



Golden Hills Gators

Swim Team



2010 Dates to Remember

April 30	Guaranteed Registration Deadline
May 2	3:00 – 4:00 Open Swim Team Registration at Club House
May 17	After-school practice begins for Competitive Team (see calendar)
May 26	6:30 Parent Meeting
May 31	Memorial Day – No practice
June 4	Regular morning practice starts
June 7	Development Team practice begins (see calendar)
June 8	5:30/6:00 Individual & Team pictures / Ice Cream Social
June 24	City Meet Registration Due
June 29	6:00 Kid's Kick Cancer at Golden Hills Pool
July 12	Last Day of practice if not participating in City Meet
July 17-18	City Meet
July 20	6:00 Team Banquet

2010 Practice Schedule

Practices will be held after school on Mondays, Wednesdays and Fridays from May 17 to May 28, plus Tuesday – Thursday, June 1 – 3, as follows (see calendar):

4:30 – 5:30 pm	Beginners and Intermediates
5:30 – 6:30 pm	Juniors and Seniors

Morning practice times will begin on June 4. The schedule is Monday through Friday as follows (see calendar):



8:00 – 9:00 am	Beginners and Intermediates
9:00 – 10:30 am	Juniors and Seniors
10:30 – 11:00 am	Development Team - Mondays, Tuesdays & Thursdays beginning June 7.

Note: Swimming ability will determine which group you practice with. See below for training group information.

2010 Meet Schedule

All dual (A) and exhibition (B) meets will begin at 6:00 p.m.; swimmers should arrive at 5:00 p.m. for warm-ups.

B Meets		A Meets	
June 7	King's Grant	June 10	at Quail Hollow
June 14	Country Club of Lexington	June 17	Quail Valley
June 21	at Murraywood	June 24	TopSpin
June 28	at Spring Valley	July 8	Governor's Grant
		July 12	at YMCA Northwest
July 17 - 18	City Meet at USC		

Training Groups:

Development Team:

Swimmers who do not meet the minimum training requirements for the Competitive Team; 10 years and under. Will work on swimming fundamentals. This group will practice for 30 minutes three days per week.

Competitive Team: Beginners:

Swimmers with little experience, usually in the 8 & under age group. Will work on the four competitive strokes.

Intermediates:

Should already know the four competitive strokes. Will work on stroke refinement, starts, turns, and competitive training.

Juniors:

Top younger swimmers; time is devoted to starts, turns, stroke refinement and aerobic training.

Seniors:

Should be at least 12 years old and have considerable competitive experience. Focus will be on further stroke refinement and aerobic training.

GOLDEN HILLS SWIM TEAM REGISTRATION

<u>SWIMMER'S NAME</u>	<u>GROUP</u> <small>(Dev/Beg/Int/Jrs/Srs)</small>	<u>M/F</u>	<u>BIRTHDATE</u>	<u>Age as of</u> <u>JUNE 1</u>	<u>T-SHIRT</u> <u>SIZE</u>
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Address (include city and zip): _____

Home Phone # _____ E-mail address: _____ E-mail address #2 _____

Father's name _____ Work phone # _____ Cell phone # _____

Mother's name _____ Work phone # _____ Cell phone # _____

May we include your name, address and phone number in the swim team directory to be handed out to all swim team families (not posted on internet)? Yes ___ No ___

May we include your child's picture on our website (no names included)? Yes ___ No ___

PARENT VOLUNTEER REGISTRATION

We need your help to make our swim program successful. Please indicate below the areas in which you would be willing to serve after getting more information and/or training. Select at least one area from swim meet service (mandatory) and general service (optional).

<u>Areas of service at the swim meet:</u>	<u>Areas of service in general:</u>
_____ Meet Manager	_____ Treasurer
_____ Stroke & Turn Judge	_____ Sponsor Liaison
_____ Starter	_____ Apparel/Equipment
_____ Timer	_____ City Meet
_____ Time Sheets	_____ Social
_____ Runner	_____ End of year party & team photo
_____ Computer Scoring	_____ Volunteers
_____ Ribbons	
_____ Clerk of Course	
_____ Concessions	

The registration fee is \$65 per child for members, or \$125 per child for non-members. This fee includes Columbia Swim League dues, ribbons, awards, T-shirt, banquet, and coaching. There is a multi-child family discount of 10% for each child.

Registration	Members	Non-members		
One Child	\$65.00	\$125.00		
Two Children	\$123.50	\$237.50		
Three Children	\$176.15	\$338.75		
Four Children	\$223.53	\$429.88	Total	\$ _____

Additional team t-shirts are available for \$10 each (Swimmer's t-shirts are included with registration):
 T-shirt size _____ T-shirt size _____ T-shirt size _____ # of Extra T-shirts x \$10 = \$ _____

GH Swim Cap – Team caps are available for \$3 each # of caps x \$3 = \$ _____

Team Sponsor – Yes, I would like show my support to our team with a team sponsorship \$ _____
 Sponsorship includes T-shirt and advertisement / message printed on shirt.
 *See Team Sponsor Sheet for details

Total Due (Checks should be made payable to Golden Hills) \$ _____

For further information, please contact Tracy King at 957-6409 or e-mail at ghswimming@sc.rr.com