



This team is for ages 6 and up. It is important to remember that some knowledge of swimming is required, as this is not a learn-to-swim program. It will build on your child's previous swimming ability and basic knowledge. The coaches will evaluate the child to determine in which group they will practice. Speak with one of the coaches for an evaluation time.

	Requirements	Group Emphasis	Schedule
<b>PS1- Basic Team</b>	<b>Basic-</b> Swimmer must be able to swim freestyle, backstroke. Perfect form is <b>not required</b> , however, swimmer needs to be able to swim 25 yards without stopping at the wall.	Swimmers will: <ul style="list-style-type: none"> <li>• Work hard on advanced stroke technique in all 4 strokes</li> <li>• Have a desire to improve their swimming</li> <li>• listen to instructions carefully,</li> <li>• demonstrate a positive attitude about swim</li> </ul>	3 days a week
<b>PS2- Prep Team</b>	<b>Intermediate level-</b> Swimmer has passed the basic team level and is now ready compete. Workout emphasis will be on technique, and basic preparation for competition. Swimmers have a heightened goal of more serious competition at both age group and high school levels.	<b>Swimmers will:</b> <ul style="list-style-type: none"> <li>• Work on skill development</li> <li>• physical endurance, strength as well as concepts and racing skills.</li> <li>• have a desire to work hard and improve to achieve the race team level</li> <li>• Be encouraged to participate in team organized race events and meets.</li> </ul>	5 days a week
<b>PS3- Race Team</b>	<b>Advanced level-</b> skilled and experienced swimmers with an emphasis on serious training for competition. The focus is on competing at both age group and/or high school level.	<b>Swimmers will:</b> <ul style="list-style-type: none"> <li>• Participate in physical conditioning,</li> <li>• Develop mental training and race preparation concepts (starts, finishes, and overall stroke technique).</li> </ul>	5 days a week

## Frequently Asked Questions

### When is practice time?

Summer Schedule (June-Aug): 7:30 AM – 9:00 AM (Ogden High Community Pool) and (North Shore) School Schedule (Sept-June): 4:30PM – 6:00PM (Ogden High Community Pool)

### What is the monthly cost? The cost is based on which team the child is on.

\$35.00 per month for PS1 Basic Team (Monday, Wednesday, and Friday)  
\$45.00 per month for PS2 and PS3 (Monday – Friday)

### Are there additional costs?

- Yearly - \$60.00 per year per athlete for USA swimming registration
- Each meet – there will be a charge to sign up for most meets and a cost per event.

### What if my child misses a practice?

The more often the swimmer attends practice the better their improvement. However, we understand that children are involved in a wide variety of activities and will miss practice from time to time.

### What does my child need to bring to practice? Goggles, Swim Cap, appropriate swim wear

If you have any questions or interest in joining our team, please contact either Coach Bill Cruff (801-814-2180) or Coach Nate Toll (801-394-7935 or [ntoll@wsd.net](mailto:ntoll@wsd.net)). Check out our website @ [www.piranhaswimteam.net](http://www.piranhaswimteam.net)