

Dear Current Member:

Attached is January-April 2023 membership material. As always, current members receive advance enrollment opportunity to secure preferred swim session days and times before returning members or newbies can sign up.

The **first 48 enrollments received** get a free, beautifully designed and unique team t-shirt commemorating Excel's 25 Years of Excellence [1998-2023]! Shirts are 50/50 cotton/poly blend (adult unisex sizing) with classic full color artwork on the front. Indicate your shirt size on enrollment form.

- > Review attached membership material. Contact Lisa if you have any questions or problems.
- > Please let Lisa know **if you do NOT plan to renew** your Excel membership (so wait-listed individuals can be accommodated).
- > **Do NOT CHANGE** your swim session selection without first checking with Lisa to make sure space is available to accommodate that change. We do have to operate within a lane-rental limit.
- > First **renew your USMS registration** for 2023 **BEFORE** submitting enrollment. Go to the following link and click the green "Become a 2023 Member" button to process:
<https://www.usms.org/reg/members/club.php?ClubAbbr=XCL&RegYear=2022>
- > There is no online enrollment or credit card [or Venmo or other digital wallet app] payment option.
- > A supply of current member info packets with enrollment form and pre-addressed return envelope is available at the pool. Request a packet from any Excel coach at any December workout.
- > Submit fully executed legible enrollment form with check or money order payable to **EXCEL SWIMMING** (**you can post-date your check** if you wish) to any member of our coaching staff at workout, or MAIL or drop off so it is **received by Friday 30 December 2022** to:

Lisa Baumann, 734 Franklin Avenue #383, Garden City, NY 11530

(The UPS Store - 516-741-6245 - is Lisa's commercial mailing address)

Non-holiday hours: M-F 8:30am-6:30pm • Sat 9:00am-5:00pm • Sun 10:00am-3:00pm

Consider reaching out to former teammates, your friends, family members, co-workers or neighbors to encourage them to join our team. Have them contact Lisa via email for information and to schedule participation in a free trial workout.

Wishing everyone a joyous holiday season!

Program Director Lisa Baumann excelswimming@aol.com • 516-294-7946

Mailing Address: 734 Franklin Avenue PMB #383, Garden City, NY 11530

EXCEL GROUP TRAINING SCHEDULE

January-April 2023 Membership Term

<u>DAY OF WEEK</u>	<u>SWIM TIME</u>
Monday morning	6:00 - 7:30AM
Monday morning	7:30 - 9:00AM
Tuesday evening	6:30 - 7:45PM
Wednesday morning	6:00 - 7:30AM
Wednesday morning	7:30 - 9:00AM
Thursday evening	6:30 - 7:45PM
Friday morning	6:00 - 7:30AM
Friday morning	7:30 - 9:00AM
Sunday morning	9:00-10:30AM*

*We typically swim in the **Freedom Pool** (adjacent to the Aquatic Center via hallway behind front desk) on Sunday morning if/when a facility special event is being held in the main pool.

Full monthly schedule details are posted well in advance on the Excel website. Major federal and religious holidays or facility special events might occasionally alter the schedule. If your selected and paid for regular swim session is canceled, you can **substitute another swim session day/time that same week after contacting Lisa in advance** to make sure we have access to extra lanes. **Special arrangements** are available for **medical professionals** and **first responders** with **rotating work schedules**. Contact Lisa Baumann via email in advance so that your schedule needs can be accommodated.

Excel membership is separate from facility membership and does not include use of the gym, jacuzzi or sauna. **Facility membership is NOT required for Excel team membership**, 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 pools, parks, beaches, museums, golf courses, etc. Visit the Aquatic Center front desk for Leisure Pass info.

Contact Program Director Lisa Baumann excelswimming@aol.com or 516-294-SWIM (7946)
Excel Swimming Mailing Address: 734 Franklin Avenue #383, Garden City, NY 11530-4525

Enrollment Form • Excel Group Training Program • January-April 2023 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

FULL 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: ____/____/____ Age: ____ Occupation: _____
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Indicate Your T-Shirt Size (circle one): S M L XL XXL Daytime Phone: (____)____-_____

#2: Select (☒ or ✓ box) the swim session days and times in which you want a reserved spot.

- | | | |
|--|--|--|
| <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 6:30-7:45PM | <input type="checkbox"/> Thursday 6:30-7:45PM | <input type="checkbox"/> Sunday 9:00-10:30AM |

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

Membership fee is payable by check or money order to EXCEL SWIMMING (or cash; exact amount only please).

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

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

	<u>Individual Fee</u>	*Discount Fee <u>Jr - Sr - Couple</u>
2-3 Weekly Swims	<input type="checkbox"/> \$400.00	<input type="checkbox"/> \$330 each
4-5 Weekly Swims	<input type="checkbox"/> \$440.00	<input type="checkbox"/> \$365 each
6-7 Weekly Swims	<input type="checkbox"/> \$480.00	<input type="checkbox"/> \$400 each

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

Signature: _____ Date: _____

Excel Swimming • www.excelswimming.com • 516-294-SWIM (7946)

Mailing Address: 734 Franklin Avenue #383, Garden City, NY 11530

Excel Swimming Info & Terms • January-April 2023 Membership Session

- > **USMS registration** under **Excel Swimming** within the **New Jersey LMSC (NOT in Metro)** is required for Excel training program enrollment and participation eligibility and to satisfy insurance mandates. **NO USMS = NO ENROLLMENT = NO SWIM.**
- > Enrollment is on a first-received basis with current members receiving advance 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. Exception: **Advance arrangements can be made for medical professionals and first responders with rotating work shifts.**
- > If your selected/paid for session is canceled, you may substitute another day/time that same week **after checking with Lisa Baumann** to make sure extra lanes and space are available.
- > **Special Covid-19 Notice:** If the facility is shut down due to Covid-related issues, thereby forcing our team to miss more than 14 consecutive days of swimming, you will receive a membership credit for the length of time the pool is closed. This credit may only be applied to our next (May-August) membership term.
- > All members are on the same billing cycle for bookkeeping and administrative purposes. Each year is divided into three 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 term. We do not offer pay-as-you-go or punch card memberships. **Excel membership and USMS registration fees are non-refundable and non-transferable.**
- > Our group training program provides comprehensive technique and training opportunities to develop the “complete swimmer”. Short course pool swimming encompasses four-stroke (freestyle, backstroke, breaststroke and butterfly) technique instruction and skill enhancement, interval training, race-pace and lactate sets, power and speed workouts. Long course and open water swimming includes primarily freestyle aerobic 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 program 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 training program: swim freestyle on a 2:20 per 100 yard, 2:30 per 100 short course meter or 2:40 per 100 long course meter interval, the ability to read the paceclock, understand intervals and comprehend workout set details.
- > Use of a buoy or wearing neoprene shorts is strongly discouraged since both mask poor technique and body position issues that should be addressed and corrected rather than avoided or ignored.
- > **No diving into the pool is permitted** (this is an insurance issue) unless racing starts are being practiced and supervised by a coach.
- > **Excel members are required to support our program by working at Excel-hosted event(s) during membership term if/when our team is hosting an event.** If event date presents a conflict for you, contact Lisa Baumann in advance to find out how you can help support our team prior to hosted event date.
- > Members are expected to represent Excel Swimming in USMS-sanctioned events by wearing team gear, even if that team gear is simply an Excel swim cap. Contact Lisa if you wish to purchase an Excel team swim cap or any team apparel.
- > **Regularly check the Excel “Swim Schedule” website section** to remain aware of what is going on, when and where.
- > If you have any schedule, membership or financial issues, please 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.

Contact Program Director Lisa Baumann at excelswimming@aol.com

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