



Slippery Rock Swim Team



WHO ARE WE?

The Slippery Rock Eels Swim Team (SRST) is a year round swim club open to any child ages 5-18. The goal of SRST is to promote excellent physical health while promoting good sportsmanship in our community through a developmental and competitive swim program. This goal will empower our young people to be champions and valued citizens for a lifetime in and out of the water.

SRST is a member of the **Allegheny Mountain Swimming (AMS)** local swim club under **US Swimming (USS)** Rules and Regulations. We schedule several meets a season (Sept-Mar) in order to allow all level of swimmers to participate in **USS** sanctioned meets. We also participate in the **Western Central Pennsylvania Swim League (WCPSL)**. In this league we also follow all **USS** swim rules. In the **WCPSL** our team schedules 5 to 6 swim meets per season (Oct-Mar), both home and away. Practices are conducted at the Slippery Rock University Morrow Field House and the Abersold Recreation Center. All **WCPSL** home meets are held at the Morrow Field House. **SRST** also offers a Long Course swim program beginning in April and running through the summer months.

SRST started as a small community team in the late 1970s, but in recent years has grown to a fully integrated program that allows swimmers at all ability levels to grow and find success. We are proud of our successes and are continuing to grow. Our honors include **AMS** champions, **Eastern Zone Swimming** participants and **Top 100** ranked swimmers.

TRY US OUT!

SRST offers a two week trial to any new swimmer interested in testing the waters. You will receive a full refund (minus a \$25 administrative fee and \$65 US Swim Fee) in the event your child doesn't want to remain in the program at the end of the two weeks.

SWIM GROUPS & FEES --2011 SHORT COURSE SEASON (Sept-Mar)

Developmental 1 (D1):

Swimmers assigned to **D1** must be able to swim at least one length of the pool. This group spends most of the season learning proper technique of all four strokes through hands on coaching. **D1** Meets 2x a week (Tuesdays and Thursdays from 4:30p-6p) at the Abersold Recreation Center (ARC) at Slippery Rock University. Membership fee is \$250 (includes US Swimming Registration). This program begins October 17th.

Developmental 2 (D2):

Swimmers assigned to **D2** spend the season reinforcing proper stroke technique, building on D1 fundamentals, along with light conditioning to help improve competitive experience. **D2** meets 3x a week (Monday, Wednesday and Friday from 4:30p-6p) at ARC. Membership fee is \$350 (includes US Swimming Registration). This program begins October 17th.

Age Group Junior Senior (AGJS)

This group includes experienced, competitive swimmers. **AGJS** works on stroke maintenance and conditioning. Depending on age and ability level, swimmers meet 3x-6x per week (practice time is Mon-Fri 5p-7p, and Saturday mornings) at the Morrow Field House at Slippery Rock University. Membership fee is \$500 (includes US Swimming Registration). This program begins September 12th. A \$75 fee reduction is available for fall athletes with a start date of October 10th.

**If you have any questions regarding program placement, our coaching staff will assist you.*

CLUB NOTES

- Installment payment plan is available with first payment due at time of registration and second payment due on or before November 30th.
- A \$200 fundraising fee (per family) is required with commitment completed by January 2012. Fundraising committee will offer fundraising options throughout the season.
- Slippery Rock High School varsity swimmers will be assessed a membership rate of \$215 which includes **USS** registration fee. You are encouraged to attend **USS** and **WCPSL** meets as well as **AGJS** practices (pre and post varsity season only). The option is available to practice in season after your high school practices, but additional fees will apply.
- There is a \$100 credit toward your family fundraising fee should you agree to a committee chair (Positions available: **WCPSL** Meet Manager, Fundraising Chair, Concession Director, Banquet Chair, **USS** Judge certification, Website Director, Apparel Coordinator).
- All families are still required to assist at **WCPSL** meets via concession donations, timers, stroke and turn judging, seeding etc.
- Club suit is optional / black suit required for all meets. We will also offer a silicon team cap for \$12.00.
- Any swimmer competing in **USS** meets are charged splash fees (approximately \$5 per event). Each swimmer must submit a \$50 check to be used in escrow for **US** meets by October 1st (**AGJS**) or Nov 1st (**D1** and **D2**).
- No swimmer is required to attend **USS** meets but is encouraged. **USS** services the needs of every level of swimmer from the beginner (**B Meets**) to advanced (**A+ Meets**). It is a fantastic environment for your swimmer to meet kids from all over the greater Pittsburgh area and learn valuable experience as you compete at different pools. Most meets are 2-day meets but you have the option of signing up for events on 1 or 2 days depending on your schedule.
- All swimmers are required to compete in at least 3 **WCPSL** meets in order to participate in the 2012 **WCPSL** Championships hosted by Grove City Royal Dolphins in March.