Speedsters 2012-2013

Speedsters is an opportunity for young swimmers (ages 7-13) to learn proper technique, to refine mechanics and to learn the value of the sport of swimming. The Speedsters’ program builds confidence in each swimmer by focusing on goal setting, physical endurance, team building, dry land conditioning, clock reading, in-water technique and mechanics in all four strokes, starts and turns. What makes our program distinct is that our Speedsters’ coaches love teaching! Using their many years of experience, they are able to offer individualized attention in a fun, structured and non-competitive environment. Each swimmer enrolling in Speedsters needs to be able to swim two of the four competitive strokes for a minimum of 25 yards.

OUR SEASON
Speedsters’ season runs September through March. At each practice, the swimmers will meet on deck to discuss the day’s goals. The swimmers will break into skill-appropriate groups and do a light warm up followed by drill work. Swimmers will enjoy participating in three “timing days,” which are opportunities to display what they have learned while racing the clock to set new best times. The final “timing day” is when all Speedsters’ groups meet to enjoy the experience of a large swim meet and the goal of breaking individual swim times.

HOW TO REGISTER
For online registration please visit schools.cranbrook.edu/williamsnat. All credit card payments have to be made online. If you wish to pay by check, registrations will be accepted in person or by mail. If you wish to pay with cash, registrations will be accepted in person.

COST
Speedsters is $390 for a season of one practice per week.

FACILITY
Speedsters meet and swim at the Williams Natatorium, located on Cranbrook’s historical landmark campus. The 20,000 sq. ft. facility has won numerous architectural awards. The 300,000 gallon pool features pool configurations for 8-10 lanes and ranges in depth from 3.5 ft. to 13 ft.

The Key to Swimming
Better is Better Swimming!

SPEEDSTERS CREED
We believe there is always room to improve.
We believe success is a product of hard work.
We will aid, encourage, lead, follow, and learn from our teammates.
We are committed to giving 100% at every training opportunity.
We challenge ourselves to continue to try.
We strive to do our best both in the pool and out.
We never forget to have fun.
We believe in teammates, coaches, and ourselves.
We believe in swimming smarter, not more.
**IN SEASON PRACTICE SCHEDULE**

**SUNDAY**
THERE ARE 3 GROUPS THAT MEET ON SUNDAYS:
- September 9, 16, 23, 30  January 13, 20, 27
- October 7, 14, 21, 28  February 10, 17, 24
- November 4, 11, 18  March 3*
- December 2, 9, 16

You may register for one of these Sunday practice times:
- 3:15-4:30 pm  
- 4:45-6:00 pm  
- 6:15-7:30 pm

**MONDAY**
THERE IS ONE GROUP THAT MEETS ON THE FOLLOWING MONDAYS:
- September 10, 17, 24  January 7, 14, 28
- October 1, 8, 15, 22, 29  February 4, 11, 18, 25
- November 5, 12  March 3*
- December 3, 10, 17

Monday Speedsters practice from 5:45-7:00 pm

**WEDNESDAY**
THERE IS ONE GROUP THAT MEETS ON THE FOLLOWING WEDNESDAYS:
- September 12, 19, 26  January 9, 16, 23, 30
- October 3, 10, 17, 24  February 6, 13, 20, 27
- November 7, 14  March 3*
- December 5, 12, 19

Wednesday Speedsters practice from 3:15-4:15 pm

* Sunday, March 3, 2013 is our final “timing day” when an intra team meet is held. Swimmers from all practices (Monday, Wednesday, and Sunday) are expected to attend. Warm-up for the day will begin at 3:30pm with the event beginning at 4:30pm. Registration forms will be coming home with your child or children a week or two before the meet. Please return these forms before the deadline. The event lasts roughly two hours.

No make-up dates are offered in order to maintain the swimmer to coach ratio.

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**REGISTRATION INFO**

Family Last Name_________________________________________ (Student account number if applicable)

Phone __________________________

Email __________________________

(Please provide … this is Speedsters’ primary communication!)

Emergency Number______________________________

Emergency Contact Name __________________________

Address ____________________________________________________ Zip ________________________________

T-Shirt size ________________________________________________

<table>
<thead>
<tr>
<th>CHILD’S FIRST NAME</th>
<th>AGE</th>
<th>DAY(S) TO ATTEND (Please indicate time too)</th>
<th>Swim Club or Place of Instruction</th>
<th>COST</th>
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To register, please mail this form (and check if applicable) to:
Cranbrook Natatorium, PO Box 801, Bloomfield Hills, MI 48303

**PAYMENT TYPE:**  
- ☐ check (payable to CEC)  
- ☐ Cranbrook Student Account

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**CONTACT INFORMATION**
Natatorium Phone: 248-645-3734  
Fax: 248-645-3735  
Email: rlorenz@cranbrook.edu  
Natatorium Located at 550 Lone Pine Road  
www.cranbrook.edu  
Click Natatorium in the lower right