

LOWER MERION AQUATIC CLUB

2011-2012 Information (www.lowermerionaquaticclub.org)

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. LMAC currently has use of three pools: Lower Merion High School, Saint Joseph's Maguire Pool (located in the Fieldhouse) and Saint Joseph's O'Pake Pool (located on the Merion side of campus, former Episcopal Academy),

COMPETITION: 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. LMAC will again offer USA Swimming. This is for swimmers 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 putting together a "line-up") at invitational meets around the tri-state area.

Training: Programs Offered at LMAC

- **Mighty Mites: ages 4-10; runs 9/26/11-1/31/10**
 - **Mighty Mites** is for our younger swimmers 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 solely technique based. The competitive focus for our Mighty Mites will be a mini meet at the end of the season in January. **Cost: \$450.00**
- **Age Group Program:**
 - **Session 1: 9/6 – 11/19/11; Session 2: 11/20/11 – 1/29/12; Session 3: 1/30 – 4/1/12**
 - We offer five different practice groups (**Bonze, Silver, Gold, Junior, Senior**) in this program ranging from three to eight practices per week. These groups focus on technique as well as training. The percentage of time spent on training increases as the swimmer gets older/more advanced. The swimmers in the Age Group program should be able to swim all four competitive strokes legally and be ready for competition (swim meets). Swimmers in the age program will automatically 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. Those who also sign up for USA Swimming will have opportunities to swim in invitational meets as well. **Cost per 10 week session: \$275.00**
- **USA Swimming: all ages; rolling sign up**
 - LMAC swimmers are encouraged to sign up for USA Swimming. Everyone on the team competes in Suburban Aquatic League dual and championship meets automatically. Those swimmers who sign up for USA Swimming are also eligible to attend invitational meets throughout the year (meets where you choose your own events and are seeded with swimmers of similar ability). LMAC will attend approximately 5-7 invitational meets as a team, these will be designated as "Team Efforts". There is an annual fee to join USA Swimming. **Cost for Season: \$65.00**
- **High School PRE Season: runs 9/6/11-11/18/11**
 - High School swimmers are automatically placed in the **Senior practice group**, which meets 7 or 8 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 (even those only swimming pre season) are expected to participate in SAL dual meets. ****This program only runs 11 weeks. Cost: \$300.00**
- **High FULL Season: runs 9/6/11-3/25/12**
 - This program offers the same components as the Pre Season High School 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 through the regular season with our club. 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). **Cost for whole season: \$650.00**
- **DIVING Program: runs 9/26/11-1/29/12**
 - 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. **Cost: \$250.00**

TRY OUTS (St. Joseph's University Maguire Pool)

Located at 54th Street & City Line Avenue; SJU Fieldhouse

10 years and younger: Tuesday, September 6th @ 6:00pm

11 years and older: Wednesday, September 7th @ 5:00pm

Make Up: Thursday, September 8th @ 6:00pm

For information or make up try outs, please email Coach Kathryn Lepster04@verizon.net

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2011-2012 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 Telephone: _____; Alternate Phone #: _____

Parent/Guardian #2 e-mail(s): _____

Part C: Swimmer Information (required):

Directions: Please list all swimmers that you are registering for LMAC at this time. Check which program(s) you are paying for at this time for each swimmer. **You can decide to pay for all 3 sessions up front so you will not have to fill out another registration form when it is time to start the later sessions or you can wait and pay as you go.** Any time you want to pay for another program (for example, if you decide to sign up for USA Swimming later) you will need to fill out this form and check which program you are paying for at the time.

Swimmer #1 Full Name: _____; Preferred Name: _____; D.O.B.: _____					
<input type="checkbox"/> Age Group Session 1	\$275	<input type="checkbox"/> USA Swimming	\$65	<input type="checkbox"/> Mighty Mites	\$450
<input type="checkbox"/> Age Group Session 2	\$275	<input type="checkbox"/> H.S. Pre Season	\$300	<input type="checkbox"/> Diving Program	\$250
<input type="checkbox"/> Age Group Session 3	\$250	<input type="checkbox"/> H.S. Full Season	\$650		
Swimmer #1 Total Payment (at this time): \$ _____					

Swimmer #2 Full Name: _____; Preferred Name: _____; D.O.B.: _____					
<input type="checkbox"/> Age Group Session 1	\$225	<input type="checkbox"/> USA Swimming	\$65	<input type="checkbox"/> Mighty Mites	\$450
<input type="checkbox"/> Age Group Session 2	\$225	<input type="checkbox"/> H.S. Pre Season	\$300	<input type="checkbox"/> Diving Program	\$250
<input type="checkbox"/> Age Group Session 3	\$225	<input type="checkbox"/> H.S. Full Season	\$650		
Swimmer #2 Total Payment (at this time): \$ _____					

Swimmer #3 Full Name: _____; Preferred Name: _____; D.O.B.: _____					
<input type="checkbox"/> Age Group Session 1	\$175	<input type="checkbox"/> USA Swimming	\$65	<input type="checkbox"/> Mighty Mites	\$450
<input type="checkbox"/> Age Group Session 2	\$175	<input type="checkbox"/> H.S. Pre Season	\$300	<input type="checkbox"/> Diving Program	\$250
<input type="checkbox"/> Age Group Session 3	\$175	<input type="checkbox"/> H.S. Full Season	\$650		
Swimmer #3 Total Payment (at this time): \$ _____					

LMAC Scholarship Fund: If you are financially able to do so, please consider making a donation to our scholarship fund, which helps defray the cost to swimmers who would like to swim for LMAC but could not afford to do so without some financial assistance.

I would like to make the following scholarship donation at this time: \$ _____

Part D: Total Payment Enclosed (required): Fill in the total amounts from the boxes above and calculate your total payment at this time.

Swimmer #1 Total Payment: \$ _____

Swimmer #2 Total Payment: \$ _____

Swimmer #3 Total Payment: \$ _____

Scholarship Fund Donation: \$ _____

Total Payment: \$ _____

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2011-2012 Payment Instructions

1. LMAC accepts cash, checks and money orders as payment options.
2. Please make all checks payable to "LMAC".
3. **Registration Materials (including forms and payment) will be collected "in person" for all team members this year.** This includes returning team members and new team members.
 - **Dates Registration will be Collected:**
 - Monday, September 12th through Thursday, September 15th at all practices.
 - ***If we have not received your child's registration for at least the first session by Monday, September 19th, they will not be permitted to practice and their place on the team may be filled with another swimmer.***
 - If there is any reason you are not able to complete and return the registration materials by September 15th, please email LMAC treasurer Kathy Keehn (kkeehns@msn.com) to make arrangements so your child's space is held.
 - **Who will Collect:**
 - There will be an LMAC board member present at practices to collect. If by chance no board member is present, please give your child's registration materials to Head Coach Kathryn McKeone.
 - Please only give registration materials to either an LMAC Board Member or Head Coach Kathryn McKeone.
 - **Those Opting to pay for Sessions 2 & 3 as they occur in the season:**
 - Payments made during the season should be mailed to LMAC Treasurer Kathy Keehn at the following address:

313 South Manoa Road
Havertown, PA 19083
 - Session #2 begins on Sunday, November 20th. If we do not receive your payment prior to or at the first practice your child will not be permitted to participate. No exceptions.
 - Session #3 begins on Sunday, January 30th. If we do not receive your payment prior to or at the first practice your child will not be permitted to participate. No exceptions.
 - You may sign up for USA Swimming at any point in the season and this makes you eligible to attend invitational meets. Payments with USA Swimming registration form should be mailed to Kathy Keehn at the address above.