

# RAC – Quick Info & F.A.Q.'S

Welcome to RAC! You will be notified by email of your child's placement on Thursday September 8, 2011. Until that time, here is some quick info and FAQ's.

## What Next?

- When receiving your child's placement, you will receive instructions for online registration. This will need to be done immediately to secure your child's spot in that practice group.
- Practices will begin next week – September 12.
- Please review our website for complete team information - - [www.racswimming.org](http://www.racswimming.org)
- RAC's main form of communication is through our weekly newsletters/email & website

## F.A.Q.'S

- **What are the practice groups & When/How often do they practice?**

### Olympic Way:

The perfect transition from swimming lessons to competitive swimming, swimmers in this group refine their stroke skills and learn the basics of competitive swimming in two 45-minute practices a week. This is a ten-week program for swimmers ages 10 & Under. Three sessions of Olympic Way are offered throughout the year. At the end of each session, swimmers participate in a fun intra-squad meet.

- Minimum Try-out Requirements: 25 yards of both freestyle and backstroke.
- Practices Tues/Thurs from 4:45 – 5:30
- FEES - \$410 for a 10 week Session

### Power Up Group:

This group is for swimmers 11 & Under who can swim freestyle and backstroke proficiently and have legal butterfly and breaststroke. Swimmers continue to perfect their strokes and get their first taste of competitive swimming. **Swimmers practice, on average, 3 times per week** for 60 minutes.

- Minimum Try-out Requirements: 50 yards of both freestyle and backstroke and 25 yards of legal breast stroke and butterfly.
- Practices M/W/F 4:45 – 5:45 & Thurs 7:45 – 8:45

### Performance Group:

This group is for swimmers between the ages of 9 and 12 years where they continue to hone their swimming skills while being introduced to regular training sets. **Swimmers practice, on average, 4 times per week** for 75 minutes.

- Minimum Try-out Requirements: legal 200 IM and 200 freestyle and proficient competitive starts and turns
- Practices M/W/F 5:45-7:15, Tues 7:45-8:45 & Sat 9:30 – 11am

### Premier Group:

This group is for 13 & Over swimmers who either need a little extra time to prepare for the training or commitment standards of the Extreme Group or who want to stay in shape to prepare for regional or state meets, as well as high school meets. **Swimmers in this group are encouraged to practice 5 times per week.**

- Minimum Try-out Requirements: 400 meter freestyle, legal 100 meters of all 4 strokes.
- Practices M/W/F 7:15-8:45 (DL 6:30-7:15), T/Th 6:45-8:45 & Sat 7-10:15am (DL 9:30-10:15)

### Extreme Group:

This group is for swimmers 11 & Over who are able to train at specified training intervals. Swimmers in this group are refining their stroke mechanics, placing a greater emphasis on endurance training and are preparing for the Elite Group. They practice, on average, 5 times per week for 120 minutes (minimum requirement).

- Try-out Requirements: Please set up a meeting with our coaching staff if you are interested in trying out for this group.

### Elite Group:

This is the highest level of competitive training where swimmers aged 13 & over practice 7-9 times, six days per week. Swimmers concentrate on event specialization and compete at the state, sectional and national levels.

-Try-out Requirements: Please set up a meeting with our coaching staff if you are interested in trying out for this group.

- **Will my child participate in meets?** All practice groups with the exception of Olympic Way participate in our competitive team program and attend meets. Olympic Way holds an intersquad on the last practice of each session at Barlow Pool.
- **How often are the meets?** RAC typically swims only 1 meet per month, so we expect all swimmers to swim in all meets. Your child will AUTOMATICALLY be signed up for every meet in which we participate. You will have the opportunity to scratch from meets that you are unable to attend.
- **How far do I travel for meets?** Most meets are within an hours drive.
- **How long are the meets?** Meets typically take up half a day and are both days of a weekend. If your child swims longer distances, they may have a Friday night race as well. Team Spirit is expected so plan to stay for the length of the meet. Cheering from the stands is encouraged!
- **What does my child wear to the meets?** Each swimmer is required to wear a team suit, cap and tee shirt to each meet. The cap and tee shirt are provided by the team. You will purchase your swimsuit at the suit fitting and welcome breakfast taking place September 17<sup>th</sup> 9 – 12am at the Ridgefield Rec Center.
- **Are there meet fees?** Yes. Swimmers be charged both meet and event fees. Roughly \$7 per meet and \$5 for each event that they swim. These fees are not incurred if you have scratched the meet by the scratch deadline. Meet fees are billed monthly.

### 2011-2012 Practice Schedule & Program Fees

Group	Program Fee	Payment Plan	Payment Plan
Elite	\$2095.00	\$2270.00	\$870-Upon Registration \$350-Oct. 1, Nov. 1, Dec. 1, Jan.1
Extreme	\$1845.00	\$2020.00	\$820.00-Upon Registration \$300-Oct.1, Nov.1, Dec.1,Jan.1
Premier	\$1615.00	\$1765.00	\$765-Upon Registration \$250-Oct.1, Nov.1, Dec.1, Jan.1
Performance	\$1480.00	\$1605.00	\$690-Upon Registration \$200-Oct.1, Nov.1, Dec.1, Jan.1
SC ONLY \$1165 (New swimmers only, no payment plan offered)			
Power Up	\$ 1110.00	\$1210.00	\$610-Upon Registration \$150-Oct.1, Nov1, Dec.1, Jan1
SC ONLY \$975 (New swimmers only, no payment plan offered)			

#### NOT INCLUDED IN ABOVE PROGRAM FEES (All groups except Olympic Way):

- Registration Fee - \$115
- Fundraising Obligation - \$150/Swimmer

Olympic Way            \$410 for each 10 week Session

