



## 2017 Long Course Season

April 6, 2017 - August 6, 2017

<b>GREAT TIGER SHARKS Long Course Team Fees and Training Groups</b>			
<b>Training Group*</b>	<b>Training Fees</b>	<b>2016/17 USA Card</b>	<b>Season Length/wks</b>
Developmental I	\$110	\$63	18
Intermediate I	\$325	\$63	18
Intermediate II/Junior	\$375	\$63	18
Senior I	\$400	\$63	18
Senior II	\$425	\$63	18

\*Coaches will approve group placement

We also offer special rates for swimmers wishing to train for Country Club season and those wishing to train Part Time with GREAT. Country Club season finishes at the end of May and Part Time swimmers may participate in half of the practices offered weekly for the entire season. The rates are listed below:

<b>GREAT TIGER SHARKS Country Club and Part-Time Fees</b>		
<b>Training Group*</b>	<b>Country Club and Part Time Fees</b>	<b>2016/17 USA Card</b>
Developmental I	\$55	\$63
Intermediate I	\$162.50	\$63
Intermediate II/Junior	\$187.50	\$63
Senior I	\$200	\$63
Senior II	\$212.50	\$63

**\*All training fees are to be paid in full by May 6, 2017.**

### Additional Team Fee Information

- We offer a multiple swimmer discount that will be given based on oldest swimmer to youngest as follows:
  - 2nd swimmer = 10% discount on season dues
  - 3rd swimmer = 15% discount on season dues
  - 4th swimmer = 20% discount on season dues
  - 5th swimmer = 25% discount on season dues
- **All training fees still owed past due dates will be assessed a 20% late penalty.**
- **Season registration will not be approved until all past due balances are paid.**
- **Swimmers with outstanding past due fees will be allowed to swim in one practice but will not be permitted in the water after that point until fees are paid in full.**



## 2017 Long Course Practice Schedule

<b>Developmental</b>					
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
No Practice	4:00-4:45 p.m.	No Practice	4:00-4:45 p.m.	No Practice	8:00-8:45 p.m.

<b>Intermediate I</b>					
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
4:00 - 5:00 p.m.	No Practice	4:00 - 5:00 p.m.	No Practice	4:00 - 5:00 p.m.	7:30 - 8:30 a.m.

<b>Intermediate II</b>					
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
4:00 - 5:30 p.m.	4:00 - 5:30 p.m.	4:00 - 5:30 p.m.	4:00 - 5:30 p.m.	5:00 - 6:30 p.m.	7:30 - 9:00 a.m.

<b>Junior</b>						
	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Dry-land	4:30 - 5:00 p.m.	-	4:30 - 5:00 p.m.	-	-	7:00 - 7:30 a.m.
Water	5:00 - 6:30 p.m.	5:00 - 6:30 p.m.	5:00 - 6:30 p.m.	5:00 - 6:30 p.m.	5:00 - 6:30 p.m.	7:30 - 9:00 a.m.

<b>Senior</b>						
	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Dry-land	4:30 - 5:00 p.m.	-	4:30 - 5:00 p.m.	-	-	7:00 - 7:30 a.m.
Water	5:00 - 7:00 p.m.	5:00 - 7:00 p.m.	5:00 - 7:00 p.m.	5:00 - 7:00 p.m.	5:00 - 6:30 p.m.	7:30 - 9:00 a.m.

## Summer Practice Schedule (beginning after school lets out)

\*Please remember that these practice times and locations are tentative and pending pool and coaching availability.

Developmental					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Practice	LLOYD	No Practice	LLOYD	No Practice	LLOYD
No Practice	5:00 - 5:45 p.m.	No Practice	5:00 - 5:45 p.m.	No Practice	8:00 - 8:45 a.m.

Intermediate I					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HARTKE	LLOYD	No Practice	LLOYD	No Practice	LLOYD
8:30 - 9:30 a.m.	5:00 - 6:00 p.m.	No Practice	5:00 - 6:00 p.m.	No Practice	7:30 - 8:30 a.m.

Intermediate II					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HARTKE	LLOYD	HARTKE	LLOYD	HARTKE	LLOYD
7:30 - 9:00 a.m.	5:00 - 6:30 p.m.	7:30 - 9:00 a.m.	5:00 - 6:30 p.m.	7:30 - 9:00 a.m.	7:30 - 9:00 a.m.

Junior						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	HARTKE	LLOYD	HARTKE	LLOYD	HARTKE	LLOYD
Dry-land	-	4:30 - 5:00 p.m.	-	4:30 - 5:00 p.m.	-	7:00 - 7:30 a.m.
Water	7:30 - 9:00 a.m.	5:00 - 6:30 p.m.	7:30 - 9:00 a.m.	5:00 - 6:30 p.m.	7:30 - 9:00 a.m.	7:30 - 9:00 a.m.

Senior I & II						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	HARTKE	LLOYD	HARTKE	LLOYD	HARTKE	LLOYD
Dry-land	-	4:30 - 5:00 p.m.	-	4:30 - 5:00 p.m.	-	7:00 - 7:30 a.m.
Water	7:30 - 9:30 a.m.	5:00 - 7:00 p.m.	7:30 - 9:30 a.m.	5:00 - 7:00 p.m.	7:30 - 9:30 a.m.	7:30 - 9:00 a.m.

- For new swimmers and/or those joining midseason, we will host evaluations for group placement on Saturday mornings at 9:00 a.m.
- **Starting June 5, 2017, the practice schedule will be modified to accommodate Hartke pool training. This will not affect Developmental Group.**

\*Please remember that these practice times and locations are tentative and pending pool and coaching availability.



## 2017 SUMMER/LONG COURSE MEET SCHEDULE

**April 28-30- Saluki International-Carbondale, IL**

**May 19-21- BSC Summer Invite-Bloomington, IN (IU)**

**June 16-18-JAWS Jet Summer Invite- Jasper, Indiana**

**June 23-25-THT Summer Steam Invite, Terre Haute IN**

**July 14-16- NSC Summer Showdown-Newburgh, Indiana**

**July 20-22-Indiana Swimming Senior Championship, Purdue**

**July 28-30- Indiana Age Group State, Indianapolis, IN**

**August 5-6--Summer Divisional, Crawfordsville, IN**

# GREAT Swim Divisions

\*\*Please note: time standards are determined by coaches at the start of the season.

Developmental: This group works on stroke development, stroke improvement, turn-work, and racing starts.

- **Requirements:**

- Must be able to swim 25 yards without stopping of freestyle and backstroke.
- Must be able to complete two 50 yards kick with kickboard on coach's sendoff.
- Must be able to follow instructions and code of conduct for the entire practice.
- Swimmer must have the physical ability to practice for 45 minutes.
- Swimmer must keep ears and eyes above the water when not swimming.
- Swimmer must be ready to enter the water at the start of practice.
- Age preferably 7 or older but exceptions may be made if requirements are met.
- Attend 2-3 practices/week

Intermediate: This group works on stroke development, stroke improvement, turn-work, racing starts, and learning basics of interval swimming.

- **Requirements:**

- Must be able to swim 50 yards without stopping of every stroke.
- Must be able to know how to do all strokes' turns.
- Attend 2-3 practices/week
- Must be able to do the following average time:
  - 50 free
  - 50 backstroke
  - 50 breaststroke
  - 50 fly

Juniors: This group continues to work on skills to improve stroke mechanics, turn-work, finishes, racing starts, interval training, and learning race strategy.

- **Requirements:**

- Must be able to swim 100 yards without stopping of every stroke.
- Attend 3-4 practices/week
- Must be able to do the following average time:
  - 100 free
  - 100 backstroke
  - 100 breaststroke
  - 100 butterfly
  - Complete 200 IM without stopping
  - Complete 500 free without stopping

Seniors: This group continues to work on skills to improve stroke mechanics, turn-work, racing starts, finishes, interval and endurance training, and improving race strategy.

- **Requirements:**

- Must be able to swim 200 yards without stopping of every stroke.
- Attend 4-5 practices/week
- Must be able to do the following average time:
  - 200 free
  - 100 backstroke
  - 100 breaststroke
  - 100 fly
  - Complete 200 IM without stopping
  - Complete 400 IM without stopping
  - Complete 500 free without stopping

All Groups:

- **Requirements:**

- Dry-land Workouts: Must Have (Tennis Shoes, Shorts, Shirt)
- Show up on time
- Stretching as a team will happen 10 minutes before each practice. (Not Mandatory)

# Greater Evansville Aquatic Team

# Team Guide

Visit [www.greatswim.com](http://www.greatswim.com) for registration materials, updates, changes to schedules, and coach contact information. Feel free to contact us at [greatswimevansville@gmail.com](mailto:greatswimevansville@gmail.com).

## **Training Facilities**

The GREAT program utilizes two pools. During the winter season, we use Lloyd Pool for short course training. During the summer, we use both Lloyd and Hartke Pool for long course training.

## **Group Training Structure**

(as determined by coaches)

### **Developmental**

**Focus:** Introductory group. The group begins learning the basics of learning interval swimming. Majority of practice time is dedicated towards stroke improvement.

**Equipment:** Kickboard, Long Training Fins, Pull Buoy, Mesh Equipment Bag

### **Junior/Intermediate**

**Focus:** Group continues work on skills to improve stroke mechanics, endurance training, racing starts, turns and finishes. Swimmers will begin learning race strategy for competing at various distances and strokes.

**Equipment:** Kickboard, Long Training Fins, Pull Buoy, Mesh Equipment Bag, Finis Snorkel

### **Senior**

**Focus:** Group continues work on skills to improve stroke mechanics, endurance training, racing starts, turns and finishes. A greater amount of time is spent on developing the various energy systems utilized in training for competitive swimmers.

**Equipment:** Kickboard, Long Training Fins, Pull Buoy, Mesh Equipment Bag, Pull Paddles, Finis Snorkel, Water Bottle, tennis/cross training shoes, T-shirt and shorts for dryland segments.

## **Entering Swimmers in a Swim Meet**

The team selects the meets that we will be attending in advance. USA Swimming requires that a coach from each team be present to represent the swimmers at each meet. You will receive an e-mail when we are entering swimmers in a swim meet and will be asked to respond if you would like your child to attend the meet. The coaching staff will decide what events each swimmer will enter. All swim meets are on a pay as you go basis. GREAT will not enter your child in a swim meet without having a meet entry e-mail and check for the entry fees prior meet entry deadline. We try to offer swimming competitions at least once a month for all kids in the program. We encourage families to commit to swimming in at least one meet each month. The swim meets are used to help the coaches and swimmers gauge their progress in the sport.

## **What to Bring to a Swim Meet**

Swimmers need to bring the following items to a swim meet: swim suit, goggles, swim cap, towels, and team shirts. Most swim meets often run for multiple days and it is not uncommon for a swimmer to forget a swimsuit or towel at home or at the hotel. Always have a back-up plan. It is not uncommon for a pair of goggles or a swim cap to break at a meet. Be prepared and expect the unexpected.

## **GREAT Expectations**

Swimmers are expected to be on time for workouts and prepared to swim each day they attend practice. A general rule for all groups is that swimmers should be at the pool ready to stretch with their group 15 minutes prior to the start of practice. The start time is the time that we will begin to practice. Swimmers must have all equipment and be ready to enter the water at that time.

Attendance: Swimmer skill and endurance improvement is highly dependent upon consistency in practice; the greater the attendance the greater the opportunity for improvement as a swimmer. Swimmers are to act in a respectful manner to all coaches, staff, team members, parents, meet officials and towards other competitors. Athletes are expected to be on time for all team functions and prepared to participate at designated times.

Parents are expected to be supportive of the GREAT program, staff and fellow parents. Parents are asked to refrain from talking to the coaching staff during workouts. Parents may make appointments to meet with coaches before or after practice. All parents must remain off the pool deck during workouts. This is a USA Swimming Policy.

**\*Please be courteous to our coaches and pick your swimmer up from practice on time. Parents are expected to pick up their swimmer within 15 minutes of the end of practice! A \$15 fee will be assessed to parents that are more than 15 minutes late to pick up their swimmer(s). After 3 late pickups, the fee will increase to \$50 per occurrence.**

**Please complete your online registration at [www.greatswim.com](http://www.greatswim.com). You will receive an invoice from [greatswimevansville.com](http://greatswimevansville.com) with payment instructions. Please submit payment, medical waiver, and USA form with birth certificate copy (if your swimmer does not have a 2016/17 card) to:**

**GREAT  
PO Box 23172  
Evansville, IN 47724**

# Greater Evansville Aquatic Team

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

## Consent to Participate & Medical Release Form

Name of Swimmer: \_\_\_\_\_

### Parent Consent

This medical release form must be signed by a parent or legal guardian for EACH swimmer of the Greater Evansville Swimming, Inc. If the swimmer is 18 years of age or older, the swimmer must also sign this form.

### Emergency Contact:

If parents are not available, please call the person designated below:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

**Please list any current diagnosis/medical history, allergies, current medications and drug reactions which may be needed in rendering medical treatment:**

### Consent to Participate & Medical Release:

I certify that, to the best of my knowledge and belief, \_\_\_\_\_,  
(name of the swimmer) is in good physical condition and has no condition which would impair participation in the program. In case of injury, I hereby give the Greater Evansville Swimming, Inc. and its coaching staff permission to act on my behalf in seeking medical treatment from any licensed physician, hospital, or clinic for my child in the event that such treatment is deemed necessary. I give permission to those administering medical treatment to do so using methods deemed necessary. I absolve the Greater Evansville Swimming, Inc. and its coaching staff from all liability while acting on my behalf in this regard.

I hereby give consent for my child to participate with Greater Evansville Aquatic Team. In consideration of being permitted to participate as a member of the Greater Evansville Aquatic Team, I hereby release, discharge and agree to hold harmless the Greater Evansville Aquatic Team, and its coaches, members of the management group of Greater Evansville Aquatic Team, its volunteers, its agents and its employees, together with its successors and assign, from any and all liability for injuries to property or person suffered as a result of participation as a member of the Greater Evansville Aquatic Team. I give the club authorization to apply for United States Swimming memberships for my child. Refunds of fees will not be given. I agree that it is the swimmers', their parents', guardians', or designated representatives' responsibility to provide transportation to, from, and during any program of the Greater Evansville Aquatic Team, and that any transportation provided by representatives of Greater Evansville Aquatic Team, is not being provided on behalf of Greater Evansville Aquatic Team and is strictly voluntary on the part of the person providing that transportation. I agree to and will sign the following: "Registration Application for Participation in the Greater Evansville Aquatic Team" and "Medical Release." I also have read and understand the "Greater Evansville Aquatic Team Commitment Agreement." I understand that these forms constitute a legally binding contract.

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

\_\_\_\_\_  
Participant Signature (if over age 18)

\_\_\_\_\_  
Home Phone

\_\_\_\_\_  
Parent's Daytime Phone





## 2016-2017 GREAT Scholarship Application Form

# of Persons living in household \_\_\_\_\_

Monthly Salary (Gross) \$ \_\_\_\_\_

Monthly Public Assistance Benefits \$ \_\_\_\_\_

Monthly Unemployment Benefits \$ \_\_\_\_\_

Monthly Social Security Benefits \$ \_\_\_\_\_

Monthly Workman's Compensation \$ \_\_\_\_\_

Monthly Child Support \$ \_\_\_\_\_

Monthly Other (Alimony, Etc.) \$ \_\_\_\_\_

TOTAL FAMILY MONTHLY INCOME \$ \_\_\_\_\_

I HEREBY ACKNOWLEDGE THAT THE INFORMATION GIVEN HEREIN IS TRUE AND CORRECT. I AUTHORIZE GREAT TO VERIFY ANY INFORMATION CONTAINED IN THIS DOCUMENT FOR THE SOLE PURPOSE OF ASSESSING FINANCIAL NEED.

\_\_\_\_\_  
Parent of Swimmer Making Request

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

ALL COMPLETED APPLICATIONS ARE DUE TO THE GREAT BOARD OF DIRECTORS BY MAY 1, 2017.

Mail to:  
GREAT  
PO Box 23172  
Evansville, IN 47724

\*Completion of this application does not mean your request for this scholarship will be automatically granted

\*Any denial of scholarship request will be communicated in writing and will include instructions for reconsideration.

\*If additional documentation of financial need is required for consideration of scholarship approval, this will be communicated to applicant in a timely manner.

**All information relating to financial hardship scholarship requests will be kept confidential within the GREAT Board of Directors and will not be disclosed to any outside party.**



