STRUCTURE AND FEE STRUCTURE

MASTERS GROUP

This group is for the adult recreational athlete considering competing as a Masters swimmer, a triathlete or a lap swimmer looking for a bigger challenge. This is not a learn to swim group Swimmers in this group:

- Must register as an 'Unattached Swimmer' if competing within the Masters Swimming Ontario program (responsible for their own meet schedule and required registration/meet fees)
- swim a maximum of 3 morning sessions
- \$785

SPECIAL OLYMPIANS GROUP

This group is for the Special Olympian swimmer who wishes to improve their swimming. The focus is on stroke development but is geared towards the needs of the individual swimmer. Swimmers in this group:

- Swim **one** or **two** times per week (choose Wednesdays and/or Fridays)

ONE DAY/WEEK

- \$210 plus Swim Ontario Insurance fee

TWO DAYS/WEEK

- \$420 plus Swim Ontario Insurance fee

REGIONAL DEVELOPMENT GROUP

This group is for swimmers who are relatively new to the sport of swimming. Swimmers will continue to learn the four strokes as well as develop the efficiencies to compete at the regional level. Swimmers in this group:

- focus on stroke development
- swim time trials
- may travel to northern tier meets (all topfish meets, NEOR developmental meets)
- are eligible for regional championship meet

BRONZE (10 and under)

- Swim **one** time per week (choose one day - Tuesday, Thursday or Friday afternoon)
- \$210 plus Swim Ontario Insurance fee

SILVER (10 and under or 11 & 12 year olds in first year)

- Swim **two** times per week (choose two days – Tuesday, Thursday or Friday afternoon)
- \$420 plus Swim Ontario Insurance fee

GOLD (10 & under)

- Swim **three** times per week (Tuesday, Thursday and Friday afternoons)
- \$630 plus Swim Ontario Insurance fee

REGIONAL HOUSE LEAGUE GROUP

This group is for swimmers with the skills to compete in NEOR A's/B's but do not want to commit to the Age Group Development. Swimmers in this group may be involved in other sports or activities or may wish to keep their fitness levels up to become lifeguards and/or instructors. Swimmers in this group:

- will not be eligible to compete in Festivals, Provincials or Nationals
- will be eligible to attend team meets if selected by Head Coach
- will commit to **three** practices a week (Monday, Wednesday and Friday afternoon or alternate mornings if approved by Head Coach)
- \$750 plus Swim Ontario Insurance fee

SENIOR REGIONAL HOUSE LEAGUE GROUP

This group is for swimmers 13 and over with the skills to compete in NEOR A's/B's but who do not want to commit to the High Performance levels. Swimmers in this group may be involved in other sports or activities or may wish to keep their fitness levels up to become lifeguards and/or instructors. Swimmers in this group:

- will not be eligible to compete in Festivals, Provincials or Nationals
- will be eligible to attend team meets if selected by Head Coach
- will choose up to **five** practices a week (Tuesday and Thursday mornings, as well as up to 3 other practice sessions)
- \$1175 plus Swim Ontario Fee

AGE GROUP DEVELOPMENT GROUP

Swimmers in this group have been a member of the club for at least 2-3 years. Swimmers will continue to develop stroke efficiency in all four strokes and learn to train at a higher level. Swimmers may continue with other sports. Swimmers in this group:

- have required attendance expectations
- will be registered as competitive swimmers with Swim Ontario
- swim time trials, travel to regional, invitational and provincial meets if qualified
- are encouraged to meet qualifying standards for selection for Division II Championship meet

BRONZE (9 & 10 year olds)

- must commit to **four** practices per week (Monday, Wednesday and Friday afternoon & choose one Tuesday or Thursday afternoon)
- \$785 plus Swim Ontario Insurance fee

SILVER (11 & over)

- must commit to **five** practices per week (Monday, Wednesday and Friday afternoon, choose one Tuesday or Thursday afternoon & choose one Tuesday or Thursday morning)
- \$1050 plus Swim Ontario Insurance fee

GOLD (11 & over)

- must commit to **six** practices per week (Monday, Tuesday, Thursday and Friday afternoon & Tuesday and Thursday morning, may choose an additional morning practice for Friday afternoon if approved by Head Coach)
- \$1275 plus Swim Ontario Insurance fee

HIGH PERFORMANCE GROUP

This group is geared to those swimmers who have made a commitment to the sport of swimming. They will commit to a training program that will show them to strive to compete at the highest level of swimming capable. Swimmers in this group will understand that not only will they need to make a commitment to a training regime but also commit to a lifestyle that is in line with their training and comprehensive goals. Swimmers will be selected by the head coach after displaying appropriate training/competition habits. Swimmers in this group:

- must maintain 90% attendance (100% attendance is required for all invitational meets outside of NEOR six weeks prior to the invitational meet date)
- will participate in dryland training prior to pool time two times per week (Monday and Wednesday afternoon)
- will be taught the fundamentals of training and racing, stroke development is furthered
- swim time trials, travel to regional and invitational meets
- are expected to attend regional championships if qualified
- maintain attendance requirements if qualified for Junior/Senior Provincials and National meets
- may be eligible for regional/provincial/national training camps

SILVER (13 & 14 year olds)

- Must commit to **seven** practices per week (Monday, Tuesday, Wednesday and Thursday afternoon & Tuesday, Thursday and Saturday morning)
- \$1500 plus Swim Ontario Insurance fee

GOLD (15 & over)

- Must commit to **eight** practices per week (Monday, Tuesday, Wednesday, Thursday and Friday afternoon & Tuesday, Thursday and Saturday morning)
- \$1800 plus Swim Ontario Insurance fee

VARSITY GROUP

This group is for KLAC athletes returning from post secondary studies. Swimmers in this group:

- Must participate in KLAC Swim A Thon fundraising (alternate Swim a Thon swim arrangements may be made with Head Coach)
- Are permitted to attend any workouts while on break from school and commit to a training program in the summer in consultation with the head coach. These athletes are encouraged to continue to train for provincial and national meets that they are qualified for.
- \$250 plus Swim Ontario Insurance fee

