



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

## SOAR SPRING/SUMMER Swim Season

### May 9th – July 29th

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.

### 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 “Tater” Parham

Workout Schedule	
May 9 <sup>th</sup> -June 2 <sup>nd</sup>	June 6 <sup>th</sup> -July 29 <sup>th</sup>
Mon.-Th. 4-4:45 p.m. (RAC)	Mon.-Thurs. 9:30-11 a.m. (SO)
Fri. 4-6 p.m. Sun Oaks (SO)	Fri. 7-9 a.m. (SO)
	Tues.&Thurs. 3:15-4:30 p.m. (SO) Team Building

	Member Fee	Non-member fee
<b>Season (3 months)</b>	\$200	\$275
<b>RAC fee (1 month)</b>	\$25	\$25
<b>Daily</b>	\$10	

### 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:** Richard “Tater” Parham

May 9 <sup>th</sup> – June 2 <sup>nd</sup>	June 6 <sup>th</sup> – July 29 <sup>th</sup>
Mon.-Thurs. 4-6 p.m. RAC Fri. 4-6 p.m. SO	Mon.-Thurs. 7-9 am RAC M/W 3:30-5 pm SO T/Th 2:30-3 dryland SO 3:15-4:30 team building Friday 7- 9 am SO

	Member Fee	Non-member fee
<b>Season (3 months) plus \$25/month RAC LC fee</b>	\$250	\$320
<b>Daily</b>	\$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:** Richard "Tater" Parham

### 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:** Richard "Tater" Parham

### Senior/Varsity & Senior Elite Groups Schedule

May 9 <sup>th</sup> – June 2 <sup>nd</sup>	June 6 <sup>th</sup> – July 29 <sup>th</sup>
Mon.-Thurs. 4-6 p.m. RAC Fri. 4-6 p.m. SO	Mon.-Thurs. 7-9 am RAC M/W 3:30-5 pm SO T/Th 2:30-3 dryland SO 3:15-4:30 team building Friday 7-9 am SO

	Member	Non-Member
<b>Season (3 months)</b> <i>plus \$25/month RAC LC fee</i>	\$250	\$320
<b>Daily</b>	\$10	

**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.