



LONG COURSE/SUMMER REGISTRATION 2011

Sign up at the Island Recreation Center Pool April 4th until July 29th

Dues for Long Course Season – April 4th until July 29th

Group	April	May	June	July
Pre-Team	\$385	\$315	\$245	\$175
Nova	\$445	\$360	\$275	\$180
Bronze	\$485	\$390	\$320	\$200
Silver	\$605	\$480	\$355	\$205
Senior II	\$605	\$480	\$355	\$205
Senior	\$745	\$585	\$425	\$245

These rates include summer registration, t-shirt, a H2A latex cap and meet entry fees into both dual meets with the Bluffton Fins. These items have a value of \$105.00 All tuition must be paid up front once the athlete has been placed into their training group for the summer. The rates have been pro-rated by the month the individual starts swimming.

Placement for new swimmers will be determined at registration or during an optional one-week trial period prior to joining.

For any registration information, please call Kim Collett at 681-3723

We look forward to having you on the team!

www.h2aswim.com

Hilton Head Aquatics Group Criteria

2011 Summer Long Course Season

Every swimmer at Hilton Head Aquatics is registered with USA Swimming and is encouraged to compete. The coaching staff will determine what meets are best suited for each athlete in the program.

Pre-Team

This group is for 5-11 year olds that have not mastered freestyle or backstroke. In Pre-team the goal is teach all four strokes in a progression like manner. Swimmers are encouraged to make 2 practices a week. Average daily yardage N/A

Nova

This group is for 7-11 year olds that know all four strokes, but are not quite proficient in all of them. In this group stroke technique and kicking with a board is 80% of the daily workout. Swimmers are encouraged to make 2 practices a week. Average daily yardage 500-1000 yards.

Bronze

This group is for 8-11 year olds that are proficient in all four strokes. In this group stroke technique and kicking with a board is 70-80% of their daily workout. Athletes will start some interval training as they learn how to read the clock. Swimmers are encouraged to make 2-3 practices a week. Average daily yardage 1000-2000 yards.

Silver

This group is for 9-12 year olds. In this group stroke technique and kicking with a board are 50-60% of their daily workout. Interval training starts to become a bigger component at this point. The swimmers in this group are working developing the 200IM and 500 Free and the goal of competing at the state and sectional level. This group is encouraged to make 4-5 practices a week. Average daily yardage 4000-5000 yards.

Senior II

This group will be our Senior II group which will be for swimmers that are 13-Over. This is a great opportunity for athletes who are getting ready for high school swimming, cross training for other sports, and triathlon training. Coach Jack and Alex will be working with this group. We will transition some swimmers from other groups into this group. This group is encouraged to attend 3 practices a week. Average daily yardage of 3,500-5,000 yards.

Senior

This group is 13-18 year olds. In this group stroke technique and kicking with a board are 30-40% of their daily workout. Interval training is part of the daily routine. The swimmers start to do some specializing at this level but with the training emphasis geared towards the 200's of stroke, 400IM, and 500/1000/1650Free. The goal of this group is to be prepared to swim at the sectional, Junior National, and National level. It is required that all athletes make 100 % of all practices. Average daily yardage 6500-9000 yards.



**2011 Summer Long Course Season
Payment Schedule**

Swimmer's Name _____ Group: _____

Swimmer's Name _____ Group: _____

Swimmer's Name _____ Group: _____

Swimmer's Name _____ Group: _____

Dues (from above) _____

Total Due _____ Cash _____

Check _____ No. _____
Make checks payable to H2A

Fee Assessments:

A \$25 fee will be charged on all returned checks.

I have read and understand the above Fee Assessments.

Parent Signature: _____



**Summer Long Course Season
2011
Registration Form**

***Please note that we must have an e-mail address for each registered family**

Date: _____ Gender: Male Female

Swimmer's Name: _____
Last First Middle (**needed**)

Swimmer's Age: _____ Birth date: _____

Parent's Name: _____

Address: _____

City/State/Zip: _____

Home Phone: _____ *E-mail: _____

Father's Work: _____ Cell _____

Mother's Work: _____ Cell _____

Emergency Contact: _____ Phone: _____

School: _____ Grade: _____

Do you have any medical conditions or allergies the coaches should be aware of? _____

Swimmer requires and will bring the following medication to practice with instructions: _____

I give permission for my child to be photographed & allow publication of photographs for various printed and web site swim related materials.

Parent Signature: _____