SOAR
Sun Oaks Aquatics Racing
U.S.A. Swimming

3452 Argyle Road
Redding, CA 96002
Phone: 530-221-4405
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www.soarswimmer.com

SOAR Swim Team Fall Schedule 2017

August 14th-November 30th

The SOAR Team offers training and practice groups for swimmers of all ages and ability levels. It is the goal of the SOAR Team to offer age specific training geared towards challenging each swimmer and developing each individual to the best of their abilities.

Sun Oaks Swim School

Swim School is a program for swim lesson graduates to learn the basics of competitive swimming, develop endurance and have fun! This consists of kicking, drilling, and the development of the skills necessary for competing in all four strokes. Swimmers will be divided up into lanes based on age and swimming ability. Instructors will coach swimmers from the deck to simulate an actual swim team practice. At the end of each session, the swimmers will participate in a,"Mini Meet," and race their fellow Swim School peers. Graduates of Swim School are well prepared to join both the SOAR Summer Swim Team and SOAR Year-Round Competitive Team.

Practice Times: Monday-Thursday 5:30-6:15pm

Bronze

All swimmers within the Bronze group must be able to legally swim each of the four competitive strokes. Furthermore, sharpening of the competitive strokes through drills and kicking will be emphasized. Starts, turns, and mental skills for training for the next level will also be emphasized.

Practice Times: Monday-Friday 4-5pm

Silver

It is at the Silver level in which swimmers move from primary stroke and technique instruction to more emphasis on training. Drill work and kicking will continue to make up a large portion of the practices; however, swimming sets will be added. At this level, goal setting will be introduced and swimmers will be expected to be more accountable for their swimming progression. Consistent practice attendance is necessary for continued improvement and advancement to the next group.

Practice Times: Monday-Friday 5-6:30pm | Saturday 8-10am

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Gold

The Gold group takes on a much more rigorous training load than the Silver group while continuing to build upon the skills acquired at the age group level. Practice times are longer in conjunction with higher yardage requirements. Besides the increase in physical demands required, the swimmers will be expected to understand interval training and will learn how to train at different levels and speeds.. There will also be a greater emphasis on race strategies. The Gold group is the highest level in the SOAR program and swimmers within the group are focused on improving all aspects of their training including dry land, nutrition, and mental preparation.

Practice Times: Monday-Friday 3:30-5:30pm | Saturday 8-10am

SOAR Club Fees

	Sun Oaks Members		Non-Members
Group	**Seasonal**	**Monthly**	**Monthly**
Gold	$360	$110	$125
Silver	$300	$90	$105
Bronze	$240	$75	$90
Swim School		$60	$70

- Multi-swimmer family discount available for Sun Oaks Members of the Bronze, Silver and Gold Groups. 25% off each additional child. Discount taken in-house.
- Bronze, Silver, and Gold Groups are required to register with USA Swimming.
- For questions about swimmer placement, email Coach Steve at soar@sunoaks.com