



High School Swimming Enrichment Program

The Lancaster Aquatic Club is pleased to offer 2 sessions of our **high school swimming enrichment** programs, fall and winter, for the 2010/2011 season. These low commitment programs are designed for the athlete who may participate in other sports and wishes to enhance their swimming performance during the High School Swimming Season or the swimmer looking to bridge from summer swimming to high school season. The winter session program is *not* to replace your High School practice but serve as a supplement with a separate dedicated coach and workouts designed to meet specific needs. The coach for this program is Brittany Bertoli (assistant LAC age group coach)

Swimmers who participate in either or both sessions will be offered the option to swim USA meets with LAC during October through January. It is not a requirement to attend meets.

The program objectives are as follows:

1. Provide a bridge for the athlete to maintain level of fitness
2. Transition to high school distance ie 100, 200's
3. Improve stroke technique in all four areas
4. Fine tune start, turns and finishes,
5. Have fun

We are offering 2 sessions and the option to do both.

- Fall: Sept 13 to Nov 12, 2010.
 - Mon-Thurs from 4:30 to 5:45PM.
 - This is a program designed to keep the summer league swimmer in shape for the High School season.
 - Cost: \$200 plus the \$60.00 USA mandatory membership fee. \$75 will be paid during online registration and the balance is due October 1 (\$185).
 - Meet fees for swim meets will be billed as incurred.
- Winter: Nov 12 –February 5, 2011, thru Lancaster Lebanon Leagues
 - Mon –Thurs from 4:30-5:45
 - This program offers significantly more practice time during the High School Season. As many teams practice is later in the evening at other pools, this may offer a more convenient time and more importantly more individual coaching time. It would also in some cases allow a swimmer to participate in both.
 - Cost \$300 plus the \$60.00 USA mandatory membership fee. \$75 will be paid during online registration and the balance will be due Dec 1 (\$285)
- Combined Fall/Winter: Cost \$475 plus \$60 USS fee, must sign up for both by Sept 19. \$75 will be paid at registration, \$185 due October 1, \$275 due Dec 1.

All families will be requested to sign up for autopay via ach or credit card for payment of balance due and meet fees.

Space is limited to 12 swimmers – first come-first served.

If you have a current USA #, you will need to complete a transfer form with MA and forward to them. Form located on our website or at maswim.org.

For more information, please contact Nancy Hauck at 717-587-2978

Registration to be completed online beginning Sept 1, 2010 at www.lancasteraquaticclub.com

A tradition of demonstrating swimming excellence through leadership, achievement, and commitment