



You Are Invited!

WHAT: Lakeshore Athletic Club is starting a year-round USA Swimming Team.
THE LAKESHORE WHITECAPS!

WHO: Swimmers who have a basic understanding of the four competitive swimming strokes looking for a healthy way to stay in shape, whether or not they choose to compete.

WHEN:	Rollers (10 & Under)	Monday-Thursday 5:30-6:30, Saturday, 9:15-10:15a
		Dryland- M/W 6:35-7:00p
	Crashers (11 & Over)	Monday-Thursday 6:30-8:00, Saturday 7:45-9:15a
		Dryland- M/W 6:00-6:25p

COACHED BY: JD Klingenberg

QUESTIONS? Contact JD Klingenberg @ jklingenberg@powerwellness.com
or call: 303-729-4300 ext 137

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
Summer Season (May 30th-Fall Break)	\$230/290	\$290/365
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 # _____ 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. During the fall and summer seasons, a seasonal registration is available for a reduced fee.

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.

Tentative Short-Course Schedule

- March 21st-26th– NO Practice– Happy Spring Break
- April 2nd– Brighton April Fool’s Meet (Brighton)
- April 2nd– NO Practice due to Swim Meet
- April 15-16th- Eaton Swim Meet (Eaton)
- April 16th– NO Practice due to Swim Meet
- May 6th-8th– CUDA Swim Meet (Thornton)
- May 7th– NO Practice due to Swim Meet
- May 15th– Evergreen Suburban League Qualifier (Evergreen)
- May 20th-22nd– North Jeffco Swim Meet (Arvada)
- May 21st– NO Practice due to Swim Meet
- June 4th– MACS Suburban League Qualifier (Aurora)
- June 4th– NO Practice due to Swim Meet
- June 17th-19th– ACES Long Course Meet (Lowry)
- June 18th– NO Practice due to Swim Meet
- June 26th– Boulder 10 And Under Swim Meet (Boulder)
- July 15th-17th– Zone 2 Swim Meets (Pending)
- July 16th– NO Practice due to Swim Meet
- July 23rd-24th– Swim Meet at MACS (Aurora– Date Pending)
- July 29th-31st– Long Course State Championships
- August 15th– Boulder Valley School District Starts Back
- Fall Break TBD

Schedule is tentative and subject to change. Meets may be added or changed due to size restrictions, needs of the swimmers, or for any other reason. Watch your email for updates.