

Pre-Season 2009 Notes

Practice Starts: Monday, September 14 is the first day of practice for Seniors, Juniors, PreSeniors, and Age Group III. Age Group I start Tuesday the 15th and Age Group II Wednesday the 16th. If you have not sent in the Team Registration Form and Medical Form please go to our website, CentralChesapeakeSwimming.com, print them out and bring to practice.

Arriving at Practice: Please try and arrive at the SportsPlex 15 minutes before the scheduled start of practice if possible. Swimmers should change in the lockerroom, put street clothes in a bag and bring on to the pool deck. Do not use the lockers. Swimmers should also rinse off in the showers before coming on to the deck for practice.

Training Group Size: We cap Age Group I-II-III at 32 swimmers each. If we fill up the lanes will be crowded for the first two to three weeks. Then, as Age Group II did last year, the average number of swimmers attending each practice will be about 24 which is 6 swimmers per lane and very manageable. If there is lane space available we will add a 5th lane for the first three weeks. We don't anticipate the other groups filling up.

New Parents Meeting: Saturday, September 26, 8:15-9:30 AM in the Birthday room off of the Leisure Pool at the SportsPlex. This will be an overview of the program and answering all questions that parents have. Please read the "Team Handbook" on the website prior to the meeting.

Team Outfitting: Tuesday, September 29, SwimPro will be at the SportPlex with training equipment and PEAK team apparel. Coaches will had out SwimPro Order forms the first week of practice with training equipment highlighted. It is very important that all swimmers have all the equipment. This equipment really speeds the learning of stoke technique.

First Payment: Invoices will be emailed October 1. Posted will be the Team Registration fee of \$100.00 that covers USA Swimming membership (insurance), team cap and team shirt. Training fees will be broken into thirds. One third October 1, one third January 2, and one third March 1.

Age Group I & II	\$200	\$200	\$200
Age Group III & Juniors	\$300	\$300	\$300
PreSeniors	\$400	\$400	\$300
Seniors	\$900	\$800	\$800

If you would like to set up a monthly plan we can do that.

PEAK Hosted Meets: PEAK is hosting two meets. The "All Freestyle" meet Sunday, October 11, and the Eastern States Senior Circuit October 24-25. We need one Meet Manager for both meets. This is organizing meet help the day of the meet. We also need

a Data Manager. Parents will be asked to help with other jobs and lane timers. The Freestyle meet is open to every swimmer on the team. The Senior Circuit will be swimmers in the Senior Group but it is a good opportunity to see some good swimming.

Officials: It would be great if by next season we could do most of the officiating for our meets with PEAK parents. Potomac Valley Swimming (PVS) has a list of Officials Clinics being held in the LSC. Please visit PVSwim.org to see the schedule.

SwimPosium: While you are at the PVS website look at the information for the SwimPosium to be held at Georgetown Prep, Saturday, October 3. We encourage you to attend.

SwimAmerica: PEAK swim lesson program will begin Saturday, October 10. Registration forms are at BestSwimLessons.com.