

DIPLOMAT SWIM CLUB 2016 SPRING/SUMMER LONG COURSE

Diplomat Swim Club is again offering a Summer Long Course program at the Kunkel Aquatic Center in the McGinness Pool at Franklin & Marshall College in Lancaster, PA

(www.godiplomats.com/Facilities/ASFC/kunkel)

Long Course swimming is swum in 50 meter increments whereas Short Course swimming is typically swum in 25 yard increments. Unlike any other indoor pool in Lancaster County, the pool at Franklin & Marshall College is 25 yards wide and 50 meters long. This allows the Diplomat Swim Club to use the same pool and facilities year round. Other Lancaster County swim programs train primarily in a short course pool and utilize an outdoor long course pool for limited practices in the summer. Our program allows swimmers to practice and gain experience in the same pool setup that will be used in competition. The indoor program also allows for a consistent practice and competition schedule despite outdoor weather conditions.

Diplomat Swim club hosts two meets during the Long Course season. The May Maelstrom will be held from April 29th – May 1st and the June Summer Storm will be held from June 10th – June 12th. Our swimmers will also compete in the Middle Atlantic Junior Olympic Meet, Senior Champs, Eastern Zones, and the NSCA Junior National Meet in Indianapolis.

Diplomat Swim Club is a USA Swimming program. Times recorded at long course meets can qualify swimmers for short course meets like the Speedo Holiday Classic, Junior Olympics, Sectionals, and other championship meets. Swimmers who hope to qualify for High School States are encouraged to participate in our long course program. Unlike recreational summer league programs, the Diplomat Long Course program gives swimmers an opportunity to continue training with their club coaches. This allows for consistency in stroke development and it provides more yardage than summer league practices. Senior level swimmers will also have dedicated times for out of the water strength training.

The Long Course program is intended for swimmers who have already been involved in competitive swimming. Swimmer's age 9 & up are invited to participate in our long course programs. It is highly recommended for swimmers age 13 & older and it is required for our senior level swimmers. College age swimmers may also participate in our long course program.

We also offer a Spring Clinic for Neptune swimmers and an introductory Spring Only Long Course program for Bronze, Silver, and Gold swimmers. This abbreviated program is offered from April 13th through June 12th. The Neptune level will swim primarily in the short course, 25 yard format. The Bronze, Silver, and Gold & Senior levels will swim a combination of short course and long course.

A complete description of our training groups and expectations can be found on our website.

(<http://www.teamunify.com/SubTabGeneric.jsp?team=madsc&stabilid=67234>) Any questions about your child's placement should be directed to Coach Gwyn at Gwynswim@comcast.net.

The tentative practice schedule is below.

April 11 th – June 13 th						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Neptune		6:15pm - 7:30pm		6:15pm - 7:30pm		
Bronze	6:15pm-8:00pm		6:15pm-8:00pm		6:15pm-8:00pm	8:30am - 10:00am
Silver	6:00pm-8:00pm	6:00pm-8:00pm	6:00pm-8:00pm	6:00pm-8:00pm	6:00pm-8:00pm	7:00am - 8:30am
Gold	6:00pm-8:30pm	6:00pm-8:30pm	6:00pm-8:30pm	6:00pm-8:30pm	6:00pm-8:30pm	7:00am - 9:00am
Senior	6:00pm-8:30pm	6:00pm-8:30pm	6:00pm-8:30pm	6:00pm-8:30pm	6:00pm-8:30pm	7:00am - 10:00am
	5:00am - 6:30am		5:00am - 6:30am		5:00am - 6:30am	

June 13 th – July 30 th						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bronze	7:00am - 8:30am		7:00am - 8:30am		7:00am - 8:30am	
Silver	7:00am - 8:30am	7:00am - 8:30am	7:00am - 8:30am	7:00am - 8:30am	7:00am - 8:30am	7:00am - 8:30am
Gold	6:30am - 8:30am	6:30am - 8:30am	6:30am - 9:30am	6:30am - 8:30am	6:30am - 8:30am	7:00am - 9:00am
Senior	6:30am - 9:30am	6:30am - 9:30am	6:30am - 9:30am	6:30am - 9:30am	6:30am - 9:30am	7:00am - 10:00am

Spring Clinic: (April 11th – June 12th)

Neptune: \$210

Spring Long Course (April 11th-June 12th)

Bronze: \$446

Silver/Gold: \$551

Long Course (April 11th – July 30th)

Bronze: \$667

Silver: \$782

Gold/Senior: \$924

- A non-refundable deposit of \$100 is required for all NEW members
- No deposit is required for current members
- Swimmers not currently registered with USA Swimming must pay the \$65 USA registration fee
- Multiple swimmer families receive a 10% discount on the 2nd and 3rd swimmer
- Families may choose to pay in two installments due on May 1st and June 1st

**PLEASE COMPLETE A REGISTRATION FORM AND RETURN IT BY MARCH 8th!
REGISTRATION FORMS CAN BE PLACED IN THE ATKINSON MAIL FOLDER AT F&M, MAILED
TO THE ADDRESS BELOW, OR EMAILED TO GWYNSWIM@COMCAST.NET**

Gwyn Atkinson
3312 Stillwell Drive
Lancaster, PA 17601

**2016 LONG COURSE
REGISTRATION FORM**

Swimmer Information

First Swimmer: Current Swimmer/New Swimmer

_____ / _____ / _____ M F _____
Last Name First Name MI Date of Birth Age

CIRCLE PROGRAM:

Spring Clinic Spring Only Long Course Long Course Year-Round

Second Swimmer: Current Swimmer/New Swimmer

_____ / _____ / _____ M F _____
Last Name First Name MI Date of Birth Age

CIRCLE PROGRAM:

Spring Clinic Spring Only Long Course Long Course Year-Round

Third Swimmer: Current Swimmer/New Swimmer

_____ / _____ / _____ M F _____
Last Name First Name MI Date of Birth Age

CIRCLE PROGRAM:

Spring Clinic Spring Only Long Course Long Course Year-Round

Parent Information

Father:

_____ / _____ / _____ _____ _____
Last Name First Name Area Code Telephone Number

Mailing Address

_____ / _____ / _____
City State Zip Code

E-mail Address

Mother:

_____ / _____ / _____ _____ _____
Last Name First Name Area Code Telephone Number

Mailing Address

_____ / _____ / _____
City State Zip Code

E-mail Address