



Middle/High School Swim Team Training

WHAT: Swim team training for middle school and high school students who do not have organized team practice but still want to compete for your school!

WHEN: September 28, 2015 - January 29, 2016
Practice held at MTSU Rec Center Pool
Monday, Wednesday, Friday Tentatively 4:15 - 5:30 PM
Participate in about 3-4 swim meets during the season if desired

COST: \$275.00 per swimmer for entire season. (15 weeks of training)

Requirments:

- Must be in middle school or high school in good academic standing
- Previous swim team or competitive stroke lesson experience (evaluation offered)
- Transportation to and from MTSU Rec Center
- Approval from school principal (see next page for additional information on requirements)
- Complete online registration
- Caps, goggles, competitive swim suit

**Let's keep the awesome sport of swimming in Rutherford County
Sign Up Today!**

Requirements for *New Middle and High School Swim Teams* 2015-2016 Season

School: The school will apply with MTHSSA - Excel will walk you through this process. A faculty member will need to be appointed as a team coordinator or "sponsor".

- Register the school with MTHSSA (October, 2015)
- Serve as a liaison between Excel and the school
- Attend swim meets with the team
- Sponsors are not permitted on the pool deck as coaches during Excel swim practices.

Excel: Excel Aquatics will provide:

- Swim team tryouts
- Swim team practice space
- Quality coaching
- Meet entry management if desired (additional fees required)
- On deck coach during swim meets if desired (additional fees required)

Deadline: Apply with Excel by mid August, 2015 by contacting Shantel Perry at ExcelSwimU@gmail.com.