



## 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. 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 twice a month, none of which are required for developmental swimmers.

### 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

#### Developmental Team

Introduction to competitive swimming and the development of proper technique. Must be able to swim freestyle unassisted. Novice 8 and under.

#### Bronze Team

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

#### Silver 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. Advanced 12 & Under swimmers.

#### Gold Team

This team has an emphasis on stroke drills, advanced interval training and aerobic swimming geared for more elite swimmers who are proficient in all four strokes preparing for highly competitive swimming. Elite 11 & Up swimmers.

#### Pre-National/National Team

Geared for the elite 11 & Up swimmers who are willing and able to commit to the minimum of 5 practices per week. Swimmers are prepared for state and national level competitions. Competitive High School and Elite Middle School swimmers.

#### Masters Team

This team is geared for the adult swimmer with little experience to the advanced adult swimmer; competitive non-competitive. Ages 18 and up!

### FALL PRACTICE SCHEDULE

<b>National/ Pre-National Teams</b>	Tues/Thur/Fri 5:30-7:15AM @ Rec Mon-Thurs 5:45-8:00PM @ Village Friday 5:15-7:30PM @ Rec Saturday 7:45-10:00AM @ Village
<b>Gold Team</b>	Mon-Thurs 4:45-6:30PM @Village Fri 4:15-5:45 @ Rec
<b>Silver Team</b>	Mon-Thurs 4:45-6:15PM Fri 4:15-5:45 @ Rec
<b>Bronze Team</b>	Mon-Thurs 5:30-7:00PM @ Rec
<b>Developmental Team</b>	Mon-Thurs 4:15-5:30PM @ Rec
<b>Masters Team</b>	Mon/Wed/Fri 5:30-7:00AM @ Rec Mon-Thurs 6:45-8:15PM @ Rec Saturday 6:45-8:30AM @ Village

*\*Schedule is still in process of being finalized! Please see website for the latest schedule information or call 512-246-7491 for updates.*

### FREE STROKE CLINIC

We will offer a FREE stroke clinic for newcomers and interested swimmers August 29-September 2nd. 10&U 4-5PM 11&O 5-6PM. Drop-ins welcome! Practices will begin Tuesday, September 6th.

### REGISTRATION

**Saturday, August 27th** at the Rec Center 10-12PM where team gear will be available. Registration will also be available online. Additional information will be posted to our website in late July.

*Stay informed by visiting*

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

### TEXAS GOLD FALL/WINTER REGISTRATION FEES

<b>Developmental Team</b> (1hr)	\$80/mo
<b>Bronze Team</b> (1hr)	\$90/mo
<b>Silver</b> (1.25hr)	\$100/mo
<b>Gold</b> (2hr)	\$100/mo
<b>Pre-National/National</b> (2.25hr)	\$120/mo
<b>Team Membership</b>	\$65/family
<b>USAS Annual Membership</b>	\$68/each

### AG MASTERS WINTER REGISTRATION FEES

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

*\*One Team Membership per family. Family Discounts Available.  
\$10 Second swimmer, \$15 each additional swimmer per month.  
Fees are valid through April 2012.*