

2010-2011
YORK SWIM CLUB
Introduction

York Swim Club began as a “special request” from my summer swim team in 1981. My goal was to fill a need in Northern Virginia, to build a winter training program to our local swimmers who wished to continue swimming during the school year. The positive effect on the health, welfare, and happiness of our swimmers has been our proudest accomplishments since our start in 1981. Positive reinforcement, along with individual goal setting is our foundation to develop a love of the sport, and build strong self-esteem in our swimmers. Our hope is to develop lifelong swimmers.

Today as we begin our 30th season, we have grown to be one of the largest USS swim clubs in the Washington Metro area. We have evolved over the years, adding additional workouts of varying intensities to service all levels of the competitive swimming spectrum. York offers programs ranging from a developmental swim school for 8+under swimmers, to an elite senior national training group. Our swim program offers many training options, ranging from 1 to 6+ hours per week practice programs, with practices at five pool locations in Northern Virginia. We feature a team of coaches who are some of the most experienced in the local summer leagues and PSV. Our home is here in Northern Virginia, and we continue to offer our swimmers an environment to help them achieve their personal goals.

Coaches Goals:

- To produce a love of the sport
- To produce feeling of success in each swimmer
- To create a caring attitude for the team,
- To promote York Swim Club’s motto, “All for one, and one for all.”

The York swim season is filled with a variety of activities created for an anticipated by our York families every year. Team activities and social events are what have made York Swim Club unique. In 1987-1988 we added what has become an annual away trip and friendship meet in the Caribbean and we have been flattered over the years to find many of our social and team events imitated by other swim clubs.

We welcome our returning swimmer, families and our new swimmers to York Swim Club’s 30th Season. This will be an exciting year for the club, with new training options and an exciting schedule of meets and social activities. Enclosed is a tentative calendar of team activities for the upcoming season. A more extensive meet schedule for the season will be available at *Parent Night*. Remember to log onto York’s website, www.yorkswim.com, for regular updates on club activities and events. We encourage you to make this season a family affair and welcome your family to participate in York Swim Club’s Activities.

We remain dedicated to our swimmers and to our parents. Our coaching staff and parent group wish you and your family many successes in the coming year, both in and out of the pool.

2010-2011

Registration Information

When registering your swimmer(s) with York Swim Club, you are committing to an annual swimming dues payment for the remainder of the season whether or not your swimmer remains in the water through May.

Payments

You have the option of paying your York dues and registration fee(s) in full when you register OR you may select our Payment Plan, in which you pay your dues in three payments. All registration fees are due with first payment.

Payment Information

Payments are due promptly by the due dates. Reminders are mailed approximately 15 days before payment is due. However, these reminders are not bills. Your responsibility for prompt payment of dues remains whether or not you receive a reminder.

Registration Fees

The registration fee is an all-inclusive, NON-REFUNDABLE fee of \$500 per swimmer. .

The fee includes:

- Swimmer(s) registration dues for both YORK SWIM CLUB and USS (United States Swimming.) + PVS
- Meet entry fees for the swim season.
- Booster payment (in lieu of fundraiser to cover activity fees).
- Newsletter Subscription.
- Team handouts and announcements.

Refunds and Drops

York Swim Club has found it necessary to establish a firm **NO REFUND POLICY** concerning annual swimming dues and registration fees for swimmers who have registered with our club. Our financial commitments involve annual contracts, based on swimmer registration. York Swim Club is obligated to fulfill these contract regardless of the number of swimmers we have in the water at any time. We understand many of our swimmers will experience at some time during the season, illness, injury, over commitment, and decreased interest or problems that may take them out of the water. While we regret these problems, **NO REFUND OF REGISTRATION FEE AND/OR DUES** can be made for swimmers who are out of the water.

2010-2011

Age Group Program Schedule

SWIM SCHOOL 2 HOURS PER WEEK

Workout Code

YTSS 5 – 8 YEARS M/W 4:00-5:00pm YORKTOWN HS

YTST 5 – 8 YEARS T/TH 4:00-5:00pm YORKTOWN HS

Our swim school program is a comfortable, non-pressure environment where our "little feet" begin to develop a love for the sport of swimming. It is a training ground for 8 & under children who have not yet learned the legal execution of the 4 competitive strokes. Time is also spent on starts, finishes and breathing techniques. When legal execution of the strokes has been learned, the swimmer is then ready to transfer into one of the JUNIOR LEVEL workouts.

JUNIOR LEVEL 1 4 HOURS PER WEEK

Workout Code

OM3M 11 & OVER M/W/F 5:00-6:15am OAK MARR

JUNIOR LEVEL 2 3 HOURS PER WEEK

Workout Code

CR3A AGES 9-12 T/TH 8:00-9:00pm CUB RUN
F 4:30-5:30pm OAK MARR
OM3A AGES 9-12 M/W/F 4:30-5:30pm OAK MARR
OM3B 12 & UNDER T/TH/F 4:30-5:30pm OAK MARR
RE3A 10 AND OVER T/TH 6:45-7:45pm RENAISSANCE
F 4:00-5:00pm YORKTOWN
YT3A 12 & UNDER M/W/F 4:00-5:00pm YORKTOWN

JUNIOR LEVEL 3 2 HOURS PER WEEK

Workout code

CR2A AGES 8-13 T/TH 8:00-9:00pm CUB RUN
OM2A 12 & UNDER T/TH 4:30-5:30pm OAK MARR
OM2B 12 & UNDER W/F 4:30-5:30pm OAK MARR
OM2C 10 & OVER T/TH 3:30-4:30pm OAK MARR
RE2A 12 & UNDER T/TH 4:15-5:15pm RENAISSANCE
RE2B 12 & UNDER T/TH 5:30-6:30pm RENAISSANCE
RE2C 10 & OVER T/TH 6:45-7:45pm RENAISSANCE
YT2A 12 & UNDER T/TH 4:00-5:00pm YORKTOWN
YT2B 12 & UNDER M/W 4:00-5:00pm YORKTOWN

*SATURDAY MORNING

Workout code

OM1M AGES 9-12 S 6:00-8:00am OAK MARR

MM1M AGES 9-12 S 7:00-9:00am MARYMOUNT

* Saturday morning practices are add on workouts. They are training workouts for those swimmers who want more yardage and intensity added to their regular practice schedule. Email your coach if you are unsure whether your swimmer is ready for either of these practices. Saturday morning workouts are NOT available as makeups for regular workouts.

2010 – 2011

Senior Program Schedule

ADVANCED AGE GROUP-SENIOR 11 MONTH Unlimited workout

Workout Code				
OM6S*	11 & OVER	M/W/F	5:00-6:15am	OAK MARR
		T/TH	3:15-4:30pm	OAK MARR
		S	6:00-8:00am	OAK MARR
MM6S*	11 & OVER	M/W/F	5:00-6:30am	MARYMOUNT
		T/TH	8:30-9:30pm	YORKTOWN
		S	7:00-9:00am	MARYMOUNT

* WILL INCLUDE UNLIMITED SUMMER 2011 WORKOUT

SENIOR LEVEL 2 4.5 HOURS PER WEEK

Workout Code/				
MM3S	12 & OVER	M/W/F	5:00-6:30am	MARYMOUNT

SENIOR LEVEL AM: This program is structured for those 13 & over swimmers who want more yardage and intensity in their workouts. Swimming in the senior a.m. program represents an added commitment to more time in water, increased yardage and meets. It offers Monday through Saturday practice time with an additional option to "double" two afternoons a week, emphasis is on training not stroke development, except for continual stroke refining.

SENIOR LEVEL 3 4 HOURS PER WEEK

Workout Code				
OM3M	10 & OVER	M/W/F	4:45-6:15am	OAK MARR
OM3T	13 & OVER	M/T/TH	7:30-8:45pm	OAK MARR

SENIOR LEVEL 4 3 HOURS PER WEEK

Workout Code				
OM3W	13 & OVER	M/T/TH	8:00-9:00pm	OAK MARR
PR3S	12 & OVER	M/W	8:00-9:00pm	PROVIDENCE
		TH	8:30-9:30pm	YORKTOWN
YT3S	12 & OVER	T/TH	8:30-9:30pm	YORKTOWN
		M	8:00-9:00pm	PROVIDENCE
YT3T(JR)	13-14 YRS	T/TH	8:30-9:30pm	YORKTOWN
		F	4:00-5:00pm	YORKTOWN

SENIOR LEVEL 5 2 HOURS PER WEEK

Workout Code				
OM2S	13 & OVER	T/TH	8:00-9:00pm	OAK MARR
PR2S	12 & OVER	M/W	8:00-9:00pm	PROVIDENCE
YT2S	11 & OVER	T/TH	8:30-9:30pm	YORKTOWN

* SATURDAY MORNING

Workout code				
OM1M	13 & OVER	S	6:00-8:00am	OAK MARR
MM1M	13 & OVER	S	7:00-9:00am	MARYMOUNT

* Saturday morning practices are add on workouts. They are **TRAINING** workouts for those swimmers who want more yardage and intensity added to there regular practice schedule. Email you coach if you are unsure whether your swimmer is ready for either of these practices. Saturday morning workouts are **NOT** available as makeups for regular workouts.

Membership/Dues Information:

When you need more information concerning training programs, schedules, team tryouts, team registration, swimming dues, and general parent information.

Janet Brumbaugh
2215 N. Powhatan St
Arlington, VA 22205
703-536-6338

All other correspondence to:
York Swim Club
4302 Warner Ln
Chantilly, VA 20151

24-hour Team Information Website: www.yorkswim.com

Log onto York Swim Club's website for comprehensive team information. Site includes meet and social schedule, coaching staff profiles, coaches practice information and their email addresses. The photo gallery features pictures of recent team events. The site includes helpful links, offering quick access to other important sites.

On-line Meet Entries:

Enter swim meets at your convenience from your home or office with York's online meet Entry service on the York website. We post all of the swim meets York is participating in, and offer online meet entry for each meet.

Coaches Access:

The website is the fastest way to reach a coach www.yorkswim.com or you can send a note to practice.

Registration Due Date

Reserve your SPOT! Returning swimmers have until Thursday, June 10th to take back their spots from last season. After June 10th the remaining spots are available to all new swimmers on a first come first serve basis.

Parents meeting will be held on Sunday Sept. 12th at Falls Church H.S.
5-6pm Aardvark Suit Sale and Team Apparel 6-7pm meet the coaches
and Questions and Answers



2010-2011

Swimming Dues Chart

The swim season for York Swim Club Runs from mid-September to the end of May. All swimmers registered with York are registered from the date of registration through the remainder of the season. Refer to the *Registration Information* for payment, registration information, and refund policy.

Swimming dues may be paid in three installment payments:

PAYMENT #1 is due at time of Registration

PAYMENT #2 is due NOVEMBER 1, 2010

PAYMENT #3 is due FEBRUARY 1, 2011

Payments postmarked after the 1st day of the month in which it is due must include a **LATE FEE, PENALTY of \$25.00**. No swimmer will be permitted to attend practice after the 10th day of the month until payment has been received.

SWIMMING DUES CHART

Use the chart below to figure the 1st swimmer and the following chart for each additional swimmer(s) in your family.

FIRST SWIMMER	
(Swimmer who swims the most hours per week)	
<u>Hours per Week</u>	<u>Annual Swim Dues</u>
2 hours per week	\$ 1,155 per swimmer
3 hours per week	\$ 1,560 per swimmer
4 hours per week	\$ 1,914 per swimmer
4.5 hours per week	\$ 2,121 per swimmer
Unlimited workout program	\$3201 per swimmer
2 hour Saturday workout	\$ 600 per swimmer

ADDITIONAL SWIMMERS	
<u>Hours per Week</u>	<u>Annual Swim Dues</u>
2 hours per week	\$ 1,098 per swimmer
3 hours per week	\$ 1,482 per swimmer
4 hours per week	\$ 1,818 per swimmer
4.5 hours per week	\$ 2,016per swimmer
Unlimited workout program	\$3042 per swimmer
2 hour Saturday workout	\$600 per swimmer

Families with multiple swimmers who need an additional summer payment should contact: Janet Brumbaugh 703-536-6338.

REGISTRATION INSTRUCTIONS

2010 – 2011

1. DETERMINE SWIMMING DUES USING PRACTICE AND SWIMMING DUES SCHEDULE. REGISTRATION FEES AND 1/3RD OF ANNUAL SWIMMING DUES ARE DUE AT REGISTRATION. ALL PAYMENTS ARE NONREFUNDABLE.

2. * MAIL YORK REGISTRATION FORM AND ONE CHECK MADE OUT TO YORK SWIM CLUB TO:

**JANET BRUMBAUGH
2215 N. POWHATAN ST.
ARLINGTON, VA 22205
TELEPHONE: 703-536-6338**

THE FOLLOWING INFORMATION IS LOCATED ON SWIMMING DUES CHART.

NOTE: Please indicate a workout code. EXAMPLE: OM3S

1. SWIMMING DUES FOR 2 THROUGH 5+ HOURS PER WEEK SWIMMERS:

A. SWIMMER #1 (most number of swimming hours per week)	CODE _____	ANNUAL SWIMMING DUES \$ _____
B. ADDITIONAL SWIMMER	CODE _____	ANNUAL SWIMMING DUES \$ _____
C. ADDITIONAL SWIMMER	CODE _____	ANNUAL SWIMMING DUES \$ _____
D. SAT. AGE GROUP OAKMARR	CODE _____	ANNUAL SWIMMING DUES \$ _____
E. SAT. SENIOR OAKMARR	CODE _____	ANNUAL SWIMMING DUES \$ _____
F. SAT. MIXED AGE MARYMOUNT	CODE _____	ANNUAL SWIMMING DUES \$ _____
2. TOTAL ANNUAL SWIMMING DUES FOR ALL SWIMMERS IN YOUR FAMILY		\$ _____

DUE AT TIME OF REGISTRATION:

A. <u>REGISTRATION FEE</u>	\$ 500 PER SWIMMER	\$ _____
This ALL-INCLUSIVE fee covers registration with York Swim Club and with United States Swimming, all meet entry fees including away meets, Team handbook, information flyers, and a Booster payment in lieu of fundraising.		
B. <u>PAYMENT #1</u>	1/3 rd OF TOTAL ANNUAL SWIMMING DUES ABOVE	\$ _____
TOTAL DUE AT THE TIME OF REGISTRATION		\$ _____

DUE LATER IN THE SEASON:

C. PAYMENT #2 – NOV. 1, 2010	1/3 rd OF TOTAL ANNUAL SWIM DUES	\$ _____
D. PAYMENT #3 – FEB. 1, 2011	1/3 rd OF TOTAL ANNUAL SWIM DUES	\$ _____

Payments postmarked after the 1st day of the month in which they are due MUST INCLUDE A LATE FEE PENALTY OF \$25.00. No swimmer may continue in the water after the 10th day of the month until payment has been received.

* AFTER June 10th ALL WORKOUTS ARE AVAILABLE TO NEW SWIMMERS JOINING YORK.

REGISTRATION FORM

File # _____



Mail Registration Form and Payment (single check or money order) to:

Janet Brumbaugh
2215 N. Powhatan St.
Arlington, VA 22205

PARENTS

Last Name:			First Names:					
Street:			City:		State:		Zip:	
Home Phone:			Father Office:			Mother Office:		
Home Email:			Father Email:			Mother Email:		
Number of family swimmers:				Total annual swimming dues:				
Payment #1			Payment #2:			Payment #3:		

SWIMMERS

Last Name:						Summer club membership:					
First name and middle initial for each swimmer:											
1.			2.			3.			4.		
DOB(mm/dd/yy)	Sex	Age	DOB(mm/dd/yy)	Sex	Age	DOB(mm/dd/yy)	Sex	Age	DOB(mm/dd/yy)	Sex	Age
School:			School:			School:			School:		
Workout:			Workout:			Workout:			Workout:		

Payment Agreement

I understand that I am committing to an annual swimming dues payment for my swimmer(s) which will be paid in 3 installments. While reminder cards are sent by the club, I understand that my commitment stands whether or not I have receive a reminder. I understand that I am committing to a \$25.00 late fee for any payment postmarked after the 1st day of the month in which payment is due. If payment has not been received by the 10th of that month, I understand that my swimmer will be removed from the water until payment has been received.

Assumption of Risk and Release Agreement

In consideration of acceptance of the above for membership in the York Swim Club, the undersigned assumes full responsibility for any injuries, damages or losses which may occur to members or member's property, and hereby releases and discharges York Swim Club and its officers, agents, members and any persons assisting in its activities and functions, and the owners and agents of any of the facilities used by York Swim Club, from any and all claims, demands, rights of action or causes of actions, present or future, whether known, anticipated or unanticipated, resulting from or arising out of members participation in its activities and functions.

Parent Signature _____ Date _____

USA SWIMMING

2011 ATHLETIC REGISTRATION APPLICATION

LSC: POTOMAC VALLEY SWIMMING

PLEASE PRINT LEGIBLY COMPLETE ALL INFORMATION

REGISTRATION DATE OFFICE USE ONLY _____

LAST NAME: _____ LEGAL FIRST NAME: _____ MIDDLE NAME: _____

DATE OF BIRTH: MO _____ DAY _____ YR _____ SEX: M F AGE: _____ PREFERRED NAME: _____

MAILING ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____ - _____

AREA CODE: _____ TELEPHONE NUMBER: _____ FAMILY EMAIL: _____

CLUB NAME: YORK NAME OF CLUB YOU REPRESENT: YORK SWIM CLUB

OTHER SWIMMING AFFILIATIONS

(check all that apply)

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

ETHNICITY

Bureau guidelines, you may make up to two choices if appropriate):

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

U.S. CITIZEN?

YES _____ NO _____

DUAL CITIZEN?

YES _____ NO _____

IF DUAL CITIZEN OR NON-CITIZEN ARE YOU
A MEMBER OF ANOTHER FINA FEDERATION?
YES _____ NO _____

You must complete this form
And return it with your York Registration

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 _____ LSC _____ AND THE DATE OF YOUR LAST COMPETITION REPRESENTING THAT CLUB ____/____/____.

SIGN HERE: x _____ (SIGNATURE OF ATHLETE PARENT OR GUARDIAN)

ORDER FORM
2010-2011 York Swim Club

All swimmers who register with York Swim Club will receive a:
Free York Swim Club Team T-Shirt and a Team Competition Swim Cap

T-shirt(s) and cap(s) will be distributed at practice in early October. Incomplete or missing order forms will delay or exclude your swimmer from receiving apparel.

LAST NAME: **PHONE #:**

Complete information for EACH swimmer, include swimmer's name, practice group, and t-shirt size.

SWIMMER'S FIRST NAME	SIZE OF T-SHIRT (Please circle size)	WORKOUT CODE
	YL AS AM AL XL XXL	
	YL AS AM AL XL XXL	
	YL AS AM AL XL XXL	
	YL AS AM AL XL XXL	

PLEASE RETURN COMPLETED FORM WITH REGISTRATION FORM!