



# Lakeshore Whitecaps Swim Team

**You Are Invited!**

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

**WHO:** Young swimmers who have a basic understanding of the four competitive swimming strokes and want to take their enjoyment of swimming to the next level.

**WHEN:** Monday/Wednesday 6:00-7:00, Tuesday/Thursday 5:30-6:30p, Saturday 8:15-9:30a.  
(More practice groups will be developed as needed).

**COACHED BY:** JD Klingenberg

**QUESTIONS?** Contact JD Klingenberg @ [jklingenberg@powerwellness.com](mailto:jklingenberg@powerwellness.com)  
or call: 303-729-4300 ext 137



**Starting January 4th**



Lakeshore Whitecaps

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

**Swimmer Information**

<b>NAME: (Please print.)</b>
<b>Best Phone # to call:</b>
<b>Address:</b>
<b>Email :</b>



<b>Briefly describe your swimming skills &amp;/or your goals:</b>	<b>DOB</b>	<b>Male/Female</b>	<b>Member of Lakeshore?</b>

<b>PAYMENT OPTIONS:</b>	<b>MEMBERS OF LAKESHORE</b> Circle payment option below.	<b>NON-MEMBERS</b> Circle payment option below.
Month To Month	\$80	\$100
Long-Course Season (January 4th-July 31st)	\$504	\$630
Spring Session (January 4th-May 30th)	\$380	\$475
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 303-729-4300 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.

**The registration fees are non-refundable.**

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 3 of the 5 practices per week unless they are coming from another program, in which case the coaching staff may make other recommendations.

### **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 and July/August). Swimmers new to the program should mark their calendars for any Suburban League Qualifier (SLQ) meet, 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 is available from the coaching staff, and cost is \$56 for the 2010 season. This will allow the swimmer to compete until December 31<sup>st</sup> of the registration year, though registrations for the next season are handed out in September (which will enable new swimmers to compete from the date of registration until December 31<sup>st</sup> of the registration year). For those seeking to participate for either the fall or the summer exclusively a seasonal registration is available for a discounted price from the annual registration.

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