

Brentwood SeaWolves

...Swim with the pack!



SeaWolves News . . .

Summer Swimming & Water Polo

Summer Swim Program ~

The SeaWolves Coaches are prepared to make the summer swim time a fun and challenging experience! Swimmers ought to be capable of swimming the length of the pool unassisted. Swimmers will be integrated with the year round swim groups according to their ability level and at the coaches' discretion. Practices are Monday-Thursday, June 7th-August 12th at the Heritage High School Pool. Morning practice times listed below and beginning July 26th all practice times will move to evening. Program registration includes the required USA Swim Membership.

Intro to Swim - Groups A, B or C **\$225**

The Intro to Swimming program prepares swimmers to graduate to the Junior level program. The focus is on developing a strong foundation in all four competitive strokes, as well as starts and turns. (Limited group size)

Groups: A 8:45-9:30am, B 9:30-10:15am or C 10:15-11am

Junior - 10:00-11:00am **\$245**

The Junior program continues to focus on efficient stroke mechanics in butterfly, backstroke, breaststroke and freestyle through various stroke drills, as well as starts and turns.

Jr Elite - 8:30-10:00am **\$275**

The Junior Elite program involves an increased level of training in all four competitive strokes with proper stroke technique.

Senior/Sr Elite - 8:30-10:30am **\$325**

The Sr/Sr Elite group consists of dedicated middle and high school aged swimmers. Practices are geared toward a higher level of training intensity along with the focus of efficient stroke mechanics in all four competitive strokes.

Swim Discounts & Payment Plan: **\$50** early registration discount on program fees if full payment, and paperwork, is received by Monday, May 10th and **\$25** if received by Monday, May 24th. Payment plans available upon request.

Summer Water Polo Program ~

Program goals are four basic axioms which must be followed to make teams competitive: conditioning, ball handling, defense and offense. With the development of these four key aspects of the game the SeaWolves Polo team is confident that we will make the program both fun and competitive. All groups practice Monday, Tuesday and Thursday at the Heritage High School Pool. Program registration does NOT include the required USWP Membership.

Junior SeaWolves ~ (Coed, 4th-8th graders) **June 7th - July 20th**

14&Un and 12&Un - 7:00-8:00pm **\$170**

High School Boys and Girls ~ **May 24th - July 15th plus UOP Clinic UOP** (see below)

18&Un and 16&Un Boys - 8:00-9:30pm **\$295**

First week of practice is Tuesdays & Fridays 7-9pm and second week Tuesday-Thursday 7-9pm

18&Un and 16&Un Girls - 5:30-7:00pm **\$295**

First week practice is Monday & Thursday 7-9pm and second week Tuesday-Thursday 7-9pm

University of the Pacific Water Polo Clinics

James Graham, head coach of the University of the Pacific (UOP) water polo program, will bring members of his 2010 UOP Water Polo team to join the SeaWolves for two - 2 hours clinics, on June 1st and 3rd, from 7-9pm. (Yes, we are aware this is finals week, but this was the only time the clinic program could be scheduled). This is open to high school level players enrolled in the summer session of the SeaWolves Water Polo program, including boys and girls. There is no additional fee for the clinics.

From 2005-07, Coach Graham served as the assistant coach for the United States National Youth Team, and recently traveled to Europe with the USA Men's Senior National Team as a part of their staff for the World Super Finals. He has also been the head coach for the National 2-Meter Development Camp and Holiday Camp held at the Olympic Training Center in Colorado Springs, Col., over the past three years. In addition, he has been a coach at the Camp of Champions annually held in Long Beach, Calif. Coach Graham and the UOP players bring a lot of experience to the SeaWolves and we look forward to this opportunity.

Polo Discount & Payment Plan: **\$25** early registration discount on program fees if full payment, and paperwork, is received by Friday, May 7th. Payment plans available upon request.

BrentwoodSeaWolves.com

Registration forms attached. Please call the Wolf Line: 240-7444 for details!