

BASS AAU SWIM TEAM INFORMATION

Bryant Aquatics Swim School is a Learn to Swim Program at the Bryant Aquatic Center in Bishop Park. It offers Swim Lessons for those 4 to 17 years of age. We have two separate programs, the Swim School and the AAU Swim Team. The swim school is divided into 6 levels. Level 1 is the beginner lesson, and Level 6 is the most advanced. When the swimmer reaches level 5 he/she has the option to join our AAU Swim Team.

The Mission of the BASS Swim Team is to focus on building the proper stroke technique needed to compete at a high level, while introducing kids to the sport of Competitive Swimming. We strive to make each swimmer into the best they can be, while keeping it enjoyable.

Intermediate Level is for those that would be Level 5 in our Swim School. It is designed for those who have never competed in swimming before, or those who have that still need help with the strokes and technique. This group focuses on building the proper swimming technique through practice of kicking and pulling drills. We want to build a base of good swimming habits before moving on to endurance training. Cost - \$56.00 non members, \$42.00 members

Advance Level is for those that would be level 6 in our swim school. It is also designed for those who have competed before. This group focuses on the more advanced drills of swimming, but we still include a great deal of emphasis on technique. This level would be the step before joining teams in higher competition venues. Must be approved by coach to swim this level. Cost - \$60.00 non members, \$45.00 members

Practice Times (August)

Intermediate Level
Monday and Wednesday 6:00-6:45 pm
Friday 6:00 pm-7:00 pm

Advanced Level
Monday and Wednesday 6:00-7:30 pm
Friday 6:00 pm-7:00 pm

Practice Times (Starting in September)

Intermediate Level
Monday and Wednesday 6:30-7:15 pm
Saturday 9:00 am-10:00 am

Advanced Level
Monday and Wednesday 6:45-8:00 pm
Saturday 10:00 am-11:00 am

Registration: Swimmers must register with AAU Swimming.

GO TO www.aauswimming.org to register.

\$16 AAU athlete membership w/benefits (yearly)

Please do not forget to include your club code in the registration,

CLUB CODE: XTEBCY

Monthly dues must be paid by 10th of each month.

\$20 Late fee will apply after the 11th of each month.

Average \$25 meet entry fee per meet (will vary between meets)



Family discount; 2nd swimmer & more receives 1 month free after 5 consecutive months.
Practices might be cancelled due to Swim Meets, inclement weather or etc. We give our best effort not to cancel practices. If we cancel practice we try to come up with a makeup day.
*****Registration forms needs to be signed and turned in to coaches before starting practice.**

BASS AAU SWIM TEAM INFORMATION

Meet Formats: Sprint Meet, Distance Meet, Relay Meet, Championship, 1 day or multi-day. See meet schedule for date and places.

Volunteering Requirements: BASS host 4-5 swim meets in a year. We can not host swim meets without parents help. We ask every family to volunteer to help with swim meets. Basic duties are timing, hospitality room help, announcing, set up, clean up, results runner, and awards.

Age divisions: 8 and Under, 9-10, 11-12-, 13-14, 15-18

The age of the swimmers on the FIRST day of the meet will determine what category they will swim in.

Events:

- 50, 100, 200, 500, 1000 , 1650 Free
- 50, 100, 200 Strokes (Back, Breast, Fly)
- 100, 200, 400 IM
- 100, 200,400, 800 Free Relay
- 100, 200, 400 Medley Relays

Equipment Information: Swimmers may use Aquatic Facility kickboards during practices. Advance level swimmers must have fins. Fins can be purchased at www.swimoutlet.com There is no obligation to buy team swim suit. Our team colors are Green, White and Black. Any swim suit with these colors can be purchased.

Caps and T Shirt are available for purchase at the Center.

T-shirts - \$10.00 (YM-AL) - Green w White Logo

Silicone Caps - \$10.00, Latex Caps \$5.00 - White w Green Logo

