





2011-2012



# White Caps



DATE: \_\_\_\_\_

## Swimmer Information

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

<b>PAYMENT OPTIONS:</b> (Rotllers/Crashers)- The price difference between practice groups is due to the difference in practice duration.	<b>MEMBERS OF LAKESHORE</b> Circle payment option below.	<b>NON-MEMBERS</b> Circle payment option below.
Month To Month	\$85/\$110	\$106.25/\$137.50
Short Course Season (November 1-March 24)	\$415/520	\$520/650
School Year (November 1-May 26)	\$575/720	\$720/900
Full-Season (November 1- Fall Break 2012)	\$750/940	\$940/1175
1 Week Trial *May be applied to continued registration	\$30	\$37.50

<b>CHECKOUT &amp; PAYMENT INFORMATION</b>	Contact Information: JD Klingenberg @ <a href="mailto:jklingenberg@powerwellness.com">jklingenberg@powerwellness.com</a> or 303-729-2556 Fax: your registration: 303-729-2550      Mail to: 300 Summit Blvd., Broomfield, CO 80021
---	---

(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, 2012.

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

- August 22– First day of practice
- October 9– Boulder 10&U
- October 14-16– MACS Fall Invite (Arapahoe High School)
- October 15-NO Practice due to swim meet
- November 6– SLQ (DU)
- November 19-20– CUDA Pentathlon (Veterans Memorial)
- November 19-NO Practice due to swim meet
- November 24-26– No Practice Happy Thanksgiving
- November 27– Thanksgiving at the Rock (Castle Rock Rec Center)
- December 9-11– Golden Phoenix (Colorado School of Mines)
- December 10- NO Practice due to swim meet
- December 24-January 1– NO Practice due to Holiday
- January 7-8– MACS Winter Invite (Arapahoe High School)
- January 7- NO Practice due to swim meet
- January 14-15– Estes Park High Altitude (Estes Park AquaticsCenter)
- January 14- NO Practice due to swim meet
- January 27-29– TOPS Colorado Open (DU)
- January 18- NO Practice due to swim meet
- February 4-5– Evergreen Super Bowl (Wulf Rec Center– Evergreen)
- February 4- NO Practice due to swim meet
- February 18-19– North Jeffco (Meyers Pool-Arvada)
- February 24-26– Silver State \*Qualifying Swimmers Only
- February 26th- NO Practice due to swim meet
- February 25th-27th– Senior State \*Qualifying Swimmers Only
- March 2-4– Age Group State \*Qualifying Swimmers Only
- March 3-NO Practice due to swim meet
- March 10– ACES Mighty Mini
- March 10- NO Practice due to swim meet
- March 18– Evergreen Season Finale (Wulf Rec Center– Evergreen)
- March 24-April 1– NO Practice– Happy Spring Break

***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.***