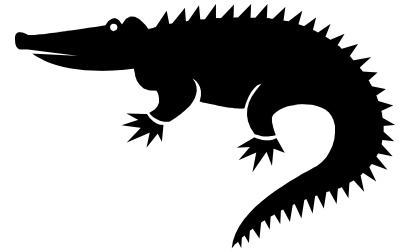


Golden Hills Gators

Swim Team



2011 Dates to Remember

April 1	Guaranteed Registration Deadline
May 1	4:00 – 5:00 Swim Suit Try-on at Club House
May 16	After-school practice begins (see calendar)
May 22	5:00 – 6:00 Parent Meeting at Club House
May 30	No Practice – Memorial Day
June 3	5:00/6:00 Individual & Team pictures / Ice Cream Social
June 6	Regular morning practice begins
June 30	5:00 – 8:00 pm Kid’s Kick Cancer
July 1	City Meet Registration Due
July 11	Last Day of practice if not participating in City Meet
July 16-17	City Meet
July 18	6:00 Team Banquet

2011 Practice Schedule

Practices will be held after school on Mondays, Wednesdays and Fridays from May 16 through June 1:

4:00 – 4:30 pm	Development Team
4:30 – 5:30 pm	Beginners and Intermediates
5:30 – 6:30 pm	Juniors and Seniors

Morning practice times will begin on June 6. The schedule is Monday through Friday as follows (see calendar):



8:00 – 8:30 am	Development Team - Mondays, Wednesdays, and Fridays
8:30 – 9:30 am	Beginners and Intermediates
9:30 – 10:45 am	Juniors and Seniors

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

2011 Meet Schedule

All dual (A) and exhibition (B) meets will begin at 6:00 p.m.; swimmers should arrive at 4:45 p.m. for Home Meet warm-ups; 5:00 for Away Meet warm-ups.

B Meets		A Meets	
Mon, June 6	YMCA - NW	Thurs, June 9	@ Governor’s Grant
Mon, June 13	Woodlands	Thurs, June 16	@ TopSpin
Mon, June 20	@ King’s Grant	Thurs, June 23	Country Club of Lex
Mon, July 11	Quail Hollow	Mon, June 27	Murraywood
		Thurs, July 7	@ Quail Valley
July 16 - 17	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>
<input type="checkbox"/> Meet Manager	<input type="checkbox"/> Treasurer
<input type="checkbox"/> Stroke & Turn Judge	<input type="checkbox"/> Sponsor Liaison
<input type="checkbox"/> Starter	<input type="checkbox"/> Apparel/Equipment
<input type="checkbox"/> Timer	<input type="checkbox"/> City Meet
<input type="checkbox"/> Time Sheets	<input type="checkbox"/> Social
<input type="checkbox"/> Runner	<input type="checkbox"/> End of year party & team photo
<input type="checkbox"/> Computer Scoring	<input type="checkbox"/> Volunteers
<input type="checkbox"/> Ribbons	
<input type="checkbox"/> Clerk of Course	
<input type="checkbox"/> 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 ghswwimming@sc.rr.com