

## 2019 MCC Fall Swimming Program

Come join Coaches Tiffany, Olivia, and some junior coaches for the 2019 MCC Fall Swim Program. We will begin on Tuesday, September 3rd. We ask that all swimmers practice as their age as of NEXT summer's swim season.

The Practice Times will be as follows, Monday through Thursday →

6 & Unders (invited MicroWaves grads welcome to participate)	3:30-4:00pm
7/8's	4:00-4:45pm
9-11's	4:45-5:45pm
Stronger 10s and 11s, 12 and UP	4:45-6:15pm

Friday practices will combine somewhat, with 8 & Under's swimming 3:30-4:00 or 4:15pm; 9 and Ups from 4:15 – 5:15 or 5:30pm.

Swimmers may choose to swim in local swim meets (mostly at the Soda Center, in September, October, November, and into December). To do so, one must register with USA-Swimming. You may either register as UNAT (Unattached) or you can register with MCC (we'll be legit as a team Sept 1<sup>st</sup>). You MUST be registered with USA-Swimming to do meets. IF you don't wish to swim the meets, there is no need to register with USA-Swimming. There is one meet hosted by Orinda Aquatics, the Jamboree, that swimmers may enter WITHOUT being registered with USA-Swimming.

For those not interested in competing in these meets, we will run our fun-filled Friday Night Flights each month. The tentative dates are Sept 27, Oct 18, and Nov 1 (weather permitting). These are off-event, CASUAL opportunities to race, to cheer, and to be timed. These are very informal, with no official timing system set up. Just a few coaches timing a few swimmers in a few races. But, they are super fun!

Swimmers may sign up for the following options – September Only; Sept and Oct; Sept/Oct/Nov; or the full deal, through December 15<sup>th</sup>.

Pricing options are as follows → September only, unlimited swims = \$180; Sept and Oct = \$300; Sept/Oct/Nov = \$375; Full Program to Dec 15 = \$425; DROP IN FEE (show up randomly) is \$20 per swim attended. No practices will be held Thursday, October 31 or the week of November 25<sup>th</sup>. The November program will end November 22<sup>nd</sup> for those not continuing into December.

Fall Swim is the coaches' favorite season, as we step up the training a bit, and expose interested swimmers to the "Next Level" of swimming. The kids get some fantastic conditioning. With a smaller number of bodies in the water, the coaches are able to really interact with the kids. The new 9 years old swimmers get introduced to the turns they will need to do next summer as 9-10s. It's a time of year to positively set up swimmers for a better season next summer. Especially if they return for Spring Clinics in March!

So, come join your coaches in their favorite swim season of the year. We know you are busy with other commitments in the fall, so we fully understand attendance may be spotty. We just hope to see most of you as often as you can!

Now, let's finish what we've started this summer, and let's have a great OMPA! Go, WAVES!