



Registration or account questions:

Registrar: Sue Peri

registrar@DavisAquaMonsters.org

Group or swimming questions:

Operations Manager: Sara McKechnie

Pete@DavisAquaMonsters.org

WINTER PRACTICE SCHEDULE STARTS 12/1-1/31

MANOR POOL

GROUPS	TIMES	DAYS	WINTER	Jan only
Big MONSTERS	4:00 - 4:45 pm	TThF	\$287	\$173
WHITE				
8-10 year olds	4:45 - 5:45 pm	TThF	\$304	\$184
RED*	4:15 - 5:45 pm	TThF	\$348	\$205

Big Monsters, WHITE + RED have Winter Break Dec 22- Jan 4th off

*Swimmers are placed in RED/BLACK/High School groups via Director.

Schaal (UC Davis)

GROUPS	TIMES	DAYS	WINTER	Jan only
Big MONSTERS	6:00 - 6:45 pm	MWF	\$287	\$173
WHITE				
8-10 year olds	6:00 - 7:00 pm	MWF	\$304	\$184
11-14 year olds	7:00 - 8:00 pm	MWF	\$304	\$184
RED*	6:30 - 8:00 pm	MWF	\$348	\$205

Big Monsters, WHITE + RED + Maroon have Winter Break Dec 22- Jan 4th off

BLACK	6:00 - 8:00 pm	MWF	\$442	\$236
	4:15 - 6:15 pm	TTh		
	5:30 - 7:00 am	M		
	9 - 11 AM	Sun		
HIGH SCHOOL	6:00 - 8:00 pm	MWF	\$488	\$263
	4:15 - 6:15 pm	TTh		
	AM 5:30 - 7:00 am	MTh		
	Sun AM 9 - 11 AM	Sun		

Winter Break training for BLACK + HIGH SCHOOL emailed separately for HELL WEEK

NO AQM PRACTICE ON Jan 19th



Davis AquaMonsters
PO Box 788
Davis, CA 95617-0788

PRACTICES & GROUPS

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

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.

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.



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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 **(for new AQM members - pro-rated Annual Registration fee (\$25 check/\$27 credit card/))** to:

Davis AquaMonsters | PO Box 788 | Davis, CA 95617-0788.

Check payments must be received within 5 business days of online registration. If we do not receive payment within 5 days, AQM reserves the right charge your credit card on file. If you are doing a bank check, please notify AQM registrar Sue Peri.

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.

We urge early registration for all sessions/clinics. This enables us to properly staff the groups. If enrollment is low, we reserve the right to cancel the session/clinic. Coaches will be assigned groups after we receive registration. **Your spot is secured once your online registration is complete and all paperwork and payment have been mailed to the Davis AquaMonsters. 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.

Third swimmer discount: 50% off lowest swim session fees (annual registration fee excluded from this discount).

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.

Registration or account questions:

Registrar: Sue Peri registrar@DavisAquaMonsters.org

Group placement or swimming questions:

Director Koren Motekaitis directors@DavisAquaMonsters.org

Every Monster Matters

CREDIT C - Jan

#REF!	#REF!
	\$215.25
\$301.35	\$181.65
\$319.20	\$193.20
\$365.40	\$215.25
\$464.10	\$247.80
\$512.40	\$276.15



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