

GRANITE FALLS MAKOS 2017-2018

REGISTRATION FEE:

A registration fee is required for all swimmers participating on the Granite Falls Makos Swim Team. The registration fee is \$100 (per person). This fee includes a one year membership to USA swimming, a team t-shirt and swim cap. The registration fee is due at time of registration and is non-refundable.

MONTHLY FEES:

Monthly fees include practice fees, fundraising fees and meet fees. Enrollment will renew each month and monthly fees will be automatically drafted on the first of the month. Payments will be divided into 11 monthly installments from September through July. Monthly fees are as follows:

Member Price:

Shortfin: \$70 Per Month
Longfin: \$85 Per Month
High School Prep: \$70 Per Month
Home School (2 Day): \$70 Per Month
Home School (3 Day): \$100 Per Month
Home School (5 Day): \$130 Per Month
Bronze: \$100 Per Month
Silver: \$120 Per Month
Gold: \$135 Per Month
Varsity: \$150 Per Month
Beginner Competitive: \$135 Per Month
Age Group Challenge: \$150 Per Month
Age Group Select: \$165 Per Month
Junior: \$185 Per Month
Senior: \$200 Per Month

Non-Member Price:

Shortfin: \$85 Per Month
Longfin: \$100 Per Month
High School Prep: \$85 Per Month
Home School (2 Day): \$85 Per Month
Home School (3 Day): \$115 Per Month
Home School (5 Day): \$145 Per Month
Bronze: \$115 Per Month
Silver: \$135 Per Month
Gold: \$150 Per Month
Varsity: \$165 Per Month
Beginner Competitive: \$150 Per Month
Age Group Challenge: \$165 Per Month
Age Group Select: \$180 Per Month
Junior: \$200 Per Month
Senior: \$215 Per Month

COMMITMENT POLICY:

For the Shortfin, Longfin, Bronze and Home School groups 2 & 3 Day, a 3 month (consecutive) minimum commitment is required. For Home School 5 Day, Silver through Senior groups an 11 month (September-July) commitment is required. The High School Prep group has a one month minimum commitment.

FREEZE/CANCELLATION FEE:

If you wish to withdraw from the program or freeze your enrollment, a signed freeze/cancellation form is required 30 days before your enrollment will end. If you wish to cancel your membership before fulfilling your commitment a \$100 (per person) cancellation fee is required. If you wish to freeze your membership a \$25 (per person) monthly administrative fee will be charged, and you may freeze up to a max of 3 months between September - July.

NO-SHOW MEET FEE:

A No-Show Meet Fee of \$15 per day (per person) will be charged to families who sign up for a meet and do not attend. This is required because all meet fees paid to the host team are non-refundable, and Granite Falls is obligated to pay for your swimmer even if they do not attend the meet.

OTHER FEES:

Other fees include banquets, team social events or outings, team apparel, and practice equipment. These fees are not included in the monthly fees or registration fee.



REGISTRATION:

To register for the 2017-2018 season click the “start registration” tab on the Makos website www.granitefallsmakos.com. After you register online you will receive a registration receipt with registration status pending team approval. Once the payment method and monthly drafts are setup you will receive a confirmation email with login instructions.

2017-2018 Registration Opens:

Existing Mako Swimmers - June 25th
New Makos Swimmers - July 9th

Evaluations for New Mako Swimmers (2017-2018):

July & August - Monday 5:30-6pm and Thursday 6-6:30pm
September through July - By Appointment Only

PRACTICE SCHEDULE:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	MAIN COACH
Shortfin	5:15-6pm		5:15-6pm				Kalee
Longfin	6-6:45pm		6-6:45pm		4:15-5pm		Kalee
High School Prep		3-4pm		3-4pm	3-4pm		Jim
Home School 2 Day		10-10:45am		10-10:45am			Kalee Victoria
Home School 3 Day	10-11am	10-11am		10-11am			Kalee Victoria
Home School 5 Day	10-11:30am	10-11:30am	10-11:30am	10-11:30am	10-11:30am	8-9am	Kalee Victoria
Bronze		5:30-6:30pm		5:30-6:30pm	5-6pm		Kalee Victoria
Silver	7-8pm	4-5pm	7-8pm	4-5pm			Kalee Victoria
Gold	6:45-8pm	6:45-8pm	6:45-8pm	6:45-8pm			Bill Kalee Vic
Varsity	4-5:15pm	4-5:30pm	4-5:15pm	4-5:30pm			Bill Jim
Beginner Competitive	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	6-7pm		Bill Victoria
Age Group Challenge	6:45-8pm	6:45-8pm	6:45-8pm	6:45-8pm	4:15-5:30pm		Bryan
Age Group Select	6:30-8pm	6:30-8pm	6:30-8pm	6:30-8pm	5:30-7pm	8-9am	Blair
Junior	5:15-6:45pm	6:30-7:30am 5:30-6:45pm	5:15-6:45pm	6:30-7:30am 5:30-6:45pm	5:30-7pm	7-9am	Blair
Senior	5:30-6:45am 3:30-5:30pm	4-5:30pm	5:30-6:45am 3:30-5:30pm	4-5:30pm	4-5:30pm	7-9am	Blair



GROUP LEVEL DESCRIPTIONS:

All swimmers are assigned to a group based on their age, ability level and swimming goals. Each coach will be responsible for helping swimmers improve and reach their swimming goals. Swimmers progress will be monitored throughout the year and swimmers will be advanced to the next group when they are fully prepared.

Shortfin (8 & Under)

Shortfin is a developmental group focusing on freestyle and backstroke stroke technique, kicking, and basic training etiquette. During the season, swimmers in Shortfin will further develop their freestyle and backstroke technique and will be introduced to butterfly and breaststroke. Required equipment kick board & fins.

Longfin (7-9)

Longfin is a developmental group with an emphasis on basic training etiquette, kicking, and the fundamentals of the four competitive strokes. Swimmers in Longfin have a strong understanding of freestyle and backstroke, and can demonstrate either butterfly or breaststroke. During the season, swimmers in Longfin will continue to develop all four competitive strokes, and work on proper starts, turns and finishes. Required equipment kick board & fins.

Bronze (8-10)

Bronze is a developmental group focusing on technique training over yardage, kicking, reading the pace clock, and proper starts, turns and finishes. Swimmers on Bronze have a strong understanding of all four competitive strokes, basic training etiquette and will continue to develop their enthusiasm for swimming. Required equipment kick board & fins.

Silver (9-11)

Swimmers on Silver have a strong understanding of all four competitive strokes with the emphasis on technique training and will continue to master starts, turns and finishes. Silver will continue to build on the stroke technique learned in Bronze and will be introduced to interval training, and develop aerobic stamina through endurance training. During the season, Silver will have a goal of achieving "B-BB" time standards. Required equipment kick board, fins & pull buoy.

Gold (10-12)

Gold will help swimmers transition into the competitive levels or Varsity. Gold will focus on technique for all four competitive strokes through drill training, interval training, and endurance training. Swimmers will also be educated on meet preparation, discipline and nutrition for training and competition. Gold will have a goal of reaching "BB-A" time standards and maintain regular practice attendance. Required equipment kick board, fins, pull buoy & paddles.

Varsity (13 & Up)

The primary goal in Varsity is to have efficient technique in each competitive stroke, starts, turns and finishes. In addition, these swimmers will be educated on stroke physics, training and competition nutrition, and race strategies. Varsity will have a goal of reaching "BB-A" time standards and maintain regular practice attendance. Required equipment kick board, fins, pull buoy & paddles.

High School Prep (9th-12th Grade)

Swimmers in high school will receive the opportunity to prepare for their upcoming high school swim season. Swimmers are coached in each of the four competitive strokes, starts, turns, and finishes in a positive atmosphere emphasizing drills and stroke techniques to have a successful high school season. All levels and abilities welcome. Only offered during the months of September, October, February, March, April. Required equipment kick board & fins.



GROUP LEVEL DESCRIPTIONS:

Home School (All Age Groups)

Swimmers on Home School need to at have a basic understanding of Freestyle and Backstroke. Swimmers on Home School will focus on being able to swim all four competitive strokes, and work on proper starts, turns and finishes. During the season, technique training is emphasized and interval training, and aerobic development will be introduced. Required equipment kick board & fins.

Beginner Competitive (8-10)

All 8-10 year olds selected for this group are evaluated and put into the proper program based on the coaches' decision & evaluation. Beginner Competitive will have a goal of achieving "B-BB" time standards and have a commitment to regular practice and meet attendance with the goal to compete at Age Group Champs. Swimmers will continue to develop stroke technique in all four strokes, and perfect their starts, turns and finishes. Swimmers will also be introduced to more interval and endurance training, as well as being educated on meet preparation. Required equipment kick board and fins.

Age Group Challenge (9-11)

All 9-11 year olds selected for this group are evaluated and put into the proper program based on the coaches' decision & evaluation. Swimmers in Age Group Challenge will have a minimum of "BB" time standard or Age Group Champs Cuts and have consistent practice and meet attendance. While continuing to develop efficient and technically sound strokes, they will build aerobic stamina through endurance and interval training. These swimmers will be educated on training and competition nutrition, meet preparation and discipline. Required equipment kick board, fins, pull buoy & paddles.

Age Group Select (10-12)

All 10-12 year olds selected for this group are evaluated and put into the proper program based on the coaches' decision & evaluation. Swimmers in Age Group Select will have a minimum of "BB-A" time standards, Age Group Champs Cuts or Age Group Sectionals Cuts and consistent practice and meet attendance is required. With a higher focus on endurance and race specific training, swimmers will still develop efficient and technically sound strokes through focus and purpose driven drills. Swimmers will also be educated on practice and race strategies, stroke physics, nutrition for training and competition. Required equipment kick board, fins, pull buoy & paddles.

Junior (13-15)

All 13-15 year olds selected for this group are evaluated and put into the proper program based on the coaches' decision & evaluation. Swimmers in Junior will have a minimum of "BB-AA" time standards, Age Group Champs Cuts or Age Group Sectionals Cuts. Swimmers will develop technically efficient strokes through focus and purpose driven drills and maintain consistent practice and meet attendance. Swimmers will also further their understanding of stroke physics, nutrition for training and competition, race strategies, meet preparation and discipline. Required equipment kick board, fins, pull buoy, paddles, parachute & snorkel.

Senior (14 & Up)

All 14 & up swimmers selected for this group are evaluated and put into the proper program based on the coaches' decision & evaluation. This group is for top level, high school age swimmers where swimming is their top priority and will have a minimum of "A-AA" time standards, Senior Champs Cuts or Sectional Cuts. The primary objective at the Senior level is to refine and master efficient technique in all four competitive strokes. In addition, these swimmers aim to master their understanding of stroke physics, nutrition for training and competition, exercise physiology and specific race strategies. This group participates in senior level meets with a competitive goal to swim in higher level National Meets or swim collegiately. Required equipment kick board, fins, pull buoy, paddles, parachute & snorkel.