

## USAM SWIM TEAM FALL ASSESSMENTS

USAM is a fun and competitive swim team with swimmers from beginner level (5 years of age) to 18 years old competitions at regional and national levels. 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.

### Assessments Dates:

- Thursday, August 25 - 6:30-7:30 pm
- Tuesday, August 30 - 6:30-7:30 pm (Additional time available week of Aug 29)

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

### 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 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:

- Red – 3 days a week for about 1 hour. (Typically our 8 and under group.)
- White – 4 days a week for about 75 minutes a session. (Age varies from 7-15)
- Blue – 5 days a week for about 90 minutes a session. (Age varies between 10-18)
- Regional – 6 days a week for 2 hours a session. (Age varies from 11-18)

We do not require a number of practice to be at each week in our Groups. We suggest a minimum of 2 days a week for skill acquisition and development. Blue/Regional should attend 4 or more practice a week.

**PRACTICE STARTS SEPTEMBER 12 – APRIL 2** *(Tentative end date)*

We will be looking to attend meets monthly based on availability in our LSC and surrounding LSC's.

If you have questions please feel free to reach out to me, [headcoach@unclesamswimteam.com](mailto:headcoach@unclesamswimteam.com), 518-286-3678 or text/call Cell 518-495-3470.