



3452 Argyle Road
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SOAR FALL 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. **Winter Break Camp will be held Dec. 20-31 for all junior and senior groups. See back for details.

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: Richard Parham

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: Randy Teeters

Junior & Junior Elite Group Schedule & Fees

Junior/Junior Elite Workout Schedule		Member Fee	Non-member fee
Fall I (August 24-October 23)	Mon.-Fri. 4-5:30 p.m.	\$140	\$160
Fall II (October 26-December 18)	Mon.-Fri. 5:30-7 p.m.	Same pricing as Fall I	
		Daily \$10	



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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: Randy Teeters

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: Randy Teeters

Senior/Varsity & Senior Elite Groups Schedule & Fees

	Senior/Varsity/Elite	Senior Elite AM		Senior/Varsity Fees	Senior Elite Fees	Senior Elite (AM ONLY, 4x/week)
Fall I (Aug. 24 - Oct. 23)	Mon.-Fri. 5-7 p.m.	Tues., Wed., Thurs. 5:15-6:45 a.m. Sat. 8-10 a.m.	Fall I	\$160 member	\$180 member	\$120 member
				\$180 non-member	\$220 non-member	\$140 non-member
Fall II (Oct. 26 - Dec. 18)	Mon.-Fri. 3:30-5:30 p.m.	Same as Fall I	Fall II	Same pricing as Fall I		
			Daily	\$10		

Multi-Swimmer Discount: A \$10 discount will apply on multiple swimmers in the same family. The oldest swimmer will pay full price and each additional swimmer in the same family will receive a \$10 discount on the seasonal price.

Winter Break Camp December 21-31

	Junior & Junior Elite	Senior/Varsity & Senior		Member Fees	Non-Member Fees
A.M. Sessions	Mon.-Thurs. 8-9:30 a.m.	Mon.-Thurs. 8-10 a.m.	Junior & Junior Elite	\$50	\$70
P.M. Sessions	Mon.-Wed. 4-5:30 p.m. *NO Thurs. P.M. sessions	Mon.-Wed. 4-5:30 p.m. *NO Thurs. P.M. sessions	Senior/Varsity & Senior Elite	\$60	\$80