

La Crosse Area Family YMCA Wave Swim Team

2007-08 Season Information

PRACTICE SCHEDULE:

Practices begin Monday, September 17, 2007 for swimmers *new* to the Wave team and returning Jr. Elite and Senior swimmers. Practice for returning Novice and Junior swimmers begins September 25.

<u>GROUP</u>	<u>DAYS</u>	<u>TIMES</u>	<u>LOCATION</u>
Novice & Junior	M & W	3:45-4:40PM	YMCA North
	M & W	6:00 - 7:00PM	YMCA La Crosse
	TU&TH	3:20 - 4:15PM	YMCA La Crosse
	F	4:15 - 5:15PM	YMCA La Crosse
Junior	SU	4:00 - 5:00PM	YMCA La Crosse
Junior Elite	M&W	7:00 - 8:30PM	YMCA North
	TU&TH	7:30 - 9:00PM	Logan H.S.
	F	5:15 - 6:45PM	YMCA La Crosse
	SU	4:00 - 5:30PM	YMCA La Crosse
Senior	M&W	7:00 - 9:00PM	YMCA La Crosse
	TU & TH	5:00 - 7:00PM	YMCA North
	F	5:15 - 7:00PM	YMCA La Crosse
	SU	5:00-6:30PM	YMCA La Crosse

**Practice times may change slightly due to pool availability*

TRAINING GROUPS

The Wave is divided into four distinct training groups based on ability, experience, and age.

NOVICE is for all new swimmers age 10 and under. Focus is on learning to swim all four of the competitive strokes. 2-3 practices per week recommended.

JUNIOR is for experienced 10 and under swimmers and new 11-14 year old swimmers. Focus is on refining strokes and increasing strength and endurance. 3 practices per week recommended.

JUNIOR ELITE is for experienced swimmers age 11 and over with the ability and desire to train for longer periods of time. 4 practices per week recommended.

SENIOR is for the committed 13 and over swimmer able to train with increased distance, duration and intensity. 5 practices per week recommended.

Coaches will gladly answer questions regarding which training group is most appropriate. Please do not pay registration fees before checking with Coach Jon if you are unsure which group to sign up for.

(Over)

SWIM MEETS

The Wave participates in variety of meets during the season. Participation in all meets is optional. Swimmers sign up for each meet and the events they want to swim.

FEES

The fall/winter swim season begins September 17, 2007 and ends for most swimmers on March 8, 2007. Season's training fee is \$180 for novice, \$205 for junior, \$260 for junior elite and \$310 for the senior group. Fees for swimmers also participating on their High School Swim Teams are \$105 for boys and \$185 for girls. There is a \$10 discount for the second swimmer in each family and a \$20 discount on each additional swimmer. Training fees are for the entire season and may be paid in full or by a monthly bank draft. All swimmers must have registered and made a first payment by November 1, 2007. Youth or Family YMCA membership is required of all swimmers on the team. Some meets require meet entry fees usually \$2-\$5 per event. These fees must be submitted with the sign up sheets for the meets.

No swimmer will be refused participation due to an inability to pay. Please see Coach Jon Brenner for questions regarding financial aid.

NEW SWIMMERS

The first week of Novice and Junior practice is only for swimmers new to the Wave. New swimmers age 10 and under should attend the Novice times and swimmers 11 and older should attend the Junior times. Swimmers new to the Wave should take advantage of the two-week free trial. Swimmers may try the team for two weeks without obligation at any time during the season. Trial passes are available at the YMCA reception desk.

NEW PARENTS MEETINGS

There will be an orientation meeting for parents new to the team on Monday, September 17 from 6:15-7:00pm. The meeting will be held at the YMCA La Crosse. Parents of new swimmers will get the opportunity to speak with veteran team parents and receive valuable information about the operation of the swim team program.

ALL PARENTS MEETING

There will be an essential meeting for all parents with swimmers on the Wave, Monday October 8 from 6:15-7:15pm at the La Crosse YMCA. It is mandatory that **every** swimming family has at least one parent in attendance at this meeting. Swimmers will have an open swim from 6:00-7:15 then join their parents for pizza and social time.

QUESTIONS

Please call Coach Jon Brenner at 782-9622, extension 223.

E-mail: thewave@laxymca.org Web Site: thewave.laxymca.org