



## High School Pre-Season Training Registration May 1, 2010-November 19, 2010

This program is meant for all of the swimmers in the Central Pennsylvania area who want to prepare for the 2010-2011 High School Swimming year. Swimmers in this program **will NOT** be swimming with the West Shore YMCA club team (however that option will be available to everyone). You will have a separate dedicated coach with a separate workout to meet your needs. Most workouts will take place at Messiah College. **Swimmers registering for this program MUST have completed their 8<sup>th</sup> grade year** and be going into 9<sup>th</sup> this year (2010-2011)

Workouts will be offered three (3) times per week through the end of August. During the months of September, October, and November, you will have the opportunity to attend four (4) workouts per week. **Most workouts will be led by Beth Hockenberry** (Assistant WSY Coach and Head Red Land High School Coach), and **Michael Gobrecht** (Head WSY Coach and Head Trinity High School Coach)

This is a "training group" only, if you wish to swim for a local "Summer League" team, this is encouraged. If you are participating with other sports teams (lacrosse, cross country, soccer), we have this low commitment program for you that will assist you in preparation for the 2010-2011 High School Swimming Season.

Participants would not need to attend swim meets with WSY (USA Meets), however if you wish to register for USA Swimming, and attend Long Course swim meets over the Summer, and meets in October, and November, the registration fee for USA Swimming is \$57.

**Fees for this program are \$90 per month.** You will **pay only for the months you train**. If you pay for the entire program you will save 15%. The **cost is \$495 per swimmer total**. If you are NOT a member of the West Shore YMCA, there will be a \$10 YMCA Program Membership added to your first month fee. Payment must be made by the 5<sup>th</sup> of each month, and the monthly "autodraft" is available by credit card.

Further questions about this program should be directed to Michael Gobrecht ([mike@wsyswim.org](mailto:mike@wsyswim.org)) or 717 514-2287





