



Registration or account questions:

Registrar: Sue Peri
registrar@DavisAquaMonsters.org

Group or swimming questions:

Director: Koren Motekaitis
directors@DavisAquaMonsters.org

SWIM TEAM: June 13th - July 31st

GROUP	DAYS	SWIM TIME	POOL	FEES
BIG MONSTERS				
5-8 year olds				
Big Monster 4:15pm	M-Th	4:15 - 5:00 PM	Schaal	\$337
Big Monsters 5pm	M-Th	5:00 - 5:45 PM	Schaal	\$337
Big Monsters 6pm	M-Th	6:00 - 6: 45 PM	Schaal	\$337
Bonus Dive Practices on Friday afternoons				
WHITE				
WHITE 4pm (8-10 year olds)	M-Th	4:00 - 5:00 PM	Schaal	\$345
WHITE 5pm (8-10 year olds)	M-Th	5:00 - 6:00 PM	Schaal	\$345
WHITE 6:45 pm				
(8-10 year olds)	M-Th	6:45 - 7:45 PM	Schaal	\$345
(11-14 year olds)	M-Th	6:45 - 7:45 PM	Schaal	\$345
Bonus Dive Practices on Friday afternoons				
RED	M-F	4:15 - 6:00 PM	Schaal	\$395
BLACK	M-F	8:00 - 10:00 AM	Arroyo	\$450
	Sun	9:00 - 11:00 AM		
High School	M-F	4:00 - 6:00 PM	Schaal	\$525
	MTThF	5:30 - 7:30 AM		
	Sun	9:00 - 11:00 AM		
High School AM only	MTThF	5:30 - 7:30 AM	Schaal	\$450
<i>6 spots available</i>	Sun	9:00 - 11:00 AM		
USA	TThF	2:00 - 4:00 PM	Schaal	\$615
	M-F	5:30 - 7:30 AM		
	Sat	4:00 - 6:00 PM		
	Sun	9:00 - 11:00 AM		



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PRE - TEAM June 13th - JULY 28th

GROUP	DAYS	SWIM TIME	POOL	FEES
LITTLE MONSTERS				
4 - 6 year olds				
<i>No classes on July 18, 19, 20, 21</i>				
Little Monsters (3 in one group)	MTWTh	9:00 - 9:30 am	Arroyo	\$350
Little Monsters (3 in one group)	MTWTh	9:30 - 10:00 am	Arroyo	\$350
Little Monsters (3 in one group)	MTWTh	10:00 - 10:30 am	Arroyo	\$350
Little Monsters (3 in one group)	MTWTh	10:30 - 11:00 am	Arroyo	\$350

Little Monsters (2 in one group)	MTWTh	4:30 - 5:00 pm	Schaal	\$360
Little Monsters (2 in one group)	MTWTh	5:00 - 5:30 pm	Schaal	\$360
Little Monsters (2 in one group)	MTWTh	5:30 - 6:00 pm	Schaal	\$360
Little Monsters (2 in one group)	MTWTh	6:00 - 6:30 pm	Schaal	\$360
Little Monsters (2 in one group)	MTWTh	6:30 - 7:00 pm	Schaal	\$360
Little Monsters (2 in one group)	MTWTh	7:00 - 7:30 pm	Schaal	\$360



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SWIM CAMPS @ ARROYO POOL

Swim Camps - Technical + Mobility Training

The Camp: The one-week camp offers AquaMonster swimmers an opportunity to improve stroke mechanics, and turns and instruction on the “Fifth stroke” – underwater dolphin kickouts. The camp includes athletic mobility improvement in + out of the pool. The camp emphasizes the improvement of stroke skills from Big Monster group to RED group levels in a fun, flexible environment. **If you are not a registered 2022 AquaMonster by the start of summer session**, there is a non-member fee. A session runs Monday – Friday from 8 am – noon except Monday, July 4th is off.

What to bring: **SWIM** equipment –kickboards, fins, cap, goggles, suit, towel, sunscreen, and healthy snacks for the break. **DRYLAND** equipment - t-shirt, shorts, sun hats and running shoes and **2 water bottles**.

Registration: Registration is on a first come – first serve basis. Space is limited to 32 swimmers per camp

CAMPS	DAYS	TIMES	AQM FEES	non - AQM
June 13th - June 17th	M-F	8 am - noon	\$195	\$235
June 20th - June 24th	M-F	8 am - noon	\$195	\$235
June 27th - July 1st	M-F	8 am - noon	\$195	\$235
July 5th - July 8th	T-F	8 am - noon	\$156	\$196
July 11th - July 15th	M-F	8 am - noon	\$195	\$235

Mininum requirements: Swimmers must be at least 6 years old and be able to swim 25 yards of freestyle. **Please note this camp is not for those wanting to learn how to swim.** This is for swimmers who know how to swim and want to continue to fine tune their swimming skills including stroke mechanics, turns and athletic development.

Fees: \$195 camp fee per AquaMonster swimmer. \$235 camp fee per non-AquaMonster swimmers. There are no refunds and no pro-rating for days missed. No cancellations once online reg submitted.

Special package:(AQM swimmers only) five weeks for \$795 at the time of sign up, no adding additional weeks later.



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WHICH GROUP TO SIGN UP FOR:

First pick the site that suites your needs. As swimmers advance there are fewer choices in terms of times and locations. When starting out with the team there are many choices that can work with your family's schedule.

Your child's age on the first day of the session is how we determine group placement. For instance your child is 7 on the first day of FallSession but turns 8 on Sept 15th -sign your child up for the Big Monsters session.

Equipment Requirements for Swim Practice

To learn about equipment requirements for each group go to www.davisaquamonsters.org/equipment

LITTLE MONSTERS(Ages 4-6): Our learn to swim small group program where we teach them to swim: floating, kicking, air exchange, to eventually swimming independantly.

BIG MONSTERS(Ages 5-8.5): Minimum requirements: Must be able to swim 12.5 yards of freestyle independantly. Big Monsters group is for new to competitive swimmers. The focus is to continue to teach + develop swimming skills and the four competitive strokes - FLY, BACK, BREAST, FREE.

White Group (Ages 8-14): Minimum requirements: Must be able to swim 25 yards of freestyle + 25 yards of backstroke. WHITEgroupisfornewtocompetitiveswimmers.Thefocusistocontinuedevelopmentof swimming skills and four competative strokes - FLY, BACK, BREAST, FREE. Swimmers in this group can be seasonal swimmers to those who like to practice on a year round + competitive basis.

Red Group (Ages 9-14, min 4th grade): RED group swimmers know all four competitive strokes, can do legal IM and begin/are able to do interval training as well as commit to competing. This group is for swimmers who swim on a year round basis. The focus is on stroke technique, interval training and race development. There is an expectation for swimmer's in this group to compete at swim meets.

Black Group (7th + 8th graders): This group is for primarily for swimmers in 7th and 8th grades who are experienced swimmers technically, competitively and in interval training.

HighSchoolGroup(9th-12thgrade): This group is typically for our swimmers who swim in high school. There is a continued focus on stroke technique with an increase of training needs for high school aquatic athletes along with proper race preparation for each swimmer. As with many of our groups we have multi- sport athletes so training may be tailored to help in those areas.

Our goal is to meet each swimmer where they are and help them improve. This is best done with: 1) adequate space, 2) teammates of similar experience and 3) an environment where the swimmer feels comfortable with the given practices. If you have questions regarding group assignments, please contact **Koren Motekaitis** at directors@davisaquamonsters.org to answer your questions.



Davis AquaMonsters
PO Box 788
Davis, CA 95617-0788
www.DavisAquaMonsters.org

HOW TO REGISTER

HOW TO REGISTER

- 1) Choose your practice location and time.
- 2) Go online to www.davisaquamonsters.org
- 3) Click Register and then Online Registration and follow instructions.
- 4) Mail your **Session Fee**, and **Annual Registration fee (\$40 check \$42 credit card/)** to:
Davis AquaMonsters | PO Box 788 | Davis, CA 95617-0788.

Payments must be received within 5 business days of online registration. If we do not receive payment, we reserve the right to: 1) give your spot to another swimmer; 2) add a \$15 late fee to each swimmer registration for the first 30 days, and increase it to \$30 per each swimmer's registration after 30 days regardless of practice attendance. Even if your child does not attend one practice, once you have submitted your online registration you are financially responsible for the session fees.

CHECK/CREDIT CARD payment options - For those who wish to pay via credit card, the convenience fee is included in the session total under CREDIT CARD.

Your spot is secured once you've registered for a session online. If we do not receive your CHECK payment within 5 business days of online registration, the credit card on your account will be charged. We do NOT send confirmations. You can check your account registration online. We only notify you if we CANCEL a session.

Pro-rates/refunds: To ensure the lowest possible fees for ALL AQM we do not offer pro-rates nor refunds. NO REFUNDS/NO Cancellations once you've signed up online and reserved a spot for the session.

Age requirement: AQM swimmers must be at least 5 years old and day of the session + be able to swim 25 yards independantly freestyle with side breathing + 12 yards independant backstroke.

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Our coaching philosophy is that **Every Monster Matters and Talent is Created, Not Born.** If your child starts out in the White group that will not prohibit your child from becoming a Black group swimmer one day. Instead it will give the swimmer and coach the opportunity to teach and develop the skills necessary for your child to really flourish in our sport.

Every Monster Matters