



# ***NRG Swimming, Inc.***

629 Continental Road – Hatboro, PA 19040 – [mcarter@nrgswim.com](mailto:mcarter@nrgswim.com)

## **2008-2009 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.

NRG Swimming provides young athletes the opportunity to pursue and develop their individual talents in a 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.

The coaching staff consists of a TEAM of highly qualified USA certified professionals, dedicated to providing the best possible instruction and training.

NRG Swimming's training facilities include:

- \* Carl Sandburg Middle School – Levittown, PA
- \* Pennypack Aquatic & Fitness Center – Phila. PA (50 meter facility)

Registration forms are now being accepted for the 2008-2009 Winter Season, which will run from September 3<sup>rd</sup> through April 5<sup>th</sup>. Check specific group schedules for accurate start dates. To register, simply fill out the attached “**New Member Registration Form**” and the “**Payment Plan Form**”, and return them with the first installment to:

**NRG Swimming**  
629 Continental Road  
Hatboro PA 19040  
**Web Site:** [www.nrgswim.com](http://www.nrgswim.com)  
**E-Mail Address:** [mcarter@nrgswim.com](mailto:mcarter@nrgswim.com)

# NRG SWIMMING'S COMPETITIVE SWIM PROGRAMS

September 3, 2008 – April 5, 2009

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## **BRONZE GROUP**

**Begins Sept. 3<sup>rd</sup>**

**Carl Sandburg Pool**

Swimmers aged 4-10, 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 Bronze Group meets 3 times a week for 1 hour.

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## **SILVER GROUP**

**Begins Sept. 3<sup>rd</sup>**

**Carl Sandburg Pool**

Swimmers aged 7-10, should be able to swim all four competitive strokes LEGALLY. These three, 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.

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## **GOLD GROUP**

**Begins Sept. 3<sup>rd</sup>**

**Carl Sandburg Pool**

Swimmers aged 9-12, should be proficient in all four competitive strokes. These five, 60 to 75 minute practice sessions pay careful attention to stroke mechanics, starts, and turns. 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.

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## **JUNIOR GROUP**

**Begins Sept. 3<sup>rd</sup>**

**Carl Sandburg Pool/Pennypack Aquatic Center**

The Jr. Group is a transition group from our age group program to our senior program. This group is for swimmers aged 12-14, who have the ability and mental maturity for a higher-more intense level of training and competition. This group practices 6 times a week for 2 to 2 ½ hours. Selection into this group means a commitment to swimming and swimmers are expected to consistently attend 4 workouts per week. Participation in selected meets is required.

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## **SENIOR GROUP**

**Begins Sept. 3<sup>rd</sup>**

**Carl Sandburg Pool/Pennypack Aquatic Center**

NRG's highest level, trains vigorously in pursuit of qualification for the elite Senior Championship meets. Six practice sessions per week are offered along with a dry land and weight-training program. Swimmers are expected to make all six practice sessions and should never fall below 70% attendance per month if they are to receive any benefit from this program. Participation in selected meets is required.

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## NRG Group Practice Schedule September 3, 2008 – April 5, 2009

<b>Group Names</b>	<b>Starting Date</b>	<b>Day</b>	<b>Pool</b>	<b>Times</b>
<b>Bronze/Silver</b>	September 3 <sup>rd</sup>	Mon-Wed-Fri.	Carl Sandburg	5:00-6:00pm
<b>Gold</b>	September 3 <sup>rd</sup>	Mon. thru Thurs.	Carl Sandburg	5:30-7:15pm
		Fri.	Carl Sandburg	5:30-7:00pm
<b>Junior</b>	September 3 <sup>rd</sup>	Mon-Thurs.	Carl Sandburg	5:00-7:15pm
		Friday	Carl Sandburg	5:00-7:00pm
		Saturday	Pennypack	6:00-8:00am
<b>Senior</b>	September 3 <sup>rd</sup>	Mon-Wed	Carl Sandburg	5:00-7:30pm
		Thurs-Fri	Carl Sandburg	4:00-7:00pm
		Saturday	Pennypack	6:00-9:00am

# NRG WINTER 2008-09 PROGRAM PAYMENT PLAN

## GROUP FEES

Bronze Group	\$ 405.00*
Silver Group	\$ 405.00*
Gold Group	\$ 570.00#
Jr. Atomics	\$ 810.00#
Sr. Atomics	\$ 970.00#

## INCLUDED

Fees shown are for the winter season. The fees include club dues for each group, a meet entry fund of \$30.00, except for those groups that are indicated, and a USA membership fee of \$57.00.

## REQUIREMENTS

Swimmers in the Silver, Gold, Jr. & Sr. groups are required to participate in our USA Swim-a-Thon and raise a minimum of \$50.00/swimmer or will be billed the difference. The USA Swim-a-Thon is a fund-raiser for the support of NRG, United States Swimming and the Middle Atlantic LSC.

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.

## ADDITIONALS

\* Meet fund of \$30.00 is not included. Meets will be billed by the meet.

# Gold, Jr. & Sr. swimmers will need their own training equipment

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)

Family Name \_\_\_\_\_

Swimmer's Name	Group	Cost	Discount *	Total
1.				
2.			-\$20.00	
3.			-\$20.00	
				First time only, New Family set up Fee + \$ 10.00
				Parents Support Group + \$ 30.00 @
				<b>TOTAL PAYMENT \$</b>

\* \$20.00 discount on second swimmers does not apply to Bronze swimmers.

## MONTHLY PAYMENT CALCULATION

Total Payment for Families over \$400.00 \$ \_\_\_\_\_ divide by 6 month = \$ \_\_\_\_\_ / month

Total Payment for Families under \$400.00 \$ \_\_\_\_\_ divide by 2 months = \$ \_\_\_\_\_ /month

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 over 10 Days Late\*\*

## PLEASE READ AND SIGN!

I hereby agree to the above payment agreement and know that I am obligated to fulfill my financial commitment to NRG Swimming by the due dates, **whether or not my swimmer(s) completes the full season.**

Signature of Parent \_\_\_\_\_

Date: \_\_\_\_\_





## Tentative 2008-09 Meet Schedule

Month	Date	Location	Type of Meet	Groups Invited
Oct.	25-26	Jersey Wahoos Mt. Laurel, NJ	A/BB/C	9 & Older Silver-Seniors
Nov.	1-2	Jersey Storm Fort Dix, NJ	A/BB/C	9 & Older Silver-Seniors
	8	Neshaminy Langhorne, PA	Mini	8 & Under Bronze and Silver
	9	Jersey Storm Fort Dix, NJ	Distance Meet	9 & Older Silver-Seniors
	22-23	Jersey Wahoos Mt. Laurel, NJ	A/BB/C	9 & Older Silver-Seniors
Dec.	7	Jersey Wahoos Mt. Laurel, NJ	Mini	8 & Under Bronze & Silver
	13-14	Jersey Wahoos Mt. Laurel, NJ	A/BB/C	9 & Older Swimmers not attending Travel Meet
	12-14	Holiday Meet Annapolis, MD	Team Travel	Swimmers Who are Invited
Jan.	10	Neshaminy Middle Langhorne, PA	Mini	8 & Under Bronze & Silver
	18-22 ??	Grand Prix, Long Beach, CA	AAA+	Swimmers Who Qualify
	24-25	Elite Meet TBA	Age Group 9-18 A & A+	Swimmers Who Qualify
Feb.	8	Jersey Wahoos Mt. Laurel, NJ	1650 Free	Swimmers Who Qualify
	8	Jersey Storm Fort Dix, NJ	Mini	8 & under Bronze & Silver
	14-15	Jersey Wahoos Mt. Laurel, NJ	A/BB/C	9 & Older Bronze-Juniors
	22	Tri-Mini Jersey Wahoos	Mini	8 & Under Bronze & Silver
	21-22	Jersey Storm Fort Dix, NJ	Last Chance A/BB/C	9 & Older Bronze-Seniors
Mar.	12-15	TBA	Region 1 Sectionals Sr. AAA+	Swimmers Who Qualify
	13-15	TBA	Junior Olympics A & A+	Swimmers Who Qualify
	20-22	TBA	Senior Champs	Swimmers Who Qualify
	26-29	TBA	Region 2 Sectionals Sr. AAA+	Swimmers Who Qualify
	28-29	TBA	Mini Meet Champs	8 & Under Bronze & Silver
Apr.	2-4	TBA	Eastern Zones AAA+	Swimmers Who Qualify

	<b>3-5</b>	<b>University of Delaware</b>	<b>B/C Champs</b>	<b>9 &amp; Older Bronze-Seniors</b>
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