



## Competitive Swimming for all ages!

### PHILOSOPHY

Every human being has a certain potential in every activity they participate in. Our main focus is to help our athletes to meet their maximum potential as a swimmer. This is achieved through the building of self-confidence, presenting a healthy, competitive environment while emphasizing personal commitment to practices, and fine-tuning stroke technique with the latest drills for specific skills for efficiency and injury prevention. Texas Gold Georgetown will achieve excellence through individualized growth and team unity by providing quality leadership and instruction. We maintain a safe team environment where every swimmer is encouraged to build friendships, work hard and have fun in the process of their development. We provide the motivation and discipline necessary to develop self-esteem, resulting in a winning experience.

#### Competitions

Texas Gold Georgetown participates in a multi-level competitive program within the South Texas Local Swimming Committee and USA Swimming for local, state, and national competitions. We attempt to provide challenging and success oriented competitive situations for swimmers of all ages and abilities. Competitions are usually held a couple times per month, none of which are required for developmental swimmers. AG Masters participate in regional and national competitions, usually one per month. Meets are encouraged, but not required.

#### About Our Practices

Aquatics of Georgetown encompasses two teams: **Texas Gold**, youth team, and **AG Masters**, adult team. Our ultimate goal is to promote the longevity of this sport while helping each of our swimmers develop a lifelong passion. This program began with the sole focus of developing swimmers by constantly teaching how to swim *correctly* in order to safely train for all levels of competition. Texas Gold Georgetown joins forces with Texas Gold Wells Branch at meets for a larger, more competitive team.

### PRACTICE TEAMS

#### FUNDamental Team \*

Introduction to competitive swimming and the development of proper technique. Must be able to complete one lap freestyle unassisted. Ages 12 and under.

#### Advanced Team \*

This team places an emphasis on stroke drills, stroke technique, aerobic swimming and an introduction to interval training. Ages 7-14.

#### Pre-Senior Team \*

This team has an emphasis on stroke drills, advanced interval training and aerobic swimming geared for more elite swimmers preparing for highly competitive swimming. Ages 10-18.

#### Senior Team \*

Geared for the elite 12 & Up swimmers who are willing and able to commit to the minimum practice requirements. Swimmers are prepared for state and national level competitions.

*\*GOLD Coaches will approve swimmer's practice team.*

#### Masters Team

This team is geared for the adult swimmer with little experience to the advanced adult swimmer; competitive and non-competitive. Must be able to swim 4 laps in 8 minutes. Ages 18 and up!

### FALL PRACTICE SCHEDULE

*Practices begin Tuesday, September 7th*

|   |  |
|---|--|
| <b>Senior Team</b><br><i>8 sessions required,<br/>9 available</i>         | Mon/Wed/Fri 5:30-7:15AM @ Rec<br>Mon-Thurs 5:15-7:30PM @ Village<br>Friday 5:15-7:00PM @ Village<br>Saturday 7:45-10AM @ Village |
| <b>Pre-Senior Team</b><br><i>4-5 sessions recommended<br/>6 available</i> | Mon-Fri 5:15-7:00PM @ Village<br>Saturday 7:45-9:30AM @ Village  |
| <b>Advanced Team</b><br><i>3-5 sessions recommended<br/>5 available</i>   | Mon-Thurs 5:15-7:00PM @ Rec<br>Friday 5:15-7:00PM @ Village  |
| <b>FUNDamental Team</b><br><i>2-3 sessions recommended, 4 available</i>   | Mon-Thurs 4:15-5:30PM @ Rec  |
| <b>Masters Team</b><br><i>Unlimited, 7 available</i>                      | Mon/Wed/Fri 5:30-7:15AM @ Rec<br>Mon/Wed/Thurs 7-8:30PM @ Rec<br>Saturday 7:45-9:30AM @ Village                                  |

*\*Tentative! Please see website for the latest schedule information or call 512-246-7491 for schedule updates*

### REGISTRATION FOR 2010-11

You may register at any time! Registration is now available online (beginning July 21st), or you may download forms from our website and mail to our office. *If we receive your 2010-2011 registration in July along with full payment, you will receive one free t-shirt and one free swim cap per swimmer registered, in addition to a free window decal. Offer expires July 31, 2010* We will host our official registration/evaluation at the Georgetown Recreation Center August 28th, 9-11:00AM. Lane Four SwimShop will be on premises for gear purchases. *Stay informed by visiting*

[www.SWIMGEORGETOWN.COM](http://www.SWIMGEORGETOWN.COM)

#### TEXAS GOLD FALL/WINTER REGISTRATION FEES

|  |                        |
|--|------------------------|
| <b>FUNDamental Team Unlimited</b> (1.25hr) | <b>\$65/mo</b>         |
| <b>Advanced Team Unlimited</b> (1.50hr)    | <b>\$80/mo</b>         |
| <b>Pre-Senior Team Unlimited</b> (1.75hr)  | <b>\$95/mo</b>         |
| <b>Senior Team</b> (1.75-2.25hr)           | <b>\$110/mo</b>        |
| <b>USAS Annual Membership*</b>             | <b>\$67 each</b>       |
| <b>Annual Team Membership*</b>             | <b>\$60 per family</b> |

#### AG MASTERS FALL/WINTER REGISTRATION FEES

|   |                  |
|---|------------------|
| <b>Masters Team Unlimited</b>   | <b>\$65/mo</b>   |
| <b>Masters Quarterly Unlimited</b><br>(Sept-Nov/Dec-Feb/March-May/June-Aug) | <b>\$175/qtr</b> |
| <b>Masters Punch Card</b> good for 6 sessions                               | <b>\$50/card</b> |
| <b>USMS Membership**</b>  | <b>\$32-37</b>   |

*\*\*register at www.USMS.org*

**Annual Team Membership\*** **\$60 per family**  
*\*One Team Membership per family. Family Discounts Available.  
\$10 Second swimmer, \$15 each additional swimmer per month.  
Fees are valid through April 2011.*