

# LOWER MERION AQUATIC CLUB

## 2010-2011 Registration Information Sheet

The mission of the Lower Merion Aquatic Club ("LMAC") program is to develop skills in the sports of competitive swimming and diving; to help athletes use those skills to excel in their chosen sport; to teach good sportsmanship; to offer children of all ages a means to improve physical fitness; and to provide a means of healthy self-expression for those participating. All LMAC programs currently practice and host home dual meets on the campus of Saint Joseph's University at Maguire Pool (this is on the Merion side, formerly Episcopal Academy).

### Suburban Aquatic League & USA Swimming

Lower Merion Aquatic Club competes in both the Suburban Aquatic League (SAL) and as a USA Swimming Team. The SAL is comprised of local aquatic clubs in suburban Philadelphia and LMAC competes in 7 dual meets per year against some of these clubs. There are also two SAL Championship meets, Division Champs in late January and SAL "A" Champs the first Sunday in February. This year LMAC is re-starting our USA Swimming program. This is for swimmers who want a longer season (practice runs at least 6 weeks longer than the SAL program) and who want to compete in more strokes/events (USA swimming offers more distances in more age groups and swimmers choose their own events instead of the coach doing a "line-up") at invitational meets around the tri-state area.

### Programs Offered at LMAC:

- **DEVELOPMENTAL Program: ages 4-10; runs September 13<sup>th</sup>, 2010 – January 30<sup>th</sup>, 2011**
  - We offer two developmental groups. ***Mighty Mites*** is for our youngest swimmers (4-8 years old) who are looking for their first swimming experience after swim lessons. This group's focus is on teaching swimmers to execute all four competitive strokes legally and learning to swim an entire practice listening to the coach without parents on deck. All practices are technique based. ***Mighty Piranhas*** is for older swimmers (7-10 years old) who are more physically and emotionally mature but not yet ready for serious competition or more rigorous training. These practices are also completely technique based. The competitive focus for our developmental swimmers will be a mini meet at the end of the season in January. ***The cost of the Developmental Program is \$550.00.***
- **Age Group SAL Program: ages 6-14; runs September 7<sup>th</sup>, 2010 – January 30<sup>th</sup>, 2011**
  - We offer 4 different practice groups (***Silver, Gold, Senior White, Senior Blue***) in this program ranging from 4 to 6 practices per week. These groups focus on technique as well as training. The percentage of time spent on training increases as the swimmer becomes more advanced. The swimmers in the Age Group program should be able to swim all 4 competitive strokes legally and be ready for competition (swim meets). Swimmers in the SAL program will participate in seven dual meets from November to January as well as have an opportunity to attend championship meets at the end of January or first week in February. ***The cost of the SAL Age Group Program is \$550.00.***
- **Age Group SAL + USA SWIMMING Program: ages 6-14; runs September 7<sup>th</sup>, 2010 – March 13<sup>th</sup>, 2011**
  - This program offers the same components as the SAL Age Group Program with the added benefits of membership in USA Swimming, the opportunity to sign up for invitational meets where you choose from a larger selection of events, and a longer training season. Swimmers are expected to swim all SAL dual meets and attend USA swimming invitational meets only when they do not conflict with dual meets. Coaches will be provided at USA swimming invitational meets that have been designated "Team Efforts". ***The cost of the SAL Age Group + USA Swimming Program is \$860.00.***
- **High School SAL (Pre Season) Program: ages 14-18; runs September 7<sup>th</sup>, 2010 – December 9<sup>th</sup>, 2010**
  - High School swimmers are automatically placed in the ***Senior Blue practice group***, which meets 5 or 6 times per week. Swimmers will be exposed to the latest training techniques, work on race strategy, goal setting and season planning as well as be instructed on proper stroke mechanics. High School swimmers are expected to participate in SAL dual meets. \*\*This only runs 13 weeks. ***The cost of the High School SAL (Pre Season) Program is \$250.00.***
- **High School SAL + POST SEASON Program: ages 14-18; runs September 7<sup>th</sup>, 2010 – March 26<sup>th</sup>, 2011**
  - This program offers the same components as the High School SAL Program but runs through the end of the high school season. This means you will be able to complete your training with LMAC, which is optimal, particularly if you have done the majority of your training though the year with our club. This also entitles you to a USA swimming membership if you wish. USA swimming is something I highly recommend for all those interested in pursuing swimming in college because there are more event options (200s of strokes, distance freestyle, 400 IM). ***The cost of the High School SAL + Post Season Program is \$550.00.***
- **DIVING Program: ages 8-18; runs September 13<sup>th</sup>, 2010 – January 30<sup>th</sup>, 2011**
  - The diving team holds one practice each week and competes in seven dual diving meets on Friday evenings plus divers have the option to attend SAL diving championships in late January, early February. ***The cost of the Diving Program is \$250.00.***

# LOWER MERION AQUATIC CLUB

## 2010-2011 Registration Form

**Part A: Guardian Information (Required):**

Parent/Guardian #1 Name: \_\_\_\_\_  
 Parent/Guardian #1 Address: \_\_\_\_\_  
 Parent/Guardian #1 Telephone: \_\_\_\_\_; Alternate Phone #: \_\_\_\_\_  
 Parent/Guardian #1 e-mail(s): \_\_\_\_\_

**Part B: Guardian Information (optional):**

Parent/Guardian #2 Name: \_\_\_\_\_  
 Parent/Guardian #2 Address: \_\_\_\_\_  
 Parent/Guardian #2 Telephone: \_\_\_\_\_; Alternate Phone #: \_\_\_\_\_  
 Parent/Guardian #2 e-mail(s): \_\_\_\_\_

**Part C: Swimmer Information (required):**

Swimmer's Full Legal Name	Preferred Name	Date of Birth	Sex	Register for USA swimming?	LMAC Program Name	Cost for this swimmer?
Ex. Kathryn McKeone	Kate	<u>01/01/1950</u>	F	Y	Age Group SAL + USA	\$860
1.		___/___/___		Y / N		
2.		___/___/___		Y / N		
3.		___/___/___		Y / N		
4.		___/___/___		Y / N		
5.		___/___/___		Y / N		
6.		___/___/___		Y / N		

**\*\*Please list swimmers starting with the most expensive to least expensive program regardless of age. \*\*NO discount for any swimmer registered in the Pre Season High School SAL Program or Diving Program.**

**Part D: Program Costs:**

Program Name/Dates	Cost if first 1 <sup>st</sup> Child in Family	Cost if 2 <sup>nd</sup> Child in Family	Cost if 3 <sup>rd</sup> (or more) Child in Family
<b>Developmental Program</b> September 13 – January 30	\$550	\$450	\$450
<b>Age Group SAL</b> September 7 – January 30	\$550	\$450	\$300
<b>Age Group SAL + USA Swimming</b> September 7 – March 13	\$860	\$760	\$660
<b>HS Preseason</b> September 7 – December 9	\$250 Not to be included in multiple swimmer discounts		
<b>HS Full Season + USA Swimming</b> September 7 – March 26 <small>Includes USA Swimming membership if you check "Yes" above.</small>	\$550	\$500	\$450
<b>Diving Program</b> September 13 – January 30	\$250 Not to be included in multiple swimmer discounts		

• **My Family's TOTAL PAYMENT DUE:** \$ \_\_\_\_\_

# LOWER MERION AQUATIC CLUB

## 2010-2011 Payment Calculation Sheet

- **TOTAL PAYMENT DUE:** \$ \_\_\_\_\_ (this amount is from the bottom line of part D from the registration sheet)
  - \_\_\_\_\_ **Option #1: FULL PAYMENT:** Check enclosed for full payment. With this option full payment is due Wednesday, September 1, 2010. *I have enclosed a check for \$ \_\_\_\_\_.*
  - \_\_\_\_\_ **Option #2: INSTALLMENT PAYMENT PLAN:** If you would prefer, you may pay in three equal installments. *With this option you will split your payment into three (3) equal payments, due on September 1<sup>st</sup>, October 15<sup>th</sup> and December 1<sup>st</sup>. I have enclosed my first payment of \$ \_\_\_\_\_.*
    - With this option we ask that you add 5% to your "total payment due". So here is an example of the payment calculation. Say your family's total cost for the season (with 2<sup>nd</sup> and 3<sup>rd</sup> child discounts already factored in) for 3 children is \$1300.00. Adding 5% to that \$1300.00 gives you a new total payment due of \$1365.00. You would then divide \$1365 into three (3) equal payments and that amount would be what you would owe for each of your three payments. In this case, you would pay \$455.00 on each of the three payment dates.
  - **SCHOLARSHIP DONATION PROGRAM:** I would like to donate \$ \_\_\_\_\_ toward helping a swimmer attend LMAC who could not otherwise afford to do so. Please enclose check made payable to LMAC.

### **Payment Calendar/Instructions**

1. LMAC accepts cash, checks and money orders as payment options. Please make all checks payable to "LMAC".
2. If you are choosing the payment plan option above, be advised the Payment Dates are September 1<sup>st</sup>, October 15<sup>th</sup> and December 1<sup>st</sup>. If LMAC does not receive your payments within 5 calendar days of these dates your child will not be permitted to continue practicing/competing with LMAC.
3. Returning Team Members: We have 2 payment date options.
  - a. **Payment via mail by Wednesday, September 1<sup>st</sup>.** Payment, either your initial installment or full season payment, and your registration forms should be sent via mail to Greg Warshaw at the address below. Please mail your payment in enough time that it will be received by September 1<sup>st</sup> if you choose this option.

LMAC  
c/o Greg Warshaw  
929 Honeysuckle Lane  
Wynnewood, PA 19096
  - b. **Register in Person September 7<sup>th</sup> or 8<sup>th</sup>.** LMAC will accept registration forms/payment on Tuesday, September 7<sup>th</sup> and Wednesday, September 8<sup>th</sup> in person beginning at 6:00pm in the Maguire Pool Balcony (where we practice).
  - c. **No swimmer will be permitted to practice without first making payment.** If your child cannot make the first night of practice, please either choose the first option of mailing in payment or drop your payment off at Maguire on Tuesday (9/7) or Wednesday (9/8). **If we do not receive registration with payment by Wednesday, September 8<sup>th</sup> we will assume your child is not returning to LMAC this coming season and their spot may be given to a new swimmer.** To avoid this please register on time!
4. For New Team Members:
  - a. **Try Outs take place on Tuesday, September 7<sup>th</sup> (10 & younger) and Wednesday, September 8<sup>th</sup> at 5:00pm.** You will be notified by the end of the week as to whether we have space for your child on the team and given their group assignment. **If you choose to continue with LMAC, you MUST register in person in the balcony at Maguire Pool on Monday, September 13<sup>th</sup> or Tuesday, September 14<sup>th</sup>.** Your swimmer will not be permitted to practice until payment and registration forms have been received. We ask you to come to one of these dates in person. If, for some reason you cannot make either of these dates, please contact: [franciemccomb@comcast.net](mailto:franciemccomb@comcast.net) to make alternative arrangements.