



MINNESOTA SYNCHRONETTES

2010/11 Club Offering Overview

Purpose of Club

To provide instruction in synchronized swimming to athletes in the Twin Cities Metro Area; to provide local synchronized swimmers of all ages the opportunity to compete in USSSI State, Regional, Zone and National Championships and to provide complementary training for HS varsity athletes during the high school synchro off-seasons.

Season Calendar

- Registration (by mail): due Saturday, September 4th.
- Start of Year Assessments: September 7th thru 11th. We cannot allow unregistered swimmers to participate in the assessment, as we do not have liability insurance until the swimmer is registered with USSSI. We therefore cannot accept registrations on the assessment day.

Practice Locations

- Wayzata West Middle School
- Wayzata East Middle School
- St Louis Park High School
- Eisenhower Community Center in Hopkins
- Central Community Pool in St. Louis Park
- Minnetonka Aquatics Center, Minnetonka East

Routine Placement

With the exception of the Yellow team (high school conditioning and skill development athletes), all swimmers will be assigned to one or more routines, either as a primary or alternate swimmer. If possible, everyone will be on a Team Routine (4 or more swimmers).

- The coach will decide additional small routines based primarily on number of days per week a swimmer commits to attend practices, commitment to attend meets, age and skill level.
- Swimmers will have the opportunity to express their preference on a Swimmer Commitment Form that is included with the registration information.

Trial Session – New Swimmers - try before you buy!

- New competitive (not Yellow) swimmers may try the sport for the first 2 weeks of the season.
- Registration by mail is required (see Season Calendar above for due dates)
- A non-refundable fee of \$60 is required; fee covers required USSSI insurance
- If the swimmer decides to continue beyond 2 weeks, coaches will assign a team color and the \$60 will be credited against MNS monthly fees for that color

2010/11 MNS Offerings

<u>Team</u>	<u>Birthday</u>		<u>Out of State</u>	
	<u>in 2011</u>	<u>Level</u>	<u>Meets?</u>	<u>Number of Weekly Practices</u>
Yellow	13 th -19 th	All	None	2x per week
Green	10 th or under	Beginning and less experienced	One	2x Sept-May + opt nite March-May
Orange	11 th -12 th	Beginning and less experienced	One	2x Sept-May + opt nite March-May
Pink	11 th -12 th	Experienced, competitive	Two	3x Sept-Feb, 3-4x March-May
Aqua	13 th -15 th	Experienced, competitive	1-3	4x Sept-Feb, 3-4x March-May
Turquoise	13 th -15 th	Experienced, competitive	Three	5x Sept-Feb, 4x March-May
Red	16 th -17 th	Experienced, competitive	Three	5x Sept-Oct, 4x Nov-Feb, 3-4x March-May, + optional workout nite Nov-Feb
Blue	16 th -19 th	Experienced, competitive	3-4	5x Sept-Feb, 4x March-May, + optional workout nite Nov-Feb

- See separate fee schedule for fees by color group
- See Commitment Form for Out of State Meet attendance requirements by competitive color group
- All competitive color groups have optional figure practices on some Friday evenings November - February on a rotation basis to be determined.
- Competitive color groups include Green, Orange, Pink, Aqua, Turquoise, Red and Blue.
- See the Commitment Form for a list of all out-of-state meet attendance requirements for each color group.

Fees

Fees are billed monthly and payable by the 10th of each month. A late fee of \$25 may be added to any late payments.

Yellow (conditioning) team consists of two sessions: mid-September thru December, and January thru February. Yellow fees must be paid in full, one week before the session begins (to allow for insurance registration). No monthly payment option is available for Yellow swimmers.

For the benefit of their teams, swimmers are encouraged to attend all scheduled practices for their color. No credit will be given for missed practices.

We make every attempt to maintain our schedules, but severe weather or unforeseen facility closures sometimes cause cancellation. We do not issue fee credits if weather or closures interrupt our schedule.

Please direct further questions about fees to mnssynchro@yahoo.com

2010-11 Fee Structure

Team Color placement is determined by the coaches based on age, experience, swimmer skill level, start of season assessment, commitment, and number of swimmers in each age group. The competitive team fees schedules are similar to 2009-2010.

Additional Expenses (beyond the fee schedule)

The fee schedule **DOES NOT** include the cost of apparel or athlete/family meet travel expense. Your USSSI insurance is paid in September as part of your registration fee. The fees **DO** cover pool rental, coach costs, all meet entry registrations, AV system costs, one annual DVD, and choreography/music expenses.

Athlete Commitment Form - all competitive teams (excludes Yellow)

- A signed pledge of Commitment at the beginning of the season from each swimmer and family is required.
- For all competitive teams except Green/Orange teams, we require payment of a \$300 Commitment Deposit. This deposit is refundable until team assignments are finalized. This is normally done in the first week of October.
- If the swimmer's full year commitment is completed, the Commitment deposit is applied to the swimmer's last month's billing.
- If a swimmer drops out PRIOR to completing her full year's competition schedule, the Deposit is forfeited, and any accrued fees must be paid by the athlete/family.
- The Athlete Commitment Form must be turned in to Head Coach, Joanne Kutzler no later than **Saturday, September 18th**.

Mandatory Parent Meetings (no swimmers)

- There are two mandatory Parent meetings in the fall for competitive teams. The first is a high level general meeting and Q & A held during each assessment session for competitive swimmers. The second meeting will be scheduled in early October after color groups have been finalized.
- All meetings will be held at Wayzata West Middle School, in the hallway outside the pool. Bring your own folding chair!

Required Equipment 1st Day of Practice

- * Swim suit
- * Water bottle
- * Swim cap
- * Towel
- * Goggles
- * Nose clips (or \$ to purchase one)

Need Registration Materials or Have Questions??

If you are interested in joining the Synchronettes and do not currently have registration materials or have questions, please:

- E-mail us at MNSSynchro@yahoo.com or
- Terri Bodin at 952 476-1781

The Minnesota Synchronettes website, www.mnsynchronettes.org, is also a good source of information about our club.

Reminders:

- Registration (all forms, by mail: PO Box 966, Wayzata 55391), due **Saturday, September 4th**
- Start of Season Assessments: Tuesday, September 7th - Saturday, September 11th
- Athlete Commitment Form: return to Head Coach Joanne by Saturday, September 18th