



Patuxent Aquatics Club Swim Program 2014-15

Web-site: <http://PAC.venitsports.com>

The Patuxent Aquatics Club (PAC) is a registered USA Swimming (USAS) swim team, which competes within Potomac Valley Swimming (PVS). Our season is divided into two seasons annually. Short Course from mid September through the end of March and Long Course season from April to June. Practices during both seasons are held at the Fairland Aquatics Center in Laurel MD. The team is open to swimmers 5 to 18 years of age and is divided into three groups or levels. As a member of PAC, swimmers will have an opportunity to participate in USAS Swim Meets comparable to their ability – The swimmer/parent(s) helps select from the meets that are on the PAC Meet Schedule....In addition the swimmer/parent(s) work with the coaches to select swimming events in which to participate. All Swimmers MUST join USAS as an athlete to participate in both practices and meets.

The team is made up of four levels, ranging from novice to experienced Swimmers.

PAC Level 1 (L1)	Swimmers can swim Free or Back for at least 25 yards (Ages 9 and Younger) Practices M/Tu/W/Th/F from 7 - 8 PM -- Swimmers Should practice 2 times (or more) per week
PAC Level 2 (L2)	Swimmers can Swim all strokes (Fly, Back, Breast, Free) for at least 50 yards (Ages 7 and Older) Practices M/W/F from 7 - 8 PM AND Tu/Th from 8-9 PM -- Swimmers Should practice 2 or 3 times (or more) per week
PAC Level 3 (L3)	Swimmers can Swim all strokes for at least a 100 yards and the 200 Free (Suggested Ages 10 - 12) Practices M/Tu/Th from 8 - 9 PM and W/F from 7-9 PM -- Swimmers should practice 3 or 4 times a week
PAC Level 4 (L4)	Swimmers can Swim all strokes for at least 100 yard and the 500 Free (Suggested Ages 13 and Older) Practices M/Tu/Th from 8 - 9 PM and W/F from 7-9 PM - Swimmers should practice 4 times a week

Note: The Number of Practices per week are recommendations

Practice Schedule – You select Practice Days (All Swimmers should complete all School Homework prior to practice)
All Mon (AM/PM), Tues (PM), Wed (PM), Thur (PM), Friday (AM/PM) practices are at FAIRLAND
Dry-Land Practice will be offered for Level 3 and 4 – on Tuesdays and Thursdays from 7:30 – 8:00 PM

Non- Practice Days will NOT be scheduled for Thanksgiving, Christmas, New Years Eve/Day, Spring Break, and other dates as announced.

Fees: Program Fees are due by the 1st of Each Month

Team Registration Fee: \$25.00 (Yearly Fee)

Program Fees: \$75.00 per month (This covers the Rental of the Pool)

Meet Entry Fees: Meet Entry Fees for all Levels will be paid on a per meet basis

USA Swimming Fee: \$77.00 (Yearly Fee) – Fee Covers Athlete Membership in USA Swimming

Questions – Coach Head Coach John Venit (301)-725-7711 or via email dpws@aol.com
<http://PAC.venitsports.com>.

Please call or email to arrange a Free Trial Swim Opportunity.