

USAM SWIM TEAM FALL ASSESSMENTS 2023

USAM is a fun and competitive swim team with swimmers from beginner level (5 years of age) to 17 years old competitions at regional level. We have experienced coaches (all former swimmers) and practices work toward technique progression and increased endurance in multiple distances. We'd love to have you on our team.

Assessment Dates:

- Thursday, August 31 - 6:30-8 pm
- Saturday, September 2, 9 am to 11 am (NEW DATE)
- Thursday, September 7 - 6:30-8 pm

**PRACTICE STARTS SEPTEMBER 11 –
APRIL 2(Tentative end date.)**

Assessments are open and do not require appointments. Upon arrival a coach will evaluate your swimmer and then talk to you about options.

Location: Troy Boys and Girls Club, 1700 7th Ave, Troy, NY 12180 (PLEASE USE 6th AVE BACK ENTRANCE INSIDE FENCED AREA). RING DOORBELL AND YOU WILL BE LET IN POOL TO THE RIGHT.

Requirements:

- The ability to complete the swims safely (slow is fine) is the focus vs the technique of the swimmer. Technique comes with practice.
- Participants must be between 5-18 and able to swim 25 yards (one length of the pool) freestyle and backstroke.
- Please wear your suit to the pool. Goggles are required but strongly recommended.
- Plan on approximately 10 minutes per swimmer for evaluations.

Coaches will be on hand to guide and evaluate. Team experience parents will be available to answer questions as well. Our experienced coaches will recommend the best level to start and will work with swimmers moving up to the next level as appropriate.

Group options: (All groups attend meets in the area, along with options outside of the area.)

- Red – 3 days a week for about 1 hour. (Typically our 8 and under group.) (\$950)
- White – 4 days a week for about 90 minutes a session. (Age varies from 7-15) (\$1200)
- White + - 4 days a week for about 90 minutes a session (Age varies from 7-15) + Additional Monday or Wednesday Practice with Blue Group 5-6:30pm (\$1350)
- Blue – 6 days a week for about 90 minutes a session. (Age varies between 10-18) (\$1500)
- Regional – 6 days a week for 2 hours a session. (Age varies from 10-18) (\$2100)
- National – Follow above schedule + additional meetings and individual training sessions 1-2 x a month for 45min to 1 hour (\$2300)

We do not require a number of practice to be at each week in our Red/White Groups. With our Blue and Regional Groups, we ask that an attendance of 70% or better monthly.

If you have questions please feel free to reach out to me, headcoach@unclesamswimteam.com.