

Scenic City Aquatic Club General Information Booklet

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Scenic City's Philosophy

Competitive swimming offers an exciting and valuable experience in a young person's life. These experiences can be enjoyed by those of moderate ability as well as those with Olympic potential. The value of swimming goes beyond just learning skills in the water and racing. Every participant can gain knowledge, skill, and confidence from his or her experiences.

Scenic City pursues excellence in competitive swimming by seeking to maximize the potential of each individual. We provide a challenging and stimulating team atmosphere where everyone can benefit. Our swimmers develop skills in setting goals while enjoying the thrill of achieving personal and team victories. Qualities such as loyalty, honesty, fair play, integrity, perseverance, and self discipline are also stressed.

Most importantly, we have fun.

On Competition - Scenic City swimmers participate in USA swimming sanctioned meets at the local, regional, and national level. Meets are selected that have appropriate standards allowing all of our swimmers, from novice to national champion, to compete at their own skill level.

Careful planning insures competition that is enjoyable and challenging. Coaches will advise swimmers regarding which events to enter in each meet. Younger swimmers are encouraged to enter all strokes and distances in order to give them a broad range of experiences.

On Year Round Swimming - Scenic City is a year round USA swimming team. Our program is divided into 2 seasons with a championship meet at the end of each.

Short Course - *September-March* - We practice and compete in a 25 yard format during this season.

Long Course - *April-August* - During this season, we will be focusing on swimming 50 Meters in our competitions. Our indoor pools will be switched to 25 meters to help in the transition. The Olympics are held in the 50 meter format.

We feel that our lower coach to swimmer ratio, the high level of training, and the experience of our staff makes swimming for Scenic City the best thing for our swimmers.

Scenic City Coaches

John W. Woods:

Head Coach Scenic City/Head Coach GPS

Coach Woods graduated from Auburn University where he swam under U.S. Olympic coach Eddie Reese. He began coaching in his home town of Tallahassee, Florida. He later held positions as head coach in Vicksburg, Mississippi and as head women's and assistant men's coach at Auburn University. In 1976, Coach Woods moved to Orlando, Florida, where he coached for ten years. He then moved to Milwaukee, Wisconsin where he coached at the Schroeder YMCA. His Milwaukee team won several state championships and competed for national honors each of his five years there.

In Orlando, he built his team into state champions and coached over 50 All-Americans. His swimmers placed among the best at the U.S. National Championships. Two of his swimmers competed in the 1988 Olympics. His success in Orlando and Milwaukee gained him recognition as an elite coach in United States swimming and a position as a U.S. National Team coach.

In Chattanooga, Coach Woods has developed many #1 swimmers in Southeastern swimming and has been named Southeastern swimming "coach of the year." Several of his swimmers are competing on scholarship in college and return to train with Scenic City during the summer. Coach Woods' swimmers are always among the best at local, state, regional, and national competitions. Scenic City's Annemieke McReynolds is a national, international and NCAA champion.

Roger Dahlke:

Head Age Group Coach/McCallie MS Coach

Roger Dahlke was appointed head age group coach in the fall of 1996 and has been instrumental in the growth of the Scenic City program. Roger is a native of Chattanooga and has been involved in swimming here since 1977. He swam for Coach Martha Bass, Steve Panzaram, Paul Milkey, and Joe Geoken while swimming year round in Chattanooga. He became coach of his childhood team in 1989 and coached until he became a full time Scenic City coach in 1998. Roger joined the Scenic City and McCallie staffs in 1995. Roger has coached many Southeastern winners and team record holders.

Roger loves coaching and teaching swimmers of all levels. He relies on his Christian background to be a positive role model for his students. Continuing education is very important to Roger, so he reads and studies swimming and is always striving to be a better coach.

Stan Corcoran:

Asst Scenic City Coach/McCallie Head Coach

Coach Corcoran is the head swimming coach and aquatic director at the McCallie School. He is a native of Roanoke, VA, and a graduate of Indiana University. He swam and played water polo for prep school powerhouse Mercersburg Academy in Pennsylvania. His coaching career began in Orlando, FL where he organized Team Orlando and managed the Orlando International Aquatic Center. The University of Tennessee then hired Stan as an assistant coach with the men's team under John Trembly. He also became the head coach of the Pilot Aquatic Club and developed it into one of the southeast's strongest teams. At McCallie, he has continued a winning tradition with State titles from 1998-2004. Coach Corcoran is a stroke technician, a proven winner and a fine asset to the Scenic City Aquatic Club.

Jason Meszaros:

Asst Scenic City Coach/GPS MS Coach

Coach Meszaros joined our staff after working with Carpet Capital Aquatic Club. While at CCAC Jason has coached some of the top swimmers in the Georgia LSC and has helped the team double in size. Jason coaches the Green group, the GPS Middle School Girls Team, and also help with team administration. Jason's knowledge and experience will help Scenic City to grow into a Team of Excellence.

Frequently Asked Questions

What is the difference between year-round swimming and summer swimming?

Year round swimming provides the opportunity for swimmers practice and compete September-July each year. This longer season allows for more chances to set and achieve goals each season. Year round swimmers develop a knowledge of the sport that allows them to develop a long term focus toward improvement. The year round swimming community is more focused on sharing individual success and accomplishments

What are the benefits to year round swimming?

All year round coaches are USA swimming certified coaches and the head coaches of Scenic City coach swimming as their profession. Technique is our primary focus with all of our Age group swimmers. Having a professionally certified staff and smaller groups allows us to teach our swimmers effective technique. Conditioning is added as swimmers advance through our groups. Having a staff that has coached Olympic swimmers, state champions, dozens of All-Americans and Top 16 swimmers gives swimmers on Scenic City the advantage of years of knowledge and experience.

Do I get a discount for having more than one swimmer?

Yes, We give pricing breaks to families with three or more swimmers. These pricing breaks work as followed:

1st Swimmer - USA Registration + Team Registration + Monthly fee

2nd Swimmer - USA Registration + Team Registration + Monthly fee

3rd Swimmer - USA Registration + Team Registration + 1/2 Monthly fee

4th and more - USA Registration + 1/2 Monthly fee

****The highest group will always be the 1st swimmer, so the 1/2 price would be for the lowest groups****

How does the billing work?

When registering your swimmer(s), please pay the registration fees only. At the beginning of the month, you will be billed for the previous month swam. Please return the top portion of the statement with a check as soon as possible. Make separate checks for all uniform orders, meet entries, goggles and fins due to the fact that this money goes into different accounts.

How do I sign up?

You can join Scenic City by picking up a registration form (SCAC & USA swimming) & bringing it the 1st time that you come to practice.

Do I have to start in September or can I join anytime?

You can join any time through the year. Due to our billing, it works best if new swimmers join at the beginning of a month.

F.A.Q. Continued

Do I need to give up other sports?

No! It is a misconception that you must quit other sports if you join year round swimming. Swimming enhances performance in just about every sport and cross training can often be beneficial to swimmers.

Do we have to join USA swimming?

Scenic City is a member of USA swimming and all of our swimmers must be registered with the governing body. USA swimming provides our insurance coverage, as well as other services (website, rules, etc).

What group will my child be in?

We will use the 1st week to place our swimmers into the right group. The groups are by abilities. We would rather your child start in a lower group and move up (not start in a group that is too hard and have to move down).

If my swimmer starts in one group, when can he or she move to the next level?

We will move swimmers up anytime through the year. After the first month, we try to have people move up at the beginning of a month.

How many practices a week are required?

We do not require practice attendance during the school year. To get the maximum out of the program we encourage our swimmers to attend the practices that are offered.

Are meets required?

All of our swimmers are expected to attend the local meets. As a swimmer advances through our program, participation in out of town meets is encouraged. Competitions give the coaches a tangible way to measure improvement and help direct the focus of the group's practices.

What equipment do we need?

Each swimmer will need a suit, goggles, and a cap. Each group will use fins at least once a week (we have fins at each pool, but do not have all the sizes). If you would like to purchase fins, we sell them at McCallie. Each pool has a supply of kick boards and pull-buoys for the swimmers to use. At the McCallie pool we have goggles, fins, and boys practice suits for sale. Scenic City has a wide variety of products for sale on the SCAC Store page.

How do I sign-up for a meet?

Meet information will be at the pool and on the website. On the meet registration form, fill out which events you would like to swim and the times (if you know them) and return the form to a coach.

** 3 events per day is a good minimum so your swimmer is not bored**

F.A.Q. Continued

What do we need to wear at swim meets?

The only uniform required at swim meets is a team cap. We have team suits and clothing available, however you are not required to buy them.

Do we really need to be at the pool for meet warm-up?

Yes. Each swimmer should check with their group's coach to find out what time warm-ups will start. The coaching staff designs warm-ups to help each swimmer swim to their potential at the meet.

What can parents do to help our kids swim faster?

Providing unconditional support for your swimmers will create an environment where your child is not afraid to fail or succeed. Support the coaches so your child knows who to listen to for swimming instruction. A long term view to swimming improvement will help both the swimmer and parent get through the tougher times in swimming.

What can I do to help at a meet?

The meets that Scenic City hosts are very important to our club. A lot of work goes into putting on a successful meet. The money generated from the meets goes towards helping us keep our fees lower. We will have a volunteer sign-up form at each pool about a month before each meet. Most jobs can be learned quickly, so you do not need any experience. Also, each team is required to have officials. A team can never have too many certified officials. If you are interested in officiating please get in touch with John Woods or Roger Dahlke.

What kind of suit do we need?

Girls need a one piece competition style suit and boys will need either a jammer or a speedo. Scenic City has team suits, but they are not required.

Can we take a month off during the season & what do we need to do to inform SCAC so our billing is correct?

We encourage our swimmers to swim throughout the entire season, but we are aware that it is impossible to do everything. You can take off during the season. We ask that you write a note to your coach with your name and when you will stop swimming and when you plan to return to practice (this will help us with the billing). Also write a note on your bill and mail it to the business office.

Scenic City Aquatic Club

Groups & Fees

Registration Fees for all Scenic City Groups: \$96 includes:

Scenic City Team Registration Fee : \$40 per swimmer

USA Swimming Registration Fee: \$56 per swimmer

PreComp Group - This is our entry level group. This group consists of swimmers that can swim a full lap of freestyle and backstroke. Practices are designed to teach all 4 competitive strokes and diving. The goal of this group is to advance the swimmers to the superstars group. The PreComp's championship meet is the district meet at McCallie in March.

Fees: \$60 per month + Team and USA Registration Fees

Coach: Stan Corcoran at McCallie

Superstars - This is our beginning group. Swimmers in this group should be able to perform all 4 competitive strokes. Practices are designed to refine technique on strokes and to teach starts & turns. The goal of this group is to prepare the swimmers for the green group. These swimmers should attend all of the local meets and can expect to travel to selected out of town meets. This groups championship meet is the District Meet at McCallie in March (This meet is the 8 & under Championship).

Fees: \$70 per month + Team and USA Registration Fees

Green Group - The 3rd level of Scenic City consists of swimmers who have mastered the 4 competitive strokes, starts, & turns. Practices will still focus on refining technique and building strength and endurance. The goal of this group is to achieve Southeastern Championship Qualifying times and to move to the next level. These swimmers should go to local meets and travel meets. This groups championship meet will be the District Meet or (if qualified) the Southeastern Championships.

Fees: \$85 per month + Team and USA Registration Fees

Coaches: Jason Meszaros

Home School Group - The group focus is on developing good technique. They begin to learn about training and prepare for competition. This group attends all local meets and selected out of town meets. The Home school group focuses on preparing for the District & Southeastern Championship meets in March.

Fees: \$70 per month + Team and USA Registration Fees

Coach: Roger Dahlke

Groups & Fees Continued

Blue Group - This is our most advanced age group. This group will have swimmers focusing on improving technique, increasing conditioning, developing race strategy, and becoming goal oriented swimmers. The goal of this group is to achieve Southeastern qualifying times & place in the top 8 at our championship meet. This group attends meets selected for a high level of competition locally and regionally. Consistent attendance, positive attitude, and testing your limits are stressed at this level of the program. The championship meets for the Blue group are the short course (March) and Longcourse (July) Southeastern Championship meets.

Fees: \$95 per month + Team and USA Registration Fees
Coach: Roger Dahlke

High School & Middle School Group - This group is for high school and middle school swimmers that need to work on improving technique and increasing endurance. The swimmers will be able to compete in any USA swim meet. The goal of this group is to have more swimmers in the Chattanooga area competing.

Fees: \$50 per month + Registration Fee
Coach: Lead Coach Roger Dahlke - Staffed as needed

Senior - This is the Championship level of the Scenic City Program. Standards are set to maximize the potential of the athletes in this group. The highest level of competition is prepared for through the continued refinement of technique and strenuous levels of training in and out of the water. Goals for the swimmers in this group include qualifying for and participating in the United States National Championships, Olympic Trials, Sectionals, and Southeastern Championship Meets.

Fees: \$105 per month + Team and USA Registration Fees
Coach: John Woods

Scenic City Aquatic Club

2009-2010 Practice Schedule

Short Course Season

Pre-comp	@ McCallie Tues & Thurs	2 practices/week 6:00-6:40 p.m.
Super Stars	@ McCallie Mon, Tues, & Thurs Saturday Stroke Clinic	4 practices/week 6:00-7:00 9:00-10:00 a.m.
Home School	@ McCallie Mon, Wed, & Thurs Saturday Stroke Clinic	4 practices/week 1:00-2:00 p.m. 9:00-10:00 a.m.
Green	@ McCallie Mon, Tues, Thurs, & Fri Saturday Stroke Clinic	5 practices/week 6:00-7:15 p.m. 9:30-11:00 a.m.
Blue	@ McCallie Mon Tues, Wed, & Thurs Friday Saturday	6 practices/week 5:45-7:30 p.m. 5:30-7:30 p.m. 5:45-7:15 p.m. 9:30-11:00 a.m.
High School	@ McCallie Monday-Thursday (1st practice is Thursday, October 1)	4 practices/week 7:00-8:15 p.m.
Senior	@ GPS Monday Tuesday Wednesday Thursday Friday Saturday	9 practices/week 5:35-7:05 a.m. 4:50-7:15 p.m. with Dryland 5:30-7:15 p.m. 5:35-7:35 a.m. 4:50-7:15 p.m. with Dryland 5:30-7:15 p.m. 5:35-7:05 a.m. 4:45-6:45 p.m. 8:00-10:30 a.m. with Dryland

Scenic City Aquatic Club

2009-2010 Meet Schedule

August

- | | | | |
|-------|---|--|----------------|
| 24-27 | New Swimmer Practice & Orientation 5:30-6:30 p.m. Monday-Thursday at McCallie this week | | |
| 24 | New Parents meeting 5:30 p.m. at McCallie | | |
| 31 | Practice beins all swimmers | | GPS & McCallie |

September

- | | | | |
|----|---------------------------------------|----------------------------|----------|
| 7 | Labor Day – No practices | | |
| 10 | Skills Meet | <u>Superstars, Precomp</u> | McCallie |
| 24 | SCAC Age Group Fun Meet All Age group | | McCallie |

October

- | | | | |
|---------|------------------------|--------------|----------|
| 10 & 11 | Scenic City Open | All swimmers | McCallie |
| 31 | Scenic City Intersquad | All swimmers | McCallie |

November

- | | | | |
|---------|-----------------------|------------------|-----------------|
| 14 & 15 | Baylor Meet | All swimmers | Chattanooga, TN |
| 21 | McCallie Invitational | High School only | McCallie |

December

- | | | | |
|-----|------------------------|----------------------------|-----------------|
| 3-6 | Short Course Nationals | Qualifiers | Federal Way, WA |
| 5 | Jingle Bell Meet | Superstars/Precomp | Dalton |
| 4-6 | Excel Winter Invite | All swimmers | Brentwood, TN |
| 15 | Skills Meet | <u>Superstars, Precomp</u> | McCallie |
| 17 | Christmas Party | All Swimmers | GPS |

January

- | | | | |
|---------|----------------------------|--------------|-----------------|
| 15-17 | Baylor Meet | All swimmers | Chattanooga, TN |
| 23 | Middle School Championship | | Chattanooga, TN |
| 30 & 31 | Scenic City Open | All swimmers | McCallie |

February

- | | | | |
|---------|---------------------------|---------------------|-----------------|
| 9 | Skills Meet | Superstars, precomp | McCallie |
| 12 & 13 | Tennessee HS Champs | Qualifiers | Nashville |
| 20 & 21 | District Championship | All swimmers | Chattanooga, TN |
| 25-28 | Southeastern Championship | Qualifiers | Nashville |

The spring / summer schedule will be finalized in October.
This Schedule is subject to change.

High School and Middle School Swimming

Purpose: To provide a positive environment in which new high school swimmers are able to build a solid foundation based on quality stroke technique.

Focus: Stroke Development is the focus of this group. Technique in all 4 strokes, starts, and turns will be stressed.

Goal: The end of the season goal is for swimmers to qualify for the Tennessee or Georgia State High School Meet and to be prepared to advance to the Scenic City Senior Group.

Practice Schedule: October-May
Monday-Thursday - 7:00-8:15 p.m. at McCallie

Cost: \$96 Registration Fee + \$50 per month

Coach: Coach Roger Dahlke will be the lead coach and will staff the group as needed.

1st Practice: *Thursday, October 1* - please email Coach Dahlke at rdahlke1@bellsouth.net if you are interested in or having any questions regarding this group.

****Get your schoolmates involved in swimming if you would like your school to compete in high school and middle school meets.****

2009 Sprint Triathlon Class

Pre-Register: Email me your name and age at rdahlke1@bellsouth.net if you are planning on participating. I need to have an idea of how many people are planning on attending so that I can plan accordingly.

Attitude: Come prepared to push yourself aerobically. We will not be doing anything fast, but will spend a good deal of time on the bike and running. You will be expected to jog instead of walking. Only come if you want to be there and are willing to do the work.

Where: We will swim at GPS and do our biking and running in North Chattanooga. We will be in neighborhoods, not on roads with heavy traffic.

When:

Monday, July 27	8:00-10:00 am
Tuesday, July 28	8:00-10:00 am
Wednesday, July 29	8:00-10:00 am
Friday, July 31	8:00-10:00 am
Saturday, August 1	8:00-10:00 am @ Lake Chickamauga

We will swim and bike the race course. Parents please come follow in cars.

Monday, August 3	8:00-10:00 am
Tuesday, August 4	8:00-10:00 am
Wednesday, August 5	8:00-10:00 am
Thursday, August 6	8:00-10:00 am
Saturday, August 8	8:00-10:00 am @ Lake Chickamauga

We will swim at the lake, practice transitions, and jog.

Sunday, August 9 Sprint Triathlon

Cost: The cost is \$40 per week / \$75 for 2 weeks. Make checks payable to Roger Dahlke

Sprint Triathlon Continued

Equipment: Everyone will need a suit, goggles, running gear, bicycle (with gears) and a helmet

Training: We will swim, bike and run every day (except Saturdays).

Swimming: 30 minutes every day (nothing too hard, just smooth, strong swimming)

Biking: Our biking will focus on becoming comfortable on the bike and with gears. We will spend 30-45 minutes each day on the bike. *The majority of the riding will be slow*

Running: We will run 20-40 minutes each day. *The running will be slow and will focus on being able to run without having to walk.*

Transitions: We will work on a routine and organization of gear for the swim to bike and bike to run transitions

****Please be aware that you may have to bike and run slower than you want. We are going to bike and run as a group. If we have some volunteer help, we may be able to divide into more than one group, but putting the time in each event will be our focus rather than the intensity of each.**

Race: We will be training for the **Sports Barn Sprint Tri on Saturday, August 9.**

You can find registration information at:

www.sportsbarn.com/userfiles/file/popups/sprint/sprinthomepopup.htm

You are responsible for signing your child up (this is not included in the class). The race is comprised of a .25 mile swim, 8.2 mile bike and a 2 mile run.

Please feel free to e-mail me if you have any questions!

Beginner & Competitive Stroke Lessons at McCallie

Session Start Dates: Session I – September 14 – October 9
Session II – October 12 – November 6
Session III – November 9 – December 9

Location: The McCallie Sports Complex

Class Times:
Monday & Wednesday 11:30 a.m. – 5:30 p.m.
Tuesday & Thursday 1:30 – 7:00 p.m.
Group and Private lessons available.

Class Size: 3-8 swimmers per instructor

Ages: 2 Years and up

Cost: \$80.00 for 8 – 1/2 hour group lessons
\$13.00 for 15 minute private lessons
\$35.00 yearly registration fee

Testing Dates: Wednesday, September 9 5:00 – 5:30 P.M.
Wednesday, October 7 5:00 – 5:30 P.M.
Wednesday, November 4 5:00 – 5:30 P.M.

Why We Test Swimmers: Our goal is to place swimmers with equal abilities and ages in the same groups. This ensures that maximum learning takes place. All testing is done at the McCallie Sports Complex.

Competitive Swimmers: This program is not only a learn to swim program, but rather one that teaches the 4 competitive strokes and proper technique.

Groups: LEVEL I - Free and backstroke (body position and kicking)
LEVEL II - Advanced free and backstroke (arm motion and breathing)
LEVEL III – Breaststroke and butterfly (whole stroke)

For More Information, call Stan Corcran at
McCallie School (493-5536)

Swim America Lessons At GPS

How do I know if my child needs swim lessons?

Pre-School aged children (ages 3-4) need swim lessons to learn safety skills. The most important skill is to "roll over," which allows your child to learn to float on his back and get air. Other skills, like swimming to the wall in case of an accidental fall into the water need to be learned as well. School-age children need swim lessons to learn to swim on top of the water. Underwater swimming cannot save your life. Children tire quickly underwater, and trying to sustain underwater swimming may even cause a drowning! Learning a good freestyle stroke with proper air exchange will help your child build confidence in the water and may save his/her life.

How long will it take to learn-to-swim?

This depends on your child's age and level of fitness. It may take 20 or more lessons for preschoolers to learn the basic skills of floating, kicking, returning to the wall, and rolling over on their backs to breathe, float, and rest. Older children learn more quickly, and most can learn-to-swim two or more strokes in 20 or so lessons.

What are SwimAmerica swim lessons?

SwimAmerica offers pre-school through adult lessons. We teach with the most effective method known, using a progression developed by this nation's swim coaches. Our goal is to teach your child to swim quickly. Children move at their own pace from one skill station to the next. All coaches are certified by SwimAmerica, a national program of the *American Swimming Coaches Association*.

What makes SwimAmerica special?

Each child will have a wonderful experience! When class size is limited to four students, extra time and attention can be given to each one, with more time to practice skills, build confidence, and have fun! When children achieve their skills, a special ceremony provides immediate reinforcement for their efforts and encourages everyone.

Parents continue to praise the SwimAmerica program which surpasses traditional learn-to-swim programs by offering:

- Group lessons, 4:1 ratio, eight ½ hour lessons.
- All levels taught each session for easy scheduling.
- Levels for three-year-olds through swim team.
- Adult and private lessons available.
- Parents do not get in the water, but are encouraged to watch and enjoy.

Register by Mail SwimAmerica continues to provide great lessons for thousands of families. We guarantee a 4:1 ratio, safe and caring instruction, and all levels taught each half hour so you can schedule groups at the same time. Fill out the attached form and mail, with your payment to: Scenic City Aquatic Club
PO Box 4736

Chattanooga, TN 37405

Questions? Call or e-mail SwimAmerica Director John Woods (634-7606 or flipper@gps.edu).

PROGRESSION SYSTEM

Levels of Swimming Ability

- Station 1 – non-swimmer
- Station 2 – ability to place head under water
- Station 3 – front float/back float
- Station 4 – front float & kick/back float & kick
- Station 5 – crawl arm stroke, no breathing
- Station 6 – crawl arm stroke, with breathing
- Stations 7 - 10 - by SwimAmerica staff evaluation

FALL 2009

Session I: Sept. 8 – Oct. 1

Tues & Thurs, 5:30 – 6:00

Session II: Oct. 6 – 29

Tues & Thurs, 5:30 – 6:00

Session III: Nov. 3 – Dec. 1 (no class Nov. 26)

Tues & Thurs, 5:30 – 6:00

WINTER 2010

Session IV: Jan. 5 – 28

Tues & Thurs, 5:30 – 6:00

Session V: Feb. 2 – March 2 (no class Feb. 11)

Tues & Thurs, 5:30 – 6:00

Session VI: March 9 – April 1

Tues & Thurs, 5:30 – 6:00

Cost: \$80 per session, 8 lessons

\$110 for private lessons

(Call 634-7606)

SwimAmerica Fall 2009 & Winter 2010 Registration Form

Swimmer Name _____ Age ____ Session ____ Level ____ Parent Name _____

Street Address _____ City _____ State ____ Zip _____

E-Mail Address _____ Day Phone _____ Night Phone _____

No refunds or makeups will be given. Please make checks payable to Scenic City Aquatic Club. Mail, with completed form to: Scenic City Aquatic Club, PO

Box 4736, Chattanooga, TN 37405. For more information, call or e-mail SwimAmerica Director John Woods (634-7606 or flipper@gps.edu). You will receive further notification only if the class you have selected is full..

I agree to hold blameless the Scenic City Aquatic Club , John W. Woods and Girls Preparatory School from any and all liability arising from use of the pool and facilities and release all claims arising from use of the pool and facilities.

Signed (by parent or guardian): _____ Date: _____

Scenic City Aquatic Club

Contact Information

GPS Pool:

John Woods (Head Coach)

E-mail: flipper@gps.edu

Office Phone: (423)634-7606

Jason Meszaros (Billing and Age Group Coach)

E-mail: jmeszaros@gps.edu

McCallie Pool:

Stan Corcran (McCallie Pool Director)

E-mail: corcoran@mccallie.org

Office Phone: (423)493-5536

Roger Dahlke (Head Age Group Coach)

E-mail: rdahlke1@bellsouth.net

Scenic City Aquatic Club
205 Island Avenue
P.O. Box 4736
Chattanooga, TN 37405

2010 REGISTRATON FORM

Scenic City Aquatic Club

DATE: _____

Swimmer's Name: _____

Sex _____ Age _____ Last _____ First _____ Middle _____
 Grade _____ School _____

Birth Date ____/____/____
 Month Day Year

Parents' or Guardians' Names: _____

Home Phone: _____

Address: _____

Street _____ City _____ State _____ Zip _____
Father's Employer: _____ **Phone:** _____

Mother's Employer: _____ **Phone:** _____

E-Mail addresses:

Swimmer _____ Parents _____

TOTAL Registration Fee: USA Swimming Fee(\$56)+Registration Fee(\$40)=\$96

Club Fees:

Pre-competitive	\$60.00/month	2 practices/week
Superstars:	\$70.00/month	4 practices/week
Home School	\$70.00/month	4 practices/week
High School Group	\$50.00/month	4 practices/week
Middle School Group	\$50.00/month	4 practices/week
Green:	\$85.00/month	5 practices/week
Blue:	\$95.00/month	6 practices/week
Senior:	\$105.00/month	9 practices/week

Club agreement:

*I understand that I am responsible for the fees for the entire moth I am registering for and that my child will be automatically renewed for the next month unless I give **written** notice to the Head Coach more than 30 days in advance of the next month.*

signed _____ Date _____

Parent's signature

Return this form with your USA Swimming Registration Form and your registration fees.

MAKE CHECKS PAYABLE TO: SCENIC CITY AQUATIC CLUB