



University of Utah Club Swimming

Information Packet

2016-2017 Season

President@utahclubswimming.com

Welcome!

Thank you for your interest in the University of Utah Club Swim Team. We hope that you will take the time to review this packet and learn more about joining our team. Below you will find answers to common questions such as the cost of membership dues, practice times and how to register for the team.

The University of Utah Club Swim Team strives to offer a flexible training schedule built around the needs of an active college student, an engaging team environment and challenging practices. Athletes of every level should feel welcome on our team as we learn and hone the skills necessary to swim in a competitive environment, and foster a passion for hard work and the sport of swimming.

We hope to see you in the water soon!

Your 2016-2017 President,

Ethan Beseris

Registration

Our registration forms are now online. To register, please follow this link:
www.utahclubswimming.com/register

Team dues and apparel orders can also be found online. To pay team dues, please follow this link: www.utahclubswimming.com/store

If you prefer, you may also pay by check or by card reader. To pay by check or card reader, please contact treasurer@utahclubswimming.com to arrange a time to meet, or you may attend our registration meeting on Saturday, September 10th (time TBA). Please make checks payable to "Utah Club Swimming."

Please note that your registration will not be complete until complete both the registration form and purchase team dues. All registration forms and team dues must be received by Saturday, September 10th at 10 AM. If you have financial restraints that may restrict you from joining the team, please contact treasurer@utahclubswimming.com before the September 10th deadline and we will do our very best to accommodate you.



Practice

There is no attendance requirement to maintain active status, except for those athletes wanting to compete on an A relay. Otherwise, participants may have the freedom to determine how practice best fits their schedule. Swim practices will begin Monday, August 22nd, and dryland practices on Monday, September 12th.

Fall 2016 Practice Schedule

	6AM-8AM	6PM-8PM
Monday	NO PRACTICE	Swim Practice HPER Natatorium
Tuesday	Swim Practice George S. Eccles Student Life Center	Dryland Training George S. Eccles Student Life Center
Wednesday	NO PRACTICE	Swim Practice HPER Natatorium
Thursday	Swim Practice George S. Eccles Student Life Center	Dryland Training George S. Eccles Student Life Center
Friday	Swim Practice George S. Eccles Student Life Center	NO PRACTICE
Saturday, 8AM-10AM: Swim Practice at George S. Eccles Student Life Center		

Training Schedule

Phase I	Aug. 22-Sept. 10	Distance: 3000m-3500m Goals: Develop aerobic capacity Meet new teammates, reconnect with old Reinforce good technique to avoid injuries later in the season
Phase II	Sept. 10-Oct. 1	Distance: 3500m Goals: Transition to more event-specific threshold work Build speed while maintaining technical integrity Build additional strength from dryland Solidify team bonds, get to know your teammates
Phase III	Oct. 3-Oct. 22	Distance: 3000m Goals: Transition to highly specific speed training Develop race strategies Build power and explosivity in the gym Build team spirit Prepare for Rocky Mountain and Buff Invationals
Phase IV	Oct. 24-Nov. 5	Distance: 4000m-4500m Goals: Shift focus back to aerobic work, maintain intensity Build strength in the weight room
Phase V	Nov. 7- Nov. 23	Distance: 4000m Goals: Threshold overload, event specificity Build strength in the weight room



Phase VI	Nov. 28-Dec. 3	Distance: 3000m Goals: Bring threshold work to peak speed Event specific strength and speed Prepare for Olympus Holiday Meet
Phase VII	Dec. 5-Dec. 10	Distance: 3000m-3500m Goals: Adaptive rest period Maintain fitness while allowing body to heal Prepare for final exams
Phase VIII	Jan. 9-Feb. 4	Distance: 4500m-5000m Goals: Overload aerobic capacity Adjust from the holiday break Build fitness in dryland Meet new teammates
Phase IX	Feb. 6-Feb. 18	Distance: 3500m-4000m Goals: Transition to event specific work Build speed, power in the pool and weight room Prepare for QUAC Ski-N-Swim
Phase X	Feb. 20-Mar. 11	Distance: 4000m Goals: Build final amounts of aerobic capacity w/ drag Build event specific speed w/ resistance training Refine race strategies Begin narrowing down championship events
Phase XI	Mar. 13-Mar. 25	Distance: 3000m-3500m Goals: Become explosive in the pool and weight room Highly specific speed training Highly specific starts and turns Focus on race quality and technical details Get ahead on coursework
Phase XII	Mar. 27-Apr. 9	Distance: 2500m-1500m Goals: Gradually reduce overall workload Intense focus on race details Build confidence, focus on race strategy Recover, hydrate, and eat well Reach peak levels of speed Get excited for CCSD Nationals!



Competition

Our team competes in local meets through US Masters swimming, and travels to compete against other collegiate club teams. We compete roughly once per month, with schedules announced at the start of the year (see below). The season concludes with a trip to Collegiate Club Swim & Dive National Championships, in Atlanta, Georgia (see next section).

Those wishing to compete will need to register as an athlete on the [US Masters website](#). Our team name on USMS is University of Utah Club Swimming (UUCS). Individual registration for USMS opens November 1st, 2016. The price for individual registration for USMS is \$47.00 and must be paid by the individual if they wish to compete.

2016-2017 Meet Schedule (Subject to Change)

September 24	Red vs. Black Intrasquad Meet Life Centre Athletic Club, Sandy, UT
October 14-15	University of Utah Rocky Mountain Invitational The University of Utah, Salt Lake City, UT
October 22	University of Colorado Buff Invitational The University of Colorado, Boulder, CO
November 12	South Davis Masters Meet South Davis Recreation Center, Bountiful, UT
December 3	Olympus Masters December Meet Olympus High School, Holladay, UT
January 21	Utah State Dual Meet Life Centre Athletic Club, Sandy, UT
February 18	QUAC Ski-n-Swim Meet Northwest Recreation Center, Salt Lake City, UT
March 4	Olympus Masters Spring Meet Olympus High School, Holladay, UT
April 7-9	Collegiate Club Swim & Dive National Championships The Georgia Institute of Technology, Atlanta, GA

Buff Invitational

Every fall, our team travels to Boulder, Colorado to compete against University of Colorado at the Buff Invite. This meet is competitive and a great team bonding experience, and we highly encourage all athletes to participate.

If you wish to participate in the Buff Invite, a \$100.00 payment will guarantee your hotel room, meet entry fee and transportation to the meet. You may pay the \$100.00 with your team dues, or you may choose to pay as late as October 1st.

CCSD Nationals

The Collegiate Club Swim & Dive National Championship is a national competition for collegiate club teams only, and will serve as our season's championship meet. Participation in nationals, like any other meet, is non-mandatory, but highly encouraged. CCSD Nationals is NOT included in your dues package, and will be an extra expense for those wishing to participate. At this time, we estimate the final cost of nationals (including airfare, lodging, and food) to be about \$700.00.



Note that while registration for Nationals will not be due until the spring semester, we highly recommend that all interested athletes begin budgeting and making preparations for such expenditures now. If you want more information about the national competition, please email president@utahclubswimming.com for a registration packet.

Athlete Dues

Full Year	\$226.00
Complete membership for the entire competitive season (excluding meets).	-Shirt (\$20) -Caps (\$16) -Activities (\$42.50) -Administrative Fees (\$45.50) -Pool Rental (\$102.00)
Semester	\$142.00
Valid for the fall semester only, at a slight mark-up	-Shirt (\$20) -Caps (\$16) -Activities (\$21.25) -Administrative Fees (\$33.75) -Pool Rental (\$51.00)
Meets	\$85.00
In addition to your dues package, you may also add meet entry fees for the meets currently listed on the schedule. If you choose not to add meet entries up-front, you may simply pay by the meet throughout the season for no additional charge.	-South Davis (\$25) -Olympus December (\$20) -QUAC (\$20) -Olympus Spring (\$20)

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Donations

Because our organization is student-run and receives no funding from Campus Recreation Services or the University of Utah, large portions of our expenses are funded through private donations. If your friends, family or family businesses wish to make a charitable donation to the team, they may do so securely through PayPal. We welcome donations of any amount, and all of our funds are dedicated to giving our athletes the best experience possible.

If your friends, family or family businesses are interested in becoming an official sponsor of University of Utah Club Swimming, please contact us directly at sponsorships@utahclubswimming.com.

PayPal Donation link: www.utahclubswimming.com/donate



General Contact Information

Website: <https://utahclubswimming.com>

Email: team@utahclubswimming.com

Facebook: <https://facebook.com/utahclubswimming>

Twitter: <https://twitter.com/utahclubswim>

Instagram: <https://instagram.com/utahclubswimming>

Flickr: <https://www.flickr.com/photos/utahclubswimming>

Officer Contact Information

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