



Program Description

The Blue Ribbon group is an entry level swim team training group that is geared for swimmers 6-17 years old who can swim 25 yards using two strokes. This group will swim three times per week and train a total of 3 1/2 hours per week (3 in pool plus ½ hr of dryland). Blue Ribbon swimmers will practice with either the "Pre-Comp" or "Bronze" group, based on individual ability, under the direction of professional coaches from Salmon Bay Aquatics (SBAY). The practices will focus on improving stroke technique and endurance, teaching racing starts turns, and much more. This program will also emphasize good sportsmanship, personal achievement, team building, and safety, in and out of the water.

Fees

Blue Ribbon fees for the 2007-2008 year are as follows:

1. Annual insurance fee: \$59 per swimmer. This is applicable for all swimmers who plan to be on the team for more than one calendar month, and is due along with the first month's payment.
2. Training Fees: \$60/month, due at the beginning of each month. If more than three practices are cancelled in a given month, then the fee will be pro-rated at \$5 per practice.
3. The monthly training fee will not be pro-rated for individual absences.

Practice Schedule

1. The "season" will go from mid September through mid June.
2. The weekly practice schedule is as follows:

Monday	4:15-5:15 PM
Wednesday	4:00-5:30 PM (last ½ hour is dryland)
Friday	4:30-5:30 PM

All practices are at Ballard Pool.

Meets

Blue Ribbon swimmers will have the opportunity to compete in an inter-squad, time trial meet, or USAS/PNS meet, at the discretion of the coach, once per quarter.

Deck Policy

Only swimmers and coaches are allowed on deck during practices. This is an insurance liability requirement with USA Swimming and is also necessary to limit distractions and any interference for coaches and swimmers during practices. Parents are welcome to watch practices from the lobby area. Parents should refrain from any communication with their swimmer or the coaches during practice time unless there is an emergency. Our goal is to give the swimmers the best program possible, which requires having the coach and swimmer's undivided attention.

We hope you have a great experience as a member of SBAY!