

TRAINING GROUP DESCRIPTIONS & COSTS

The New Albany Aquatics Club (NAAC) offers nine training groups ranging from the Jr. Ripples to the Masters Team. Programs vary in intensity, amount of training time, the meet participation expectations and the additional dry-land training provided. When registering your swimmer for the 2009/2010 season, use the training group that they are presently in or were in at the end of the winter season. Movement within the practice groups will happen at the coaches' discretion based upon skills improvement, attendance and commitment to the sport.

Training Seasons: Fall Only-Preseason Training and Water Polo
Fall/Winter/Spring Only-Jr. Ripples, Ripples, Waves and Tsunami
All other groups train on a year round basis.

There will be a break between seasons for the training groups.

Fees for each of the programs have been developed based upon a projection of a total number of practice hours in the water and for Dryland training.

- ✓ A USA Swimming registration fee of \$55.00 per swimmer for a full year of participation or \$31.00 for a seasonal card (preseason HS and MS or water polo only). This covers the cost of insurance and other USA Swimming programs. No swimmer may participate in workouts until the fee is paid.
- ✓ A Central Ohio Swimming Association registration fee of \$2.00 per swimmer
- ✓ A non New Albany Plain Local School District Resident Fee of \$50 per swimmer.

JR. RIPPLES

This group is designed for the beginning swimmer who is ready to move beyond basic swim lessons. Practices will emphasize instruction on all four competitive strokes through drills and fun water activities.

Suggested Age Range: 5-8 year olds
Schedule/Frequency: 1-2 per week
Cost: Fall/Winter/Spring, \$495

RIPPLES

This group is designed for the novice swimmer who is ready for the next level of swimming. Practices will emphasize instruction on all four competitive strokes through drills and fun water activities. While this group is mainly instructional, it will consist of a small amount of interval training and endurance work.

Suggested Age Range: 6-8 year olds
Schedule/Frequency: 1-2 per week
Meets: Participation in B Meets, Mini-meet, and highest level of competition is recommended
Cost: Fall/Winter/Spring, \$585

WAVES

This group is designed for the emerging competitive swimmer that has the knowledge and ability to swim 25 yards of each of the four competitive strokes. Practices will emphasize mechanics in all four strokes, starts, turns and prepares swimmers for competition in swim meets. Drills and stroke technique will be the primary emphasis in practice with a moderate amount of endurance work. Regular attendance at practice and participating in the B meets, mini-meets and highest level of championship is encouraged. *Evaluation is required*

Suggested Age Range: 7 – 10 year olds
Schedule/Frequency: Up to 3 practices per week
Desired Minimum Attendance: 2 practices per week
Meets: Participation in B Meets, Mini-meet, and highest level of competition is recommended
Cost: Fall/Winter/Spring \$620

TSUNAMI

This group is designed for the competitive swimmer. Practices emphasize competitive stroke technique, starts and turns and an understanding of the pace clock. There is increased focus on conditioning and endurance work. Regular attendance at practice and participation in local and out-of-town meets is strongly encouraged. *Evaluation is required*

Suggested Age Range: 8 - 12 +/-
Schedule/Frequency: Up to 4 per week
Desired Minimum Attendance: 3 practices per week
Meets: 3-4 per season, plus the highest-level championship meet the swimmer qualifies for
Cost: Full Year: \$830

HURRICANES

Swimmers in this group have a higher level of competitive swimming experience. Practices emphasize drill and stroke technique refinement as well as an increased endurance conditioning. Dryland training is introduced along with goal setting and an understanding of time standards. Meet goals are Ohio A, AA, and Zone competitions. *Evaluation is required.*

Suggested Age Range: 9 - 14
Schedule/Frequency: Up to 6 per week including Dryland 1-2 times per week
Desired Minimum Attendance: 4 practices per week
Meets: 3-5 per season, plus the highest-level championship meet the swimmer qualifies for
Cost: NAMS 7th or 8th grade student-\$1225
NA resident 5th/6th graders and non-residents \$1450

CYCLONE

This group is comprised of the more skilled and experienced swimmers ages 14--18. Endurance, speed, and perfection of stroke mechanics are expected at this level. Goal setting and race strategy are also developed. Total commitment to all aspects of swimming is expected in this group therefore, it is expected that each swimmer make a full year commitment. Dry land training is required and a key component. Swimmers in this group are striving to maximize their age group abilities. A strong commitment to attendance, practice efforts, and meet participation is desired. Meet goals are AA's, Zones, Sectionals, High School District and States. *Evaluation is required.*

Suggested Age Range: 14-18

Schedule/Frequency: Up to 6 per week including Dryland 1-2 times per week

Desired Minimum Attendance: 4-5 practices per week

Meets: 5-10 per year, plus the highest-level championship meet the swimmer qualifies for

Cost: NAMS 7th or 8th grade student-\$1855

NAHS Student-\$1685

All others-\$2085

NATIONAL TEAM

This group is designed for our most competitive swimmers and has mandatory minimum attendance requirements at pool and dry land workouts. Swimmers in this group are highly competitive High School swimmers and have achieved Sectional cuts. They are striving to achieve Junior National, Senior National and Olympic trial qualification times. They are expected to attend the highest championship meet for which they qualify. Practices stress advanced conditioning, technique refinement, and preparation for high school and collegiate championship competition. Swimmers and their families will meet with the coach. *Evaluation is required.*

Suggested Age Range: 14+

Schedule/Frequency: Up to 11 per week.

Desired Minimum Attendance: 80% of weekly evening practices on a 3-week cycle.

Meets: Per commitment agreement

Cost: Full Year: NAHS Student-\$1770,

Non-NAHS Student-\$2170

HIGH SCHOOL TRAINING – Pre Season

This group is for swimmers whose goal is to make the New Albany High School swim team. The focus of practice is conditioning and stroke mechanics. Training will be for six (6) weeks and practices will stress technique refinement. Regular attendance at practices is desired. *Evaluation is required.*

Suggested Age Range: 14-18
Schedule/Frequency: Up to 4 Days per week
Desired Minimum Attendance: 3-4 practices per week
Meets: Not required but highly suggested.
Cost: Fall: \$200

HIGH SCHOOL BOYS WATER POLO

Participants will be introduced to basic rules & regulations, basic drills & skills, and basic conditioning exercises associated with the sport of water polo. Contact Brad at info@newalbayaquatics.com for information about eligibility.

Suggested Age Range: 14-18
Schedule/Frequency: Up to 4 Days per week
Desired Minimum Attendance: 3-4 practices per week
Cost: Fall: \$243

NAAC PAYMENT ARRANGEMENTS & GUIDELINES

Effective with the 2009/2010 Season the following will apply with respect to payment of fees related to New Albany Aquatics Club (NAAC)

- ✓ A non-refundable deposit of \$100 is due at registration. This deposit will be applied to your training fees.
- ✓ Training fees may be paid using one of the following three options:

Option A: Payment in Full –. Payment is due by August 15, 2009 and can be made by Credit Card or Checking/Saving Account Debit through our online registration.

Option B: Fees may be paid in monthly payments (depending on training group) using an automated clearinghouse (ACH) debit from a checking or saving account. Fees will be debited on the first business day on or after the 15th of each month.

- NAAC Refund Policy: Refunds of fees paid and the release of your financial commitment is generally not available once the fall season has begun.
- Moving out of town - 100% refund of the remaining pro-rata portion of the season's fees based on the remaining full months of the swim season of financial commitment (fall/winter/spring, summer).
- Medical reasons (injury, serious illness) as supported by a doctor's excuse - 100% refund of the remaining pro-rata portion of the season's fees based on the remaining full months of the swim season of financial commitment.
- Prior to calculating any refund, all amounts owed to the club must be paid (i.e. entry fees, etc.)