

Center Grove Aquatic Club
2009 - 2010

CGAC offers programs from Swim Lessons to National Level training

Short Course season:
Sept thru April

Evaluations

Sept 8th – 9th & 12th

Time: 5:30 – 7:30

Time on Sat 9am – 11am

Location: Hall of Excellence CGHS

Sharks & Minnows:

Is an introductory swimming program. Registration is limited to swimmers who have passed level 4 in our swimming lesson program or its equivalent. This is an eight week program meeting 2 times per week for 30 minutes. Swimmers will be introduced to skills and stroke mechanics for competitive swimming development
Cost: \$80.00 Total cost
No USA Fee's or Family membership

Red Team:

The second stage of our program is for the stronger swimmer who is ready for the next level of training. Stroke development is still emphasized but with training geared toward endurance and strength with the introduction of “dry land training.” You choose 3 practice days. Mon/Wed/Thur/Sat from 5:30 - 6:45. Swimmers are encouraged to attend team swim meets as scheduled. Cost: \$55.00 per month

White Team:

Is centered on developing a well-rounded, four stroke swimmer. Stroke mechanics and swimming correctly is our priority. Learn to “swim pretty” before “swimming pretty fast.” You get to pick the 2 Training nights (Mon/Wed or Tue/Thur) 6:00 – 7:00 p.m.
Meets are optional.
Cost: \$40.00 per month

Olympians:

For swimmers who show definite strengths and abilities for swimming competitively. Training emphasis is still placed on proper stroke mechanics and refinement as the swimmers advances in skill, strength and distance. Practices are held on Mondays, Tuesdays, Wednesdays, and Thursdays from 5:30 – 7:00 p.m. and Saturdays from 9:30 – 10:30 a.m. Swim Meet participation is expected.
Cost: \$70.00 per month



Pre Seniors:

Have developed into a strong well-rounded swimming athlete, includes increased training, attendance and an emphasis on challenging training. Practice yardage goals will be established. Training is scheduled for Mondays through Thursdays from 5:30 - 7:30 and Saturdays from 9:00 – 11:00. Swim Meet participation is expected
Cost: \$80.00 per month

Senior Team:

Is our highest group, focusing mainly on High School swimmers and above. These are well rounded swimmers wanting to excel to the best of their ability. Training is refined with increased training yardage and test sets established for swimmers to reach their goals and maximum ability. The number of practices increases with the introduction of morning practices. The team practices Monday through Friday mornings and four evenings per week with the times vary from season to season. Saturday practices are from 7:00 – 10:00 a.m. Meets are expected as per the schedule. Cost: \$100 per month

Meet the coaches:

Jim Todd Head and Senior Coach

Dennis Davis Head Age Group Coach

Samantha Robertson Age Group Coach

Contacts

Kurt Saugstad
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Jim Todd
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Greg Ward
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Mission Statement:

To provide an excellent aquatic program for White River Township and surrounding communities. Center Grove Aquatic Club has one of the most outstanding coaching staffs in the State. The club is extremely proud of all its accomplishments.

We offer numerous practice schedules to meet your busy family schedule.

Contacts and Information:

Website: CGACSWIM.ORG

Information:

CGACSWIM@GTAWARD.COM

USA Registration Fee: \$53.00

Family Membership @ \$100.00