

SJAC SWIM TEAM

Competitive Team • Non-Competitive Teams • Masters • College • All Ages • Elite Coaching

Here at SJAC, we believe that swimming should be enjoyed, not endured. Swimmers who take control of their swim careers get the most out of their sport. Emphasis is placed on developing total body and core strength with the goal of individual stroke development. The long-term focus is life-long development of total mind and body health.

SJAC Competitive Team

- Available in 9 month (Sept.- May) or year-round programs.
- Each group will incorporate a mixture of swimming and age-appropriate dry-land training.
- Teams will attend competitive meets throughout the season.
- Families are expected to put in volunteer time when necessary.
- Check our website for pricing

SJAC II Teams

- Seasonal teams for swimmers not available or interested in committing to the entire season
- 11 week sessions are offered in the Fall, Winter and Spring
- Swim meets are optional but encouraged
- Silver II - \$350 per session; Gold II and Senior II - \$375 per session

Additional Costs

- In addition to team costs, each family will be required to maintain an NL Aquatics Center family membership.
- The monthly cost for this family membership is \$25 for a family with 1 child and \$35 for a family with 2 or more swimmers.
- SJAC competitive team members are required to maintain an annual membership
- SJAC II and masters team members are required to maintain a membership during their session and must notify NL Aquatics if they wish to cancel afterwards.
- Each swimmer will also be charged a one-time \$70 USA Swimming registration fee. This fee is only charged one time per season.

PHILOSOPHY

As a team, we work under one united philosophy. The foundation of the program encompasses the following principles:

- To create an atmosphere that enhances social skills, good sportsmanship and an appreciation of others.
- To develop swimmers of all levels of ability, while stressing the importance of proper stroke mechanics.
- To develop skills to promote swimming as a lifelong sport.
- To offer children an opportunity to develop their physical conditioning by using fun and challenging strategies.
- To learn the value of competition while striking a balance to reach both the competitive and recreational swimmer.
- To provide competitive opportunities for success in all levels of swimming
- Above all... to go for GREATNESS!!!!!!
- **For more information, email us at info@nlaquatics.com or call us at (856) 335-3007**



For more information, go to www.sjacswimming.com

South Jersey Aquatic Club is located at the NL Aquatic Center

333 Preston Ave • Voorhees, NJ • 08043 • (856) 335-300

Bronze	Ages 5-8. This group is initially designed for the beginning swimmer with a focus on fun through swimming. Swimmers should have a basic comfort level in the water, the ability to legally swim 25 yards of every stroke and be mature enough to benefit from instruction. Swimmers will learn correct mechanics and legal starts and turns for all strokes. This team participates in dryland one day a week.	PRACTICE: Tuesday, Thursday, Saturday and Sunday
Silver	Ages 9-11. This is a competitive group that will focus on conditioning, fundamentals, stroke mechanics, and race strategies. Swimmers must be able to complete 10x50 freestyle on an interval of 2:00 per 50, complete 10x50 stroke (fly, back and breast) on an interval of 2:15 per 50, complete a 5x50 kick on an interval of 2:30 per 50. This team participates in dryland one day week.	PRACTICE: Tuesday, Thursday and Friday- Sunday
Silver II	Ages 8-10. This group will focus on the fundamentals of swimming and stroke mechanics. Swimmers must have a basic comfort level in the water, be legal in all four strokes, including starts and turns, and be mature enough to benefit from instruction. Swimmers will learn correct mechanics for all four strokes, and learn to better their starts and turns.	PRACTICE: Wednesday, Saturday and Sunday
Gold	Ages 11-14. This group is designed to prepare swimmers for competition in the Junior Olympics and the national level competitions. Emphasis will focus on goal setting, mental preparation, proper nutrition, stroke mechanics, aerobic conditioning and race strategies. Swimmers should be able to complete the 5 200s (free, back, breast, fly, IM) and have effective starts/turns in each stroke. This team participates in dryland two days a week.	PRACTICE: Monday, Wednesday, Friday, Saturday and Sunday
Gold II	Ages 11-14. This group will focus on the fundamentals of swimming and stroke mechanics. Swimmers must have a basic comfort level in the water, be legal in all four strokes, including starts and turns, and be mature enough to benefit from instruction. A swimmer completing this program will be able to complete a 100 in every stroke, and a 200 IM.	PRACTICE: Monday, Wednesday, Saturday and Sunday
Gold Select	Ages 13-15. This program is intended to provide a stepping stone for athletes intending to be successful in the Platinum Group program. Emphasis will focus on goal setting, proper nutrition, stroke mechanics, aerobic conditioning and race strategies. A resistance and core strength program will be conducted under the supervision of the coaching staff and accredited trainers. This team participates in dryland five days a week.	PRACTICE: Monday- Thursday, Saturday and Sunday
Senior	Ages 14 & Over. This group is for high school swimmers only who are serious about conditioning and continual improvement but are unable to commit to the training levels or time commitment of the Gold Select or Platinum groups. Technique and training are highly emphasized in this group. The coaching staff will strive to help the swimmers become diverse beyond their primary events. This team participates in dryland four days a week.	PRACTICE: Monday, Tuesday, Thursday, Saturday and Sunday
Senior II	High School. This group will focus on starts, turns and technique in all four competitive strokes along with preparing for the upcoming high school and summer seasons. Swimmers must have a basic comfort level in the water, be legal in all four strokes, including starts and turns, and be mature enough to benefit from instruction.	PRACTICE: Monday- Thursday
Platinum	This is an elite group designed for those swimmers who wish to compete on the national level. Workouts consist of intense age-appropriate strength and conditioning routines in addition to time spent in the water. Individual goal setting, proper nutrition, and mental preparation will be stressed. Swimmers must receive an invitation from a previous coach in order to join the platinum group. This team participates in dryland five days a week.	PRACTICE: Monday- Thursday, Friday and Saturday
Masters	This group is for swimmers 18 & over looking to gain swimming experience, currently a master swimmer, &/or triathlon experience. Also, this is for those wanting to gain helpful technique work to increase stroke efficiency, through drills that focus on core stabilization in the water. Having training partners increases motivation and helps to make workouts more valuable and fun *College swimmers are welcome to swim with either the masters, platinum or senior groups for an adjusted price.	PRACTICE: Coached: Monday, Wednesday and Saturday Non-coached: Friday

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