

Dear Swimmers and Families,

Welcome to Peak Aquatics Fall Splash! The program is designed to provide opportunities for Boulder Valley Summer Swim League swimmers. The swimmers are allowed to partake in any swim program up until October 31. The goal is to have a program that allows them to improve their swimming abilities and give them options for future opportunities as competitive athletes. The program will provide swimmers with the chance to partake in local United States Swimming (USS) meets. The program will also provide a platform for further swimming ability development in preparation for the High School Swim Season that directly follow the conclusion.

The 2011 Fall Splash will offer an outdoor pool inclusive in the program fees (see below)! We will be offering a 5-day a week program and a 3-day a week program. We recommend that swimmers attend at least three days a week to see significant improvement within a two-month span.

Fall Splash will focus on technique (all four strokes, starts and turns), strength, and speed and is open to swimmers of all abilities; however swimmers must be able to swim the length of the pool without assistance.

### **Coaches**

The 2011 Fall Splash will be coached by:

- Ted Romero- Owner of Peak Aquatics, Coach of the Monarch Girl's Swim Team & Fairview Boy's Swim Team
- Amy Webb, Brooks Lustig, and other Experienced BVSSL Swim Coaches

### **Memory Square Pool**

Located:

801 Grant Avenue, Louisville, CO 80027

### **Age Groups**

#### ***7-12 Year Olds:***

When: Monday – Friday

Time: 4:00-5:00 pm Swim

5:00- 5:30 Technique/Dryland

Dates: September 6 - October 28

#### ***13-18 Year Olds:***

When: Monday – Friday

Time: 4:30-5:00 Technique/Dryland

5:00-6:30 pm Swim

Dates: September 6 – October 28

## **Fees**

<b>Cost</b>	
5 day a week	\$225
3 day a week	\$190
Drop in fee	\$20 per session

**\* This is an 8-week program. Each week is designed to get progressively more challenging. Our goal is to prepare them for USS swim meets. Swimmers are asked to attend the entire 8-week program. Drop in swimmers cannot attend meets.**

## **Payment**

Checks may be written to Peak Aquatics. Please give your check in a sealed envelope to Ted Romero no later than September 8<sup>th</sup>, at the informational meeting directly following practice at Memory Square Pool.

## **Required Equipment Purchases**

Each swimmer is responsible for having the following at each practice:

### ***7-12 Year Olds:***

- Speedo Fins ([http://www.swimoutlet.com/product\\_p/1647.htm](http://www.swimoutlet.com/product_p/1647.htm)) or Zoomers ([http://www.swimoutlet.com/product\\_p/1267.htm](http://www.swimoutlet.com/product_p/1267.htm))
- Goggles
- Suit
- Practice Swim Cap (girls)

### ***13-18 Year Olds:***

- Speedo Fins ([http://www.swimoutlet.com/product\\_p/1647.htm](http://www.swimoutlet.com/product_p/1647.htm)) or Zoomers ([http://www.swimoutlet.com/product\\_p/1267.htm](http://www.swimoutlet.com/product_p/1267.htm))
- FINIS Snorkel ([http://www.swimoutlet.com/product\\_p/1221.htm](http://www.swimoutlet.com/product_p/1221.htm))
- Stroke Maker Paddles ([http://www.swimoutlet.com/product\\_p/1235.htm](http://www.swimoutlet.com/product_p/1235.htm))
  - Sizes vary. Large paddles-Yellow #2. Medium paddles-Green #5.
- Goggles
- Suit
- Practice Swim Cap (girls)

## **Meet Schedule**

- |                                |                        |
|--------------------------------|------------------------|
| 1. Loveland Fall Harvest       | 10/14/2011- 10/16/2011 |
| 2. CSST Fall Open              | 10/21/2011- 10/24/2011 |
| 3. Longmont Great Pumpkin Open | 10/29/2011- 10/30/2011 |

\*Meets are optional, but highly recommended to provide opportunity to experience USS level competition. Each swimmer will be responsible for own transportation and meet entry fees. In order to participate in meets swimmers must register with USS swimming at (see attachment).

**Questions:** Ted Romero ([ted@peakformtraining.com](mailto:ted@peakformtraining.com))