



3452 Argyle Road  
 Redding, CA 96002  
 Phone: 530-221-4405  
 Fax: 530-221-4403  
 robin@sunoaks.com  
 www.soarswimmer.com

## SOAR Spring Swim Season Schedule

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. Dry Land Training now provided. See back for days and times.

### Junior Group

This is the entry level to SOAR Swim Team. These swimmers are between 6-13 year old. The group will learn to use racing starts, turns and competition rules for the four competitive strokes. These swimmers will be expected to compete in local swim meets and participate in SOAR team events at Sun Oaks. These swimmers often come from our SOAR Summer Swim Team, as well as graduates from the SOAR Stroke School, as well as other recreational, and competitive swimming programs.

Coach: Robin Brickenden

### Junior Elite Group

This group is designed to move swimmers into the SOAR Senior Elite group. These swimmers train for competitive swimming. They will compete at local, regional and even national level age group competitions. There will be dryland training involved. We will use interval training and the swimmers will be responsible for reading the clock well. Most swimmers will be between 9-13 years old with goals of competing at Jr. Olympics, Far Westerns and Western Zones. Swimmers are expected to maintain 70 percent practice attendance.

Coach: Robin Brickenden

### Junior & Junior Elite Group Schedule & Fees

Junior/Junior Elite Workout Schedule		Member Fee	Non-member fee
Session 1 2/29-3/26S	Mon/Wed/Fri 4:30-5:30 p.m. Tues/Thurs 4-5:30pm	\$75 (Includes \$5 for Dry Land Training)	\$100 (Includes \$5 for Dry Land Training)
Session 2 4/4-4/30	Mon/Wed/Fri 4:30-5:30 p.m. Tues/Thurs 4-5:30 p.m.		
Session 3 5/2-5/28	Mon/Wed/Fri 4:30-5:30 p.m. Tues/Thurs 4-5:30 p.m.	Daily \$10	



3452 Argyle Road  
 Redding, CA 96002  
 Phone: 530-221-4405  
 Fax: 530-221-4403  
 robin@sunoaks.com  
 www.soarswimmer.com

### Senior/Varsity Group

High school and middle school swimmers will develop into year-round competitors. Stroke development will be the focus, as well as progression of all aspects of competitive swimming. These swimmers will be encouraged to compete in local swim meets. This group will be given the training to advance into Senior Elite if they desire. There will be basic dryland and conditioning involved as well. Swimmers will train for NVAL, Jr. Olympics, and levels beyond. These swimmers will be Varsity award winners at their respective schools. 75 percent attendance is expected.  
 Coach: Robin Brickenden

### Senior Elite Group

This is our highest level of SOAR Swim Team. These swimmers aspire towards college swimming scholarships. Members of this group are to be at all SOAR practices, meets and events. Strength and Conditioning, and AM practices will be expected. Swimmers will train to achieve Sectional, Future, Jr. and Sr. National, and Olympic Trial time standards. Swimmers are expected to maintain 85 percent attendance.

Coach: Robin Brickenden

### Senior/Varsity & Senior Elite Groups Schedule & Fees

	Senior/Varsity/Elite PM	Senior Elite AM		Senior/Varsity Fees	Senior Elite Fees
Session 1 Oct. 26th - Nov. 21st	Mon/Wed/Fri 5:30-7p.m. Tues/Thurs 4:45-7pm Sat. 8-10 a.m.	Tues., Wed., Thurs. 5:15-6:45 a.m.	Per Session	\$90 member (Includes \$10 for Dry Land Training) \$115 non-mmber (Includes \$10 for Dry Land Training)	\$100 member (Includes \$10 for Dry Land Training) \$125 non-member (Includes \$10 for Dry Land Training)
Session 2 Nov. 30th - Dec. 19th	Mon/Wed/Fri 5:30-7p.m. Tues/Thurs 4:45-7pm Sat. 8-10 a.m.	Tues., Wed., Thurs. 5:15-6:45 a.m.		Daily	\$10

\*\* Session 2 will be pro-rated for 3 weeks.

Multi-Swimmer Discount: A 25% discount will apply to the 2nd swimmer in the same family and a 50% discount will apply for the 3rd and subsequent children in the same family. The oldest swimmer will pay full price and each additional swimmer in the same family will receive the discount.

Sun Oaks Athletic Department is now providing Dry Land Training for SOAR. Designed for swimmers, this training incorporates strength, power, flexibility, and speed for the entire body. Overloading a muscle during training is an excellent way to increase explosiveness, however it can be difficult to create an overload in water. Dry Land Training is the perfect vehicle for adding resistance and specificity to a complete swimmer's training program.

Junior and Junior Elite Tuesday and Thursday at 4pm, \$5 per session  
 Senior and Senior Elite Tuesday and Thursday at 4:45pm, \$10 per session