

2010-2011



White Caps



DATE: _____

Swimmer Information

SWIMMER NAME and MIDDLE INITIAL:
DOB:
Parent/Guardian Name(s):
Best Phone # to Call:
Email :

PAYMENT OPTIONS: (Rotllers/Crashers)- The price difference between practice groups is due to the difference in practice duration.	MEMBERS OF LAKESHORE Circle payment option below.	NON-MEMBERS Circle payment option below.
Month To Month	\$80/\$100	\$100/\$125
Short Course Season (September 7-March 19th)	\$460/\$575	\$575/\$720
School Year (September 7-May 28th)	\$650/\$815	\$815/\$1000
Full Season (September 7 < 2010-August 13, 2011)	\$800/\$1000	\$1000/\$1250
Fall Trial (September 7-October 31) *May be applied to continued registration	\$150/185	\$185/235
1 Week Trial *May be applied to continued registration	\$30	\$37.50

CHECKOUT & PAYMENT INFORMATION	Contact Information: JD Klingenberg @ jklingenberg@powerwellness.com or 303-729-4300 ext 137 Fax: your registration: 303-729-2550 Mail to: 300 Summit Blvd., Broomfield, CO 80021
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(Circle One)

- House Charge to my Lakeshore Account
- Check (attached to this registration form)
- Credit Card: Master Card Visa AMEX Discover

• CC # _____ Last 3 Numbers Back _____ Expiration Date: _____

SIGNATURE _____

*By signing here you are agreeing to abide by the policies of our Program at Lakeshore.

Check here to prohibit the use of your swimmer's performance and/or image in marketing or promotions at the discretion of Lakeshore Athletic Club.

Refunds for any unused portion must be requested in writing with no less than 30 days notice, or a penalty of \$100 will be charged.

Please complete this form if you are not a member of Lakeshore Athletic Club.

LAKESHORE GUEST REGISTRATION

NAME OF PARENT: _____
(Please Print)

NAME OF CHILDREN : _____

ADDRESS: _____ CITY _____ STATE _____ ZIP _____

PHONE: _____

Date: _____

All exercises and use of all facilities shall be undertaken by the guest at the guest's sole risk. The club shall not be liable for any claims, demands, injuries, damages, action or causes of action whatsoever, to person or property arising out of or connected with the use of any of the services or facilities of the Club or the premises where the same are located or arising out of acts of active or possible negligence on the part of the Club, its employees or agents.

I have read this agreement and the rules and regulations of the Club which are incorporated herein by reference and I agree to be bound by the terms and conditions.

GUEST SIGNATURE: _____



FAQ's

What is the mission of the Lakeshore Whitecaps?

It is the mission of the Lakeshore Whitecaps to serve as the continuation of an established SwimAmerica lesson program. We will continue the teaching of proper competitive swimming techniques while promoting the values of sportsmanship, respect, individual achievement, and personal responsibility in order to produce well-rounded individuals of the highest moral character, in and out of the pool.

What is the coaching philosophy?

The coaching philosophy of the Lakeshore Whitecaps is that swimming is a life-long sport with many different stages of development. The foundation for success is solid technical development, therefore we believe in a "quality over quantity" method of training. Once a swimmer has mastered the techniques, they will maintain these skills while developing a strong cardiovascular base in all four competitive strokes. Each swimmer's training program will be tailored to their level of development on the whole.

How often should my swimmer practice?

The coaching staff will make recommendations on how often swimmers should be practicing based upon the swimmer's individual needs and development. Generally speaking, swimmers new to the program should attend 2-3 of the 5 practices per week unless they are coming from another program, in which case the coaching staff may make other recommendations. The coaching staff will advise when your swimmer should start attending practices more regularly.

What meets should my swimmer attend?

Not all meets are appropriate for every swimmer. In general, the coaching staff will recommend approximately one meet per month that is appropriate for each swimmer. This may increase as swimmers gain experience, especially during the championship portion of the seasons (February/March and July/August). Swimmers new to the program should mark their calendars for any Suburban League Qualifier (SLQ) meets, as these meets offer the best introductory experience in a low-pressure half-day meet. The coaching staff will make further recommendations as swimmers develop and are prepared for competing at other levels.

What additional fees are there to compete?

In order to compete, swimmers must be registered with USA Swimming prior to the meet. This form will be available from the coaching staff in September, and the cost of approximately \$55 will allow a swimmer to compete through December 31, 2011.

Each meet has its own fee structure. Generally speaking, a host team will charge \$3-5/event and a surcharge for overhead costs of \$5-10. Lakeshore will also charge have a surcharge of \$3 per swimmer per meet that will be used to pay for team registration fees, relays, travel expenses, etc. Generally speaking a one day meet will cost \$20-25, while a two-day meet will generally cost \$30-40 Please remember, we generally recommend only one meet per month for most swimmers.

Who is JD Klingenberg?

Coach JD Klingenberg grew up swimming competitively in Loveland, CO and went on to swim two seasons for the Colorado School of Mines before transferring to the University of Colorado Boulder to complete his degree in Integrative Physiology. JD has been coaching throughout CO for eight years, and has experience in the summer leagues, high school, Master's, and Age-Group programs. When JD isn't at the pool he is a consummate outdoorsman and reader.

WhiteCaps Swim Team

2010-2011

September 10						
M	Tu	W	Th	F	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October 10						
M	Tu	W	Th	F	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November 10						
M	Tu	W	Th	F	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 10						
M	Tu	W	Th	F	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

January 11						
M	Tu	W	Th	F	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February 11						
M	Tu	W	Th	F	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

March 11						
M	Tu	W	Th	F	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April 11						
M	Tu	W	Th	F	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

May 11						
M	Tu	W	Th	F	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Tentative Short-Course Schedule

- September 7th– First day of practice
- October 2nd– NO Practice due to Swimposium
- October 15-17th– MACS Fall Invite (Arapahoe High School)
- October 16th-NO Practice due to swim meet
- November 5th-6th– Eaton Fall Fest (Eaton High School)
- November 5th-NO Practice due to swim meet
- November 20th-21st– Cuda Pentathlon (Broomfield Community Center)
- November 20th-NO Practice due to swim meet
- November 25th-27th– No Practice Happy Thanksgiving
- November 28th– Thanksgiving at the Rock (Castle Rock Rec Center)
- December 10th-12th– FAST Mid-Season Finale (EPIC-Fort Collins)
- December 11th- NO Practice due to swim meet
- December 24-25th– NO Practice due to Holiday
- December 31-January 1– No Practice due to Holiday
- January 8th-9th– MACS Winter Invite (Arapahoe High School)
- January 8th- NO Practice due to swim meet
- January 15th-16th– Estes Park High Altitude (Estes Park AquaticsCenter)
- January 15th- NO Practice due to swim meet
- January 21st-23rd– TOPS Colorado Open (DU)
- January 22nd- NO Practice due to swim meet
- January 23rd– CUDA Single Age Classic (Broomfield Community Center)
- February 5th-6th– Evergreen Super Bowl (Wulf Rec Center– Evergreen)
- February 5th- NO Practice due to swim meet
- February 25th-27th– Silver State (DU) *Qualifying Swimmers Only
- February 26th- NO Practice due to swim meet
- February 25th-27th– Senior State (DU) *Qualifying Swimmers Only
- March 4th-6th– Age Group State (EPIC– Fort Collins) *Qualifying Swimmers Only
- March 5th-NO Practice due to swim meet
- March 12th– ACES Mighty Mini
- March 12th- NO Practice due to swim meet
- March 20th– Evergreen Season Finale (Wulf Rec Center– Evergreen)
- March 21st-26th– NO Practice– Happy Spring Break

Schedule is tentative and subject to change. Suburban League schedule to be set in August/September. Meets may be added or changed due to size restrictions, needs of the swimmers, or for any other reason. Watch your email for updates.