

SUMMER SWIMMING

The Gravelbourg and District Swim Club is a **competitive** summer swim club that has an intensive training season from beginning of May through the end of July. We are registered with Swim Saskatchewan. The swimmers are coached in stroke improvement, endurance, meet procedure and participate in swim meets.

BACK THIS YEAR! The GSC is continuing to offer a **non-competitive** strand. Like those in the competitive strand, these swimmers are given the opportunity to work at improving their strokes and endurance, but swim during the months of May and June. These swimmers do not participate in swim meets.

Practice Days will be as follow:

- May: Tuesday, Thursday, Friday
- June: Monday, Wednesday, Friday
- July: Tuesday, Wednesday, Thursday

*Note: The non-competitive group will swim the first 2 days of the 3 listed.

CLUB PHILOSOPHY

The focus of the club is to develop swimmers with excellent swimming technique, traits of good sportsmanship and team spirit, and to create a positive environment for friendships to develop between swimmers. The club provides a positive atmosphere that focuses on personal growth. **We emphasize effort and improvement, not winning.** Remember, not every swimmer becomes a record holder, but everyone gains from their swimming experience.

All coaches are certified and/or trained NCCP swim coaches.



P.O. Box 482
Gravelbourg, SK
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For more information, call or text:
Yvonne Sutherland 306-648-7875
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REGISTRATION

TUESDAY

MARCH 20th, 2018

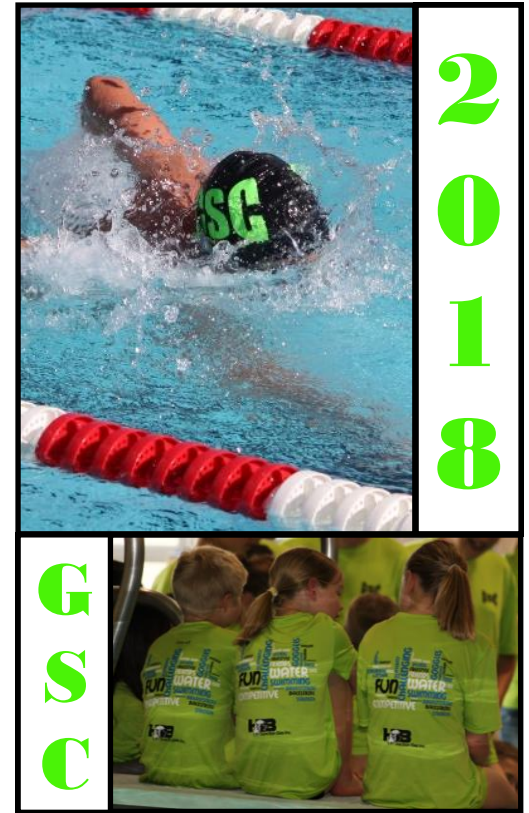
5:00 – 7:00 p.m.

Gravelbourg and District
Aquaplex Centre

- Register.
- Meet some of the coaches.
- Order swim suits.
- Order clothing.
- Ask questions.
- Choose payment option.
- Kid Sport Applications are on-hand.
- Fundraising tickets will be distributed.



Gravelbourg and District
Swim Club Inc.



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Back This Year:
Competitive and Non-Competitive SUMMER SPEED SWIMMING Strands!

REGISTRATION POLICY

Swim Club fees are due at registration and payment options are available. The total registration fee must be paid for each swimmer, and will not be prorated for swimmers intending to swim for a portion of the season.

The club is required to pay a registration fee to the Swim Sask. Association. If you decide to withdraw your swimmer from the club before May 20th and the Team Manager is informed in writing of your decision, your registration fees will be refunded, less the Swim Sask fees. Refunds after May 20th will be for medical reasons only and will require a medical note, signed by a doctor.

Swimmers must be 7 years old as of April 30, 2018 and have obtained a Red Cross Level 3 or equivalent to join GSC.

Age groups for competition are determined by your age as of April 30, 2018, as well as other criteria set by the coaches.

Swimmers 9 years of age and older must have obtained a Red Cross Level 4 or equivalent to join GSC Groupers group.

Registration fees include:

- swim cap
- coaching and pool time
- team shirt for competitive swimmers only

Additional costs may include:

- a competition swim suit
- goggles
- a snorkel
- meet fees
- travel and accommodation
- GSC clothing
- photos

2018 COMPETITIVE SWIM GROUPS

We recognize that each swimmer has different abilities. Swimmers in the competitive strand are placed in an appropriate age/developmental group so that they can enjoy their experience, improve and build on existing skills. The coaching team will assess the group suitability of each swimmer. Any swimmer that requires a group change will be completed on or before, but NO LATER than May 18th and Registration fees will then be adjusted accordingly.

GOLDFISH Dryland: 5:00-5:30 p.m. / Practice: 5:30-6:30 p.m. / 3 times per week (3 hours)

- The focus is for swimmers to continue to learn about “FUN-damentals” of competitive swimming skills and strokes.
- Swimmers **MUST** be able to swim 25m unassisted.



GROUPERS Dryland: 5:00-5:30 p.m. / Practice: 5:30-7:00 p.m. / 3 times per week (4.5 hours)

- Swimmers focus on the development of all strokes, starts, and turns, and build on endurance.



GECKOS Dryland: 5:00-5:30 p.m. / Practice: 5:30-7:30 p.m. / 3 times per week (6 hours)

- Are familiar with all strokes and strive to demonstrate proficiency in each.
- The emphasis of the program lies in making a good stroke better.



GATORS Dryland: 5:00-5:30 p.m. / Practice: 5:30-7:30 p.m. / Minimum 3 times per week (6 hours)

- Are proficient with all strokes and are continuing to build on strength, endurance and speed.
- Focus on developing leadership skills and making positive choices.



<i>GSC Competitive Swim Groups</i>	<i>Hours / Practice</i>	<i>Practices / Season</i>	<i>Swim SK Fee</i>	<i>TOTAL Registration Fees</i>
<i>Goldfish</i>	<i>1</i>	<i>36</i>	<i>\$23.00</i>	<i>\$240.00</i>
<i>Groupers</i>	<i>1.5</i>	<i>36</i>	<i>\$23.00</i>	<i>\$350.00</i>
<i>Geckos/Gators</i>	<i>2</i>	<i>36</i>	<i>\$23.00</i>	<i>\$460.00</i>

2018 NON-COMPETITIVE SWIM GROUPS

May: Tuesday & Thursday and June: Monday & Wednesday: 4:30 - 5:30.

Dryland training and instruction: 4:00 - 4:30. Please note that junior and senior groups will be determined and communicated after registration day, based on coaches' discretion.

<i>GSC Non-Competitive Group</i>	<i>Hours / Practice</i>	<i>Practices / Season</i>	<i>Swim SK Fee</i>	<i>TOTAL Registration Fees</i>
<i>Junior Group</i>	<i>1</i>	<i>16</i>	<i>\$23.00</i>	<i>\$160.00</i>
<i>Senior Group</i>	<i>1</i>	<i>16</i>	<i>\$23.00</i>	<i>\$160.00</i>