



www.salinestingrays.com



SST- Spring/ Summer Programming

Join America's Swim Team! Join the increasing number of SST swimmers who are raising their game and competing in USA swimming. There are a variety of ways to join the USA swimming group at SST- information below. Various program pricing available in the below chart.

Evaluation/ Try-out

Swimmers interested in joining SST Spring and Summer training need to be evaluated for placement by a member of the SST coaching staff. Placement will be made based on swimming strength and ability and is at the coach's discretion.

Contact

www.salinestingrays.com

Nick Munsell, Team Head Administrator, munselln@salineschools.org

Jeff Gross, Head Coach, grossj@salineschools.org

Parent's Meeting: Monday, March 31, 6:00 pm (Saline High School Pool)

Please join us at this information session to discuss the many exciting enhancements you can expect in the SST USA spring/summer training program!

Coaching: Stingrays coaching staff lead by Head Coach Jeff Gross.

Spring Session

Please note swimmers in all groups will start with 90-minute sessions, Gold and Platinum will transition to 2 hour sessions on May 19th (details below). Training along side one another, we will offer three USA swim groups this spring & summer, Platinum, Gold, and Junior.

Monday April-14th- Friday, May 16th
M- F, 5:00-6:30 pm

Monday, May 19th- Friday June 6th
Gold & Platinum M-F, 5:00-7:00 pm
Junior M-F 5:00-6:30

Summer Session

The Summer USA training program is a high level competitive training program for swimmers aged 9-19.

This summer, we are pleased to be offering a variety of competitive tiers to serve the individual needs of all swimmers. In part, due to a partnership with Coach Todd Brunty we are able to offer our rising Elite swimmers an opportunity to train up to 9 times per week. Every swimmer should work with their coach to design the ideal number of sessions to help them achieve their goals. Morning training is available based on selection from Coach Jeff only. Please see the below schedule for a list of all available training times. Please note, sessions will not be assigned based on parent's preference. Rather, swimmers are assigned to the training sessions most appropriate to their development. Swimmers will compete in a variety of Long Course competitions throughout the summer.

Basic Summer Training Plan by group:

(Sunday practices may be occasionally added as needed)

USA JUNIOR:

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM						Rest Day	Rest Day
PM	3-4:30 pm (SHS)	3-4:30 pm (SHS)	3-4:30 pm (SHS)	3-4:30 pm (SHS)	3-4:30 pm (SHS)		

USA GOLD Basic:

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM						Rest Day	Rest Day
PM	3-5 pm (SHS)	3-5 pm (SHS)	3-5 pm (SHS)	3-5 pm (SHS)	3-5 pm (SHS)		

USA GOLD w/ Long Course (By Selection only)

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM						Rest Day	Rest Day
PM	1-3 pm (EMU)	3-5 pm (SHS)	1-3 pm (EMU)	3-5 pm (SHS)	1-3 pm (EMU)		

USA PLATINUM BASIC:

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM		6-8 am (SHS)		6-8 am (SHS)		Rest Day	Rest Day
PM	1-3 pm (EMU)	3-5 pm (SHS)	1-3 pm (EMU)	3-5 pm (SHS)	1-3 pm (EMU)		

USA PLATINUM ADVANCED: Mostly rising 8th / 9th graders

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM	6-8 am (SHS)	6-8 am (SHS)		6-8 am (SHS)	6-8 am (SHS)	Rest Day	Rest Day
PM	1-3 pm (EMU)	3-5 pm (SHS)	1-3 pm (EMU)	3-5 pm (SHS)	1-3 pm (EMU)		

Morning Sessions will take place with Head Girls and Boys High School Coach Todd Brunty with input on design from Coach Jeff. The cost for these sessions is NOT included below, see morning sessions information sheet.

Pricing:

All USA registrations include training time, pool space, coaching, swim cap, T-shirt and USA meet splash fees. **Please add \$62 to cost if newly registering for USA swimming for 2014 calendar year.**

GROUP	Spring Only	Summer Only	Spring/Summer
USA Junior	\$200	\$330	\$440
USA Gold Basic	\$240	\$370	\$500
USA Gold w/ Long Course	NA	\$527	\$657
USA Platinum	\$240	\$527	\$657

* All "Summer" & "Spring/Summer" prices above include a \$200 splash fee bank from which we will deduct meet fees throughout the season. Any remaining balance at the end of the season will roll over to the next season.

** All "Spring" sessions include a \$50 splash fee bank from which we will deduct meet fees throughout the season. Any remaining balance at the end of the season will roll over to the next season.

*** Gold w/ Long course and Platinum include pool time and membership fees at EMU.

****Please note current USA members that have a balance remaining in can roll that into this season and deduct that amount from their total splash fees due. You should have received a statement with your current balance.

Registration:

Registration is OPEN NOW for current Saline Stingray Team members and will be offered via the team website at salinestingrays.com.

Register current member - Swam for the team after 1/1/14 (You will also be given the option to register new siblings of current members)

1. Log-in to your team account
2. From the home page click "Start Registration"
3. Follow instructions to complete registration

Register Non-current member that has been a member in the past or had a sibling that was a member in the past- Swam for the Saline Stingrays or SST USA Prior to 1/1/14.

1. Email Nick Munsell munselln@salineschools.org. Please include your first and last name as well as your swimmers first and last name.
2. You will receive an email with log-in instructions
3. Log-in to your team account
4. From the home page click "Start Registration"
5. Follow instructions to complete registration

* Please note: Failure to follow the first two steps will result in duplication of the athlete or you may be unable to complete your registration.

Register new member - Has never been a member or had a sibling that was a member of Saline Stingrays Swim Team.

1. Go to www.salinestingrays.com
2. Click "Start Registration"
3. Follow instructions to complete registration

You will receive confirmation once your registration has been accepted. **Checks should be made payable to Saline Swim Team** and submitted to Nick Munsell in the pool office.

Questions contact Nick Munsell at munselln@salineschools.org.