

WANTED SWIM TEAM MEMBERS FOR Fall 2017

Uncle Sam Swim Team

Assessment Dates: Tuesday, September 5 and Wednesday, September 6 – Stop in anytime 6pm-730pm.

On assessment day all new swimmers will be given a quick (5-10minutes) swim test to assess abilities and we will tell them what group they belong in based on ability and age. *Please bring a suit and towel, and cap and goggles* if you have them. We may have a cap and goggles to share for the assessments, but if you join the team you will need to purchase goggles and caps for your child.

OFFICIAL START DATE ALL GROUPS: Thursday, September 7 (Tentative end date March 17)

Location: Emma Willard, 285 Pawling Ave, Troy, NY 12180 (Use Elmgrove entrance, take a right into campus, drive $\frac{3}{4}$ around circle and park in back. Pool is in building to your right. Use side entrance or front entrance access via sports field side of building.) PLEASE NO PARKING IN CIRCLE!

USAM GROUP STRUCTURE

1. RED Group – 8 and under, must follow directions well, should be able to swim 25 yards on stomach or back. In this group they will learn all 4 strokes, kicking, turns, starts and other important aspects in racing. (\$550) (Practice Tue/Wed/Thurs 6-645 pm)
2. WHITE Group – 7-13, continue stroke development and technique, the importance is still on development and beginning race strategy. (\$650) (Practice Mon 6-715 pm, Tue/Thurs 6-7pm, Saturday 9am-10:15am)
3. BLUE Group – 12 and over, endurance is becoming a concept for them, continued technical teaching as well as goal setting and dry-land activities. (\$750) (Practice Mon/Wed 6-7:30pm, Tue/Thurs 615-7pm dryland followed by 7-8pm in the pool, Friday 6-730pm, Sat 9-1030 am)
4. REGIONAL – 12 and over, these swimmers are dedicated to swimming as a primary sport, these swimmers hold BB times or better and are committed to the sport of swimming. (\$950) (Practice Mon/Wed 6-8pm, Tue/Thurs 615-7pm dryland followed by 7-8:30pm in the pool, Friday 6-730pm, Sat 9am-12 pm)

More information will be available on assessment day or via website at www.unclesamswimteam.com

For more information please email Head Coach Rob MacLeod at headcoach@unclesamswimteam.com or call 518-286-3678.

