



NRG Swimming, Inc.

39 Hardy Rd, Levittown, Pa. 19056 –(215) 715- 4290- rkeown@nrgswim.com

2010 COMPETITIVE SWIMMING PROGRAM

**Upper & Lower Bucks,
Philadelphia & New Jersey Areas**

NRG Swimming is a year-round United States Swimming (USA) club, with programs designed for all levels of competitive swimming, from the first-year beginner, to the adult master swimmer. Through the commitment and dedication of our swimmers, parents, and coaches, NRG Swimming has emerged as one of the top USA clubs in the Eastern Zone.

Mission Statement/ Team Vision:

NRG Swimming provides athletes the opportunity to pursue and develop their individual talents in a safe and positive team atmosphere. Our coaching staff strives to teach each swimmer the importance of responsibility, dedication, commitment, and perseverance; values that will serve them well throughout their lives, and in the process, inspire excellence in life, through their participation and mastery of competitive swimming.

Developing successful athletes through:

Discipline- a statement of character.

Technique- a statement of efficiency and focus.

Punctuality- a statement of commitment to the entire process.

Team Attire- a statement of pride.

The coaching staff consists of a **TEAM** of highly qualified USA certified professionals, dedicated to providing the best possible instruction and training. We believe strongly that **T**ogether **E**veryone **A**chieves **M**ore.

NRG Swimming's training facilities include:

- * Carl Sandburg Middle School – Levittown, PA (25 yard facility)
- * Pennypack Aquatic & Fitness Center – Phila. PA (50 meter facility)
- *B & R Health Club- Feasterville, PA (25 meter facility)

Registration forms are now being accepted for the 2010 Summer Season, which will run from April 5th through August 6th. Check specific group schedules for accurate start dates. To register, simply fill out the attached “**Member Registration Form**”, “**Athlete and Parent Rules and Expectations Contract**”, and the “**Payment Plan Form**”, and return them with the first payment installment to:

NRG Swimming

39 Hardy Rd

Levittown PA, 19056

Web Site: www.nrgswim.com

Phone Number: (215) 715- 4290

E-Mail Address: rkeown@nrgswim.com

NRG SWIMMING'S COMPETITIVE SWIM PROGRAMS

April 5, 2010 – August 6, 2010

MINI I SQUAD (1st year 8 year old & 7& under swimmers)

Swimmers aged 4-8 must be able to swim one lap of the pool freestyle, and have no fear of the water. Strict emphasis is focused on stroke mechanics. Participation in meets is NOT required but will be encouraged when the COACH feels the swimmer is ready. The Mini I Group meets 3 times a week for 1 hour.

MINI II SQUAD (8 year old & advanced 6&7 year old swimmers)

Swimmers aged 6-8, should be able to swim all four competitive strokes, 6&7 year old swimmers are asked to also have at least one 9&10 B standard time, and demonstrate the ability and focus to train at the same level as the majority of this squad. These five, one hour sessions per week, emphasize refinement of stroke techniques, starts, turns, and introduces the athlete to a competitive training progression. Participation in meets is strongly urged, but not required.

9 & 10 YEAR OLD SQUAD

Swimmers aged 9&10, should be proficient in all four competitive strokes. These 90 to 110 minute practice sessions pay careful attention to stroke mechanics, starts, and turns. Practices are provided 5 days a week. A higher training progression will be followed, geared toward each swimmer's achievement of his or her individual swimming GOALS. Participation in meets is expected.

11 & 12 YEAR OLD SQUAD

Swimmers aged 11&12, should be proficient in all four competitive strokes. These 2 to 2 hour and 20 minute practice sessions are designed to develop an athlete's technique while introducing and preparing them for the training programs of the Junior and Senior Squads. Practices are provided 6 days a week. Athletes are in the water 1 ½ hours on Monday, Wednesday, and Friday, with a ½ hour of dry-land before pool time, and are in the water 2 hours on Tuesday, Thursday, and Saturday, with dry-land after pool time Monday through Thursday. A more advanced training progression is followed, geared toward each swimmer's achievement of his or her individual swimming GOALS. Participation in meets is expected.

JUNIOR ATOMIC SQUAD

The Jr. Group is a transition squad from our age group program to our senior program. This squad is for swimmers aged 13&14 and the Advanced 11&12, who have the ability and mental maturity for a higher, more intense level of training and competition. This squad practices 6 times a week for 2 to 2 ½ hours. Selection into this squad means a swimmer has developed a commitment to swimming and swimmers should attempt to maintain at least a 70% attendance rate, if they wish to excel and reach their goals with the squad. Participation in selected meets is required. 11 & 12 Swimmers should be capable of completing a qualifying test to gain entry into this level of training. This is to ensure the swimmer can properly take full advantage of the training provided.

SENIOR ATOMIC SQUAD

NRG's highest level, trains vigorously in pursuit of qualification for the elite Senior Championship meets, as well as the Grand Prix Series, and JR & SR Nationals. This squad is for the 15 & over swimmer and the Advanced 13 & 14. 6 to 11 practice sessions per week, depending on age and time of year, are offered along with a dry-land and weight-training programs. Selection into this squad means a commitment to swimming and swimmers should attempt to maintain at least a 75% attendance rate, if they wish to excel and reach their goals with the squad. Participation in selected meets is required. 13 & 14 Swimmers should be capable of completing a qualifying test to gain entry into this level of training to ensure the swimmer can properly take full advantage of the training provided.

-Regardless of the level, NRG Swimming has no "required practice". It is the philosophy of the NRG coaching staff that swimmers will take advantage of all possible training opportunities, because swimmers want to be a part of the team, want to do everything they can to improve, and be the best possible swimmer they can be. Therefore there is not a need for requirements.

-Regardless of the level, the NRG coaching staff will place swimmers in lanes based on ability, physical fitness, mental focus, and the fundamental needs of the swimmer. Group placement determines the proper amount of practice time needed for each age group.

-Regardless of the level, and in order to properly follow the seasonal teaching progression offered by NRG Swimming, swimmers should attempt to maintain regular appearances at practice each week. The number of appearances is not as important as the consistency of them, practices themes are repeated only a couple of times each week, and a lesson missed is an opportunity lost.

NRGizers Developmental Swimming School

NRG Swimming is proud to introduce a new swimming program designed specifically for families with small children that are interested in more than just swim lessons. The NRGizer program is a comprehensive program created to develop the basic swimming mechanics and skills needed to pursue an interest in the sport of swimming.

The emphasis of this program is on proper stroke technique and developing a passion for swimming. Through fun and rewarding practice sessions, swimmers will quickly find a greater interest in learning how to swim better, faster, and longer than ever before. Swimmers will be healthier, stronger, and more confident as they move through the various levels of NRGizer program and prepare for participation in the Sport of Competitive Swimming with the rest of their NRG teammates.

The NRGizer Program is separated into levels based on age, ability, and interest, in order to achieve better results cultivating young athletes, and promote the sport of swimming.

Tuesday Prep: Starting & Ending dates- 04/06/10 to 7/8/10

Age Range- 4 to 8 years old

Ability- Swimmers should be confident in the water, no fear of the deep end, going under water, or swimming without floatation. Swimmers do not need to be proficient in any of the strokes.

Interest- Swimmers should want to be in the water and willing and able to listen to instructors, plus a desire to improve.

Classes- 1 day per week, Tuesday from 5:00pm to 5:30pm

Price- \$100.00 for 14 weeks, or \$55.00 for 6 weeks (ending 5/11/10)

Thursday Prep: Starting & Ending dates- 04/08/10 to 7/8/10

Age Range- 4 to 8 years old

Ability- Swimmers should be confident in the water, no fear of the deep end, going under water, or swimming without floatation. Swimmers do not need to be proficient in any of the strokes.

Interest- Swimmers should want to be in the water and willing and able to listen to instructors, plus a desire to improve.

Classes- 1 day per week, Thursday from 5:00pm to 5:30pm

Price- \$100.00 for 14 weeks, or \$55.00 for 6 weeks (ending 5/13/10)

Pre-Team I- Starting & Ending dates- 04/06/10 to 7/8/10

Age Range- 4 to 8 years old

Ability-Swimmers should have all the abilities listed for the Prep Squads, plus be able to complete the length of a 25 yard pool multiple times during class, know what Freestyle is, and be comfortable swimming on their back. This level is for the natural younger swimmer or the less committed swimmer that is still interested in competing.

Interest- Swimmers should have the same interest level as the Prep Squads, plus a desire to start competing, but is not ready for the commitment of a team training season.

Classes- 2 days per week, Tuesdays and Thursdays from 5:30pm to 6:00pm

Price- \$170.00 for 14 weeks, or \$90.00 for 6 weeks (ending 5/11/10)

Pre-Team II- Starting & Ending dates- 04/05/10 to 7/7/10

Age Range- 6 to 10 years old

Ability- Swimmers should have all the abilities listed for the Pre- Team 1 Squad, plus know Backstroke, and the ability to swim 2 lengths of a 25 yard pool without rest during class. This level is for the stronger swimmer that is ready to compete, but cannot commit to a team training season.

Interest- Swimmers should have a desire to compete, a willingness to meet challenges head on, and an eagerness to learn.

Classes- 2 days per week, Monday and Wednesday from 5:00pm to 6:00pm were they will begin to train towards the competitive program.

Price- \$280.00 for 14 weeks, or \$145.00 for 6 weeks (ending 5/12/10)

Payment for all NRGizer Programs are due on the first day of class.

All groups train at Carl Sandburg Middle School, 30 Harmony Rd Levittown, PA 19056

The NRGizer program does not include the cost of USA Swimming Registration. Swimmers that wish to compete while in this program will be asked to pay an additional \$57.00 to cover the cost of registration.

NRG Practice Schedule

April 5, 2009 – June 21, 2009

Squad Names	Starting Date	Day	Pool	Times
NRGizers- Tues./ Thurs. Prep	April 6 th to July 8 th	Tues. or Thurs.	Carl Sandburg	5:00- 5:30pm
NRGizers- Pre-team I	April 6 th to July 8 th	Tues. & Thurs.	Carl Sandburg	5:30- 6:00pm
NRGizers- Pre-team II	April 5 th to July 7 th	Mon. & Wed.	Carl Sandburg	5:00- 6:00pm
Mini I	April 5 th	Mon-Wed-Fri.	Carl Sandburg	5:00-6:00pm
Mini II	April 5 th	Mon-Fri.	Carl Sandburg	5:00-6:00pm
9 & 10	April 5 th	Mon- Thurs.	Carl Sandburg	5:30-7:20pm
		Fri.	Carl Sandburg	5:30-7:00pm
11 & 12	April 5 th	Mon- Thurs.	Carl Sandburg	5:00- 7:20pm
		Friday	Carl Sandburg	5:00- 7:00pm
		Saturday	Pennypack	6:00- 8:00am
Junior	April 5 th	Mon-Thurs.	Carl Sandburg	5:00-7:30pm
*Morning practices Mon./ Weds./ Fri. are available as extra opportunities for swimmers to train, in the event of a scheduling conflict. These opportunities are not a part of the groups normal practice schedule.		Friday	Carl Sandburg	5:00-7:00pm
		Saturday	Pennypack	6:00-8:00am
		*Mon-Wed- Fri	*B&R Health	*5:30- 6:30am
Senior	April 5 th	Mon-Wed	Carl Sandburg	5:00-8:00pm (7:30pm)
*To maintain a progressive training program throughout the High School years, swimmers will be asked to attempt to maintain a training regimen that best suits them. This will be done individually, based on age, grade, ability, mental attitude, and goals. This regimen should increase over time. Please direct any questions regarding training to the Senior Coach, Raymond Keown (rkeown66@nrgswim.com).		*Mon-Wed-Fri	*B&R Health	*5:30- 6:30am
		Thurs	Carl Sandburg	4:00-7:30pm (7:00pm)
		Fri.	Carl Sandburg	4:00-7:00pm
		Saturday	Pennypack	6:00-9:00am

Please note- the practice schedule from June 21st until August 6th is a continuation of this schedule, with some alterations, changes in practice times, and practice availability from group to group. Please check each group for changes, following the July 21st date.

NRG Practice Schedule

June 21, 2009 – August 6, 2009

Squad Names	Continuation Date	Day	Pool	Times
NRGizers- Tues./ Thurs. Prep	June 21 st (ending- July 8 th)	Tues. or Thurs.	Carl Sandburg	5:00- 5:30pm
NRGizers- Pre-team I	June 21 st (ending July 8 th)	Tues. & Thurs.	Carl Sandburg	5:30- 6:00pm
NRGizers- Pre-team II	June 21 st (ending July 8 th)	Mon. & Wed.	Carl Sandburg	5:00- 6:00pm
Mini I & Mini II	June 21 st	Mon-Wed-Fri.	Carl Sandburg	5:00-6:00pm
9 & 10	June 21 st	Mon- Wed	Carl Sandburg	5:30-7:20pm
		Tues- Thurs	Pennypack	6:15- 7:45am
		Fri.	Carl Sandburg	5:30-7:00pm
11 & 12	June 21 st	Mon- Wed	Carl Sandburg	5:00- 7:20pm
		Tues.-Thurs.	Pennypack	5:45- 7:45am
		Friday	Carl Sandburg	5:00- 7:00pm
		Saturday	Pennypack	6:00- 8:00am
Junior	June 21 st	Mon-Wed- Fri.	Carl Sandburg	5:00-7:30pm
*Morning practices Mon./ Weds./ Fri. are available as extra opportunities for swimmers to train, in the event of a scheduling conflict. These opportunities are not a part of the groups normal practice schedule.		Tues.-Thurs.	Pennypack	5:45-7:45am
		Saturday	Pennypack	6:00-8:00am
		*Mon-Wed- Fri	*B&R Health	*5:30- 6:30am
Senior	June 21 st	Mon-Wed	Carl Sandburg	5:00-8:00pm (7:30pm)
*To maintain a progressive training program throughout the High School years, swimmers will will be asked to attempt to maintain a training regimen that best suits them. This will be done individually, based on age, grade, ability, mental attitude, and goals. This regimen should increase over time. Please direct any questions regarding training to the Senior Coach, Raymond Keown (rkeown66@nrgswim.com).		*Mon-Wed-Fri	*B&R Health	*5:30- 6:30am
		Tues.-Thurs.	Pennypack	5:45-7:45am
		*Tues.-Thurs.	Carl Sandburg	*5:00-6:00pm
		Fri.	Carl Sandburg	4:00-7:30pm (7:00pm)
		Saturday	Pennypack	6:00-9:00am

NRG Rules & Expectations

Rules:

Priority Safety Rules:

1. Disrespectful behavior towards coaches or fellow athletes or their belongings will not be tolerated.
2. Foul language or aggressive statements of any kind will not be tolerated.
3. Horseplay and Aggressive actions will not be tolerated.
4. Athletes and Parents are required to respect the facility and equipment within it.
5. Athletes arriving to practice early or while waiting for pick-up must remain within the pool area unless given instruction or approval from coaching staff to do otherwise.
6. Athletes are not permitted to leave during practice for any reason without a written and signed letter from a parent or guardian and permission from coaching staff.
7. Athletes are not permitted to dive into the pool, run on the pool deck, or participate in any unsupervised behavior within the facility or grounds. Diving and Dry-land activities must be performed only under the supervision of the coaching staff.
8. Only Athletes and Coaches covered under NRG's insurance are permitted on deck during practice hours.

Resulting actions for failing to adhere to the above Priority Safety Rules:

1. The immediate ejection from practice for the night.
2. If the behavior persists, suspension for the following night's practice.
3. If the behavior continues to persist, suspension for the remainder of that practice week.

Practice Guideline Rules:

1. Disruption of practice is not permitted.
2. Athletes must complete sets as instructed by that group's coach
3. Athletes are required to participate in the appropriate manner and position with practice (such as within the pool, lane, or set).
4. Athletes are not permitted to stop in the middle of the pool with two exceptions (1. Under instruction of a coach, 2. as a courtesy to another athlete performing at a higher level.)
5. Athletes are not permitted to push-off the bottom of the pool, side-wall, or lane-line for any reason.

Resulting actions for failing to adhere to the above Practice Guideline Rules:

1. Athlete will receive a verbal warning.
2. If the behavior persists, athlete will be removed from the set and verbally reprimanded.
3. If behavior continues to persist, athlete will be ejected from the remainder of practice that night.
4. If behavior fails to show improvement, actions will follow the guidelines above for the *Priority Rules & Resulting Actions*.

Expectations: Athletes and Parents...

1. are expected to follow the Golden Rule at all times. Treat others the way that you would like to be treated.
2. are expected to act in a safe, smart, respectful, and professional manner.
3. should attempt to attend all practices, meets, and team events. There is no required practice attendance, but it is your time. You are paying for it, and there is no way to replace missed opportunities. It is understandable that athletes may be forced to miss a practice or two due to unforeseen circumstances, important commitments outside the sport, and above all for educational commitments. Education is the number one priority at all times.
4. are expected to inform coaching staff prior to an absence whenever possible.
5. should arrive early for all team functions. A minimum of 15 min. should be allowed to prepare prior to all events, this includes but is not limited to practice and swim meets.
6. should come prepared for all team functions, including all equipment required for the athlete's particular group. This includes Equipment bags with fins, kick board, paddles, pull buoy, plus sneakers, shorts, T-shirts, and drag suits.
7. should come to practice ready to participate at the highest possible level everyday. Practice is a place of learning, hard work, and to achieve goals.
8. are expected to provide positive support and reassurance throughout the athlete's season, year, career, and beyond. Let the Coaches' coach. Parents need to be the guardians of their children's dreams.

Time will be provided, by appointment, one half hour prior to the start of team practice hours (4:30 to 5:30pm Monday through Wednesday, & 3:30 to 4:00pm Thursday and Friday) for any and all meetings or conferences between Coach, Athlete, and/ or Parent. During practice hours, the coaching staff will be focused on practice and the athletes under their supervision.

NRG Athlete and Parent Rules and Expectations Contract

1. All Athletes and/ or Parents participating with NRG Swimming must maintain a positive and supportive attitude towards all members of NRG Swimming and their fellow USA Swimming partners, athletes, and parents.
2. All Athletes and/ or Parents participating with NRG Swimming must adhere to all rules established by NRG Swimming, to maintain a positive and strong supporting structure.
3. All Athletes and/ or Parents who choose not to follow the rules listed on the previous pages of the NRG Swimming Registration Packet will be subject to the corrective actions listed on the same above page as well as further corrective actions to be determined in the event of continued disruption, misbehavior, or disregard for the Rules of NRG Swimming. NRG Swimming reserves the right to cancel the contract due to disruptive actions of the athlete or parents.
4. It is the goal of NRG Swimming to provide the safest and most positive environment possible for all its participants. In order to better achieve this goal, NRG Swimming requires that all Athletes and Parents be willing to operate in a professional manner and cooperate with all management, coaches, and support groups under NRG's banner.
5. NRG Swimming reserves the right to modify or change any of the rules or expectation at any time management deems necessary to maintain the high standards held by NRG Swimming, its management, and coaching staff.

With your signature you agree to adhere to all points above as well as the wishes of NRG Swimming Management and Coaching Staff and join in the pursuit of success in swimming and beyond.

Athlete's Signature: _____

Parent's Signature(s): _____

NRG SUMMER 2010 PROGRAM

PAYMENT PLAN

SQUAD FEES

Mini I	\$ 310.00*@
Mini II	\$ 350.00*@
9 & 10	\$ 400.00#@
11 & 12	\$ 460.00#@
Jr. Atomics	\$ 530.00#@
Sr. Atomics	\$ 650.00#@

There is a \$25.00 discount for any additional athletes in same or lower groups, Mini I squad not included.

ADDITIONALS

- * Meet fund of \$30.00 is not included. Meets will be billed by the meet.
- # 9&10, 11&12, Jr. & Sr. swimmers will need their own training equipment
- @ Swimmers not already 2010 USA registered must add \$57.00 for registration

INCLUDED

Fees shown are for the summer season. The fees include club dues for each group, a meet entry fund of \$30.00, except for those squads that are indicated, This will be billed as a part of the total invoice of the season.

NOT INCLUDED

The 2010 USA membership fee of \$57.00.

REQUIREMENTS

All parents are required to work at least one NRG sponsored meet and help with our team's work assignments at Middle Atlantic sponsored meets.

Every family is automatically a member of the Parents Support Group and will be billed \$30.00 to help finance group activities for the season.

All swimmers attending team travel meets must have NRG team apparel to travel with the team. (Team Suit, Cap, NRG Gym bag & 3 NRG Tee Shirts)

FamilyName _____

Swimmer's Name	Group	Cost	Discount *	Total
1.				
2.			-\$25.00	
3.			-\$25.00	
			First time only, New Family set up Fee	+ \$ 10.00
			Parents Support Group	+ \$ 30.00 @
			TOTAL PAYMENT	\$

* \$25.00 discount on second athletes does not apply to Mini I swimmers.

MONTHLY PAYMENT CALCULATION

25% of the total Squad Fees are due upon sign-up with the balance being payable in 2 equal monthly payments plus all meet, equipment, or additional fees or charges payable upon receipt.

There will be an additional 5% discount for any full payment of Squad Fees made at sign-up or by the 10th day thereafter.

All Sign-ups and fees are due before the start of the Athlete's first day of training.

Payments must be received or postmarked by the first of every month, with the first payment due with sign-up.

** A \$10.00 **LATE CHARGE** will be assessed to all accounts on the 10th Day after the due date. All statements will be mailed on the 25th of the month prior to the due date, being the 1st day of the month.**

PLEASE READ AND SIGN!

Parents of the Athlete contracted with NRG Swimming, assume payment liability for all expenses incurred by the Athlete and agree to the above payment agreement, as well as all costs of collection and legal fees resulting from late or non-payment, and are obligated to fulfill their financial contractual commitment to NRG Swimming by the due dates, **whether or not the athlete(s) completes the full season.**

Signature of Parent _____

Date: _____

MEMBER REGISTRATION FORM

SWIMMER'S INFORMATION

(Complete a separate form for each swimmer)

Swimmer's Name _____
First Middle Last

Swimmer's email _____

Age _____ Sex _____ Birth Date _____/_____/_____
Month Day Year

USA Registered with another club. Club Code _____ LSC _____ Year _____

Previous swimming experience (Include Club Names) _____

Medical History we should be aware: _____

FAMILY INFORMATION

Address:

Street _____

City _____

State _____ Zip _____

Home Phone _____

Parents/Guardians:

Mother's Name _____

Mother's E-Mail Address _____

Father's Name _____

Father's E-Mail Address _____

*E-mail address is necessary to receive all team information.

SQUAD SELECTION

(Refer to Program Descriptions and Circle Squad that fits Your Swimmer)

Prep	Pre-team 1/2	Mini 1	Mini 2
9 & 10	11 & 12	Junior	Senior

**USA Swimming- MIDDLE ATLANTIC
APPLICATION**

2010 ATHLETE REGISTRATION

PLEASE PRINT * COMPLETE ALL INFORMATION

LAST NAME LEGAL FIRST NAME MIDDLE NAME / / DATE OF BIRTH SEX (M/F) AGE

PREFERRED NAME

MAILING ADDRESS AREA CODE TELEPHONE
NUMBER

CITY STATE ZIP CODE

CLUB CODE NAME OF CLUB YOU REPRESENT U.S. CITIZEN? DUAL CITIZEN?
YES NO YES NO

OTHER SWIMMING AFFILIATIONS

(Circle all that apply):

- O. Junior High School
- 1. Senior High School
- 2. YMCA / YWCA
- 3. College
- 4. Summer Swim League
- 5. Masters
- 6. Disabled Sports Org.
- 7. Water Polo
- 8. None

DISABILITY:

- A. Blind or Visually impaired
- B. Deaf or Hard of Hearing
- C. Physical Disability such as amputation, cerebral palsy, dwarfism, spinal injury, mobility impairment.
- D. Cognitive Disability such as mental retardation, severe learning disorder, autism.

ETHNICITY (In accordance with US Census Bureau guidelines, you may make up to 2 choices if appropriate):

- Q. African American
- R. Asian or Pacific Islander
- S. Caucasian
- T. Hispanic
- U. Native American
- V. Other
- W .Decline

IF DUAL CITIZEN OR NON-CITIZEN, ARE YOU A MEMBER OF ANOTHER FINA FEDERATION?

- YES NO
-

If joining to participate in a learn to swim program, please check here.

YEAR LAST REGISTERED _____
If you registered with a different USA Swimming Club in 2010, enter that CLUB CODE _____ LCS CODE _____ date of last competition for that club ____/____/____

SUBMIT APPLICATION OR MAIL TO:

NRG Swimming
39 Hardy Rd
Levittown Pa., 19056

REGISTRATION FEE: \$57.00
Included in 2006-07 NRG Club Fees

SIGN HERE X _____
SIGNATURE OF ATHLETE, PARENT OR GUARDIAN

2010 United States Swimming Registration

All Swimmers at NRG must be United States Swimming registered for the 2010 season. New swimmers to NRG please fill out the above registration form and return it with your sign-up information. The registration fee of \$57.00 is already included in your winter swim fees.

Transfer/Release Forms

If your swimmer has ever swum for another USA team in the past you will need an official "Transfer/Release Form" signed by your former team. Call the NRG office for a transfer form and have it signed by your former USA Club. Return the form to your coach ASAP. We cannot apply for your 2010 USA Registration without the release form.

The cost is \$10.00 and this fee is not included in your club fees for the season. This fee will be charged to your account.

Tentative Meet Schedule

NRG Swimming Swim Meet Policy: All members of NRG Swimming are encouraged to participate in all swim meets on the NRG Schedule. Because of this and to help eliminate late or missed entries for meets, NRG Swimming will automatically assume a swimmer's willingness and eagerness to participate in every session of every meet listed on the NRG Schedule that the swimmer qualifies to participate in. All swimmers that qualify for a given meet listed below will automatically be entered for all sessions of that meet, unless NRG Swimming's office is notified prior to the listed deadline. Any swimmers that choose not to attend a meet listed below must notify the NRG Swimming office via e-mail or written letter prior to the listed deadline. Verbal exchanges with the Coaching Staff or Team Manager do not qualify as an official notification of intent. If a swimmer fails to notify the NRG Swimming office prior to the listed deadline that swimmer's absence at that meet will be considered, and treated as a scratch, and be billed for the meet accordingly. NO EXCEPTIONS. Swimmers and Parents will be asked to send an email or letter listing any and all meets they do not think they can attend at the beginning of the season, to help eliminate mistakes.

Month	Date	Host Team	Type of Meet	Groups Invited	Notification of Intent Deadline
April	24-25	PAAC	IMX	All 9 & Overs	Mar 24
May	13-16	Charlotte NC	Grand Prix	All Qualifying Athletes	Feb 13 *note- 2 months ahead

We are still waiting on the final approved meet schedule from Middle Atlantic, once that information is distributed an updated Tentative Meet Schedule will be released by NRG Swimming to its members.