

Dear Current Excel Team Member: Attached/enclosed is May-August 2019 membership term group training program information. As always, enrollment is on a first-received basis until swim sessions are full with **current Excel members receiving advance priority enrollment opportunity to secure preferred swim session days and times** before returning members or newbies sign up.

- > First fully review membership information. Direct any membership, financial or schedule questions to Lisa via email or phone (**this conversation should not occur at the pool**). Best days/times to reach Lisa by phone are Tuesday, Thursday and Saturday mornings.
- > **Do NOT make a change from your current swim session days/times** without first checking with Lisa to make sure space is available to accommodate that switch. If your schedule changes after school ends, discuss with Lisa and indicate schedule change on your enrollment form (and **WHEN** change goes into effect).
- > Schedule Notes: During most facility events, we will swim in LIAC's Freedom Pool. Based on team survey response, we will **ADD** open water swim practices in July and August on Wednesday evenings, Friday mornings and Sunday mornings, along with **KEEPING** Sunday morning pool workouts.
- > Membership fee payment is by check or money order made payable to **EXCEL SWIMMING**, or by cash (exact amount only, please), or online with a credit card via Active.com. You can **HAND IN** form+payment to any Excel coach at workout, or **MAIL** (5-7 business days **BEFORE** due date), or process **ONLINE**.
- > All current member enrollments are **due before Wednesday, May 1**.
- > Event: **We will be hosting the Point Lookout Ocean Swim Challenge on Sunday, August 11!!!**

Long course pool configuration starts Thursday, April 25, at which time **neoprene shorts are once again "in style"** through August. Pool setup will periodically switch between long course (50 meters) and short course (25 yards or 25 meters) throughout the summer, with the bulk of long course training occurring during the month of July. We will start off May with a combination of long-axis technique skills and interval training as everyone adapts to the 50 meter pool setup.

Let Lisa know what your **summer GOALS** are so we can all work together to help you achieve those goals!

If you know of anyone who is interested in joining our team, encourage them to contact Lisa via email to request information, ask questions, or to schedule participation in a free trial swim.

Remember to regularly check the Excel "Swim Schedule" website section for daily and monthly schedule details. The preliminary May, June, July and August swim schedules were posted on our website on April 15.

Please let Lisa know if you do **NOT** intend to renew your Excel membership for the May-August membership term.

The entire Excel coaching staff looks forward to working together with you for a fast, fun and successful summer!

Excel Swimming • [www.excelswimming.com](http://www.excelswimming.com) • 516-294-SWIM (7946)  
Mailing Address: 734 Franklin Avenue #383, Garden City, NY 11530

## EXCEL GROUP TRAINING SWIM SCHEDULE May-August 2019 Membership Term

<u>DAY OF WEEK</u>	<u>SWIM TIMES</u>
Monday morning	6:00 - 7:30AM
Monday morning	7:30 - 9:00AM
Tuesday evening	7:00 - 8:15PM
Wednesday morning	6:00 - 7:30AM
Wednesday morning	7:30 - 9:00AM
Thursday evening	7:00 - 8:15PM
Friday morning	6:00 - 7:30AM
Friday morning	7:30 - 9:00AM
Sunday morning	9:00-10:30AM

Federal and major religious holidays or facility special events may occasionally alter the swim schedule. During most facility events, we will swim in LIAC's Freedom Pool adjacent to the Aquatic Center. Full monthly schedule details with any potential changes are posted well in advance on the Excel website.

Special arrangements can be made for those with rotating work schedules, i.e. medical professionals and first responders. Simply contact Lisa Baumann in advance to discuss arrangement.

Coach-supervised and lifeguard or kayak-escorted open water swim practices will be added to the above pool schedule in July and August. A special early-season open water swim clinic and practice session will be held at West Neck Beach on Sunday, June 30 morning (especially important for those with open water swimming anxiety, lack of experience, or navigation issues).

Facility membership is not required for Excel participation, but we do encourage you to consider purchasing a Nassau County Leisure Passport if you wish to swim during non-Excel times. A Leisure Pass provides you with discounted access to all County parks, beaches, museums, golf courses, etc. Visit the Aquatic Center front desk for Leisure Pass information.

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✧ MARK YOUR CALENDAR ✧

**Sunday 30 June 2019**

**Special Open Water Swim**

**Clinic & Training Session at West  
Neck Beach for both Newbies and  
Experienced Open Water Swimmers  
Sponsored by Swim Across America**

**~ Post-Swim Breakfast Included ~**

**OPEN to EVERYONE - Invite Friends!**

**Great Venue for a bike or run too!**

*....details available soon....*

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**Sunday 11 August 2019**

**Point Lookout Ocean Challenge**

**~ hosted by Excel Swimming ~**

**1 Mile & 2 Mile Swim Distances,**

**Individual & Relay, Wetsuit & Non-**

**Wetsuit Participation Options for**

**both Adults (18 & older) & High**

**School Youth (age 14-17)!**

*....info available soon....*

## Excel Group Training Program Enrollment Form • May-August 2019 Membership Term

**#1:** Fill in all personal data and contact information (please print clearly). Email is our primary form of communication.

First & Last Name \_\_\_\_\_ Sex (circle one): M F

HOME or MAILING address (include apartment, floor or suite number, if applicable, plus city, state & zip code):

\_\_\_\_\_

Primary E-Mail Address: \_\_\_\_\_

Secondary E-Mail Address: \_\_\_\_\_

DOB mm/dd/yyyy: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_ Occupation: \_\_\_\_\_

CELL: (\_\_\_\_)\_\_\_\_-\_\_\_\_ HOME: (\_\_\_\_)\_\_\_\_-\_\_\_\_ WORK: (\_\_\_\_)\_\_\_\_-\_\_\_\_

**#2:** Select (☒ or ✓ box) your swim days and times. You may only swim during selected and paid for sessions.

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Monday 6:00-7:30AM  | <input type="checkbox"/> Wednesday 6:00-7:30AM | <input type="checkbox"/> Friday 6:00-7:30AM  |
| <input type="checkbox"/> Monday 7:30-9:00AM  | <input type="checkbox"/> Wednesday 7:30-9:00AM | <input type="checkbox"/> Friday 7:30-9:00AM  |
| <input type="checkbox"/> Tuesday 7:00-8:15PM | <input type="checkbox"/> Thursday 7:00-8:15PM  | <input type="checkbox"/> Sunday 9:00-10:30AM |

**#3:** Select (☒ or ✓ box) your membership, which should reflect #2 number of weekly reserved swim sessions.

Membership fee is payable by check or money order to EXCEL SWIMMING.

\*DISCOUNT = Age or Marital Status as of the first ten (10) days of membership term.

JR = 18-24 years of age; SR = 65 years of age or older; Couple = Legally Married.

	<u>Individual Fee</u>	<u>*Discount Fee</u> Jr - Sr - Couple
2-3 Weekly Swims .....	<input type="checkbox"/> \$360.00 .....	<input type="checkbox"/> \$300 each
4-5 Weekly Swims .....	<input type="checkbox"/> \$400.00 .....	<input type="checkbox"/> \$340 each
6-7 Weekly Swims .....	<input type="checkbox"/> \$440.00 .....	<input type="checkbox"/> \$380 each
8-9 Weekly Swims .....	<input type="checkbox"/> \$480.00 .....	<input type="checkbox"/> \$420 each

**#4:** I have fully reviewed Membership Terms, and acknowledge understanding and acceptance of same.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Excel Swimming Membership Terms • May-August 2019

- > **2019 USMS registration under Excel Swimming in the New Jersey LMSC (NOT in Metro)** is required for enrollment, participation eligibility and to satisfy insurance mandates. **NO USMS = NO SWIM.**
- > Enrollment is on a first-received basis with current members receiving advance priority enrollment notice, followed by returning members and then newbies. Each session has a maximum number of participants associated with it. Selected swim days and times may not change. **Special arrangements can be made for those with rotating work shifts**, i.e. medical professionals, EMT's, first responders, NYPD, FDNY, etc. Note: If your selected/paid for session is cancelled, you may substitute another day/time **after checking with Lisa Baumann** to make sure space is available/extra lanes have been rented.
- > All members are on the same billing cycle for bookkeeping and administrative purposes. Each year is divided into three four-month membership terms (January-April, May-August, September-December). **Prorated fee** is calculated for late enrollment **after two weeks** if room remains available. Membership expires at the end of each four-month term. We do not offer pay-as-you-go or punch-card membership options. **Excel membership and USMS registration fees are non-refundable and non-transferable.**
- > Our group training program provides comprehensive pool and open water technique and training opportunities to develop the "complete swimmer". Short course pool swimming encompasses four-stroke (freestyle, backstroke, breaststroke, butterfly) technique instruction, skill enhancement and training (along with racing starts and flipturns) via intervals, race-pace and lactate sets, power and speed workouts. Long course and open water swimming includes primarily freestyle aerobic base foundation, pace development, descend and negative split concepts, open water sighting, breathing and navigation skills. Athletes enrolled in our training program should be willing to learn and embrace all aspects of becoming a "complete swimmer" for a balanced approach to your swimming experience. Training focus shifts are respective to the short course pool (September-April) and long course/open water (April -August) seasons.
- > Minimum capability to participate in our group training program is the ability to swim freestyle on a 2:20 per 100 yard, or 2:30 per 100 short course meter, or 2:40 per 100 long course meter interval.
- > Members are expected to follow facility rules and comply with **double attendance/sign-in** (at front desk and on pool deck) procedure. **No [music] ear buds may be worn** during group pool training, instruction or open water swim practices. **No neoprene shorts may be worn** during the winter indoor (September-April) pool training season, and **no pull buoy used** (unless the coach incorporates it into a technique skill). **No diving is permitted** unless racing starts are being practiced and supervised by a coach.
- > **Excel members are required to support our program by working a 2-3 hour shift at one Excel-hosted event during each membership term if/when our team is hosting an event. If event date presents a conflict, contact Lisa Baumann in advance to find out how you can help prior to hosted event date.**
- > Members are expected to represent Excel Swimming in USMS-sanctioned events by wearing team gear and/or team apparel, even if that "gear" is simply an Excel team swim cap. Contact Lisa to purchase an Excel swim cap or team apparel.
- > If you have any schedule, membership or financial issues, discuss privately with Lisa. **This conversation should not occur at the pool.** Best days/times to reach Lisa in the Swim Office (516-294-7946) are Tuesday, Thursday and Saturday mornings.
- > **Regularly check the Excel "Swim Schedule" website section** to remain aware of what is going on. Additional info regarding upcoming events, recent results, photos, articles and technique tips are frequently posted on the **Excel Swimming Facebook page**. "LIKE" Excel on Facebook at: <https://www.facebook.com/pages/Excel-Swimming/315730798448805>

Contact Program Director Lisa Baumann at [excelswimming@aol.com](mailto:excelswimming@aol.com)  
Postal Address: 734 Franklin Avenue #383, Garden City, NY 11530-4525