



## Registration or account questions:

Registrar: Sue Peri

[registrar@DavisAquaMonsters.org](mailto:registrar@DavisAquaMonsters.org)

## Group or swimming questions:

Director: Koren Motekaitis

[directors@DavisAquaMonsters.org](mailto:directors@DavisAquaMonsters.org)

## FALL PRACTICE SCHEDULE

### Davis Swim & Fitness (DSF)

Non members pay \$20/monthly DSF club fee in addition to session fee. Please make arrangements at front desk.

GROUPS	TIMES	DAYS	FEES	DATES
7 & unders	3:00 - 3:45 pm	TThF	\$190	8/23-10/28
7 & unders	3:45 - 4:30 pm	TThF	\$190	8/23-10/28
<b>WHITE</b>				
8-10 year olds	3:45 - 4:45 pm	TThF	\$235	8/23-11/18
9-12 year olds	4:30 - 5:30 pm	TThF	\$235	8/23-11/18
<b>RED</b>				
	4:45 - 6:15 pm	TThF	\$280	8/23-11/18

### Schaal (UC Davis)

You must pay to park or have a UCD parking permit or you MAY be ticketed! Follow UC Davis signs in regards to parking.

GROUPS	TIMES	DAYS	FEES	DATES
7 & unders	6:00 - 6:45 pm	MWF	\$190	8/22 - 10/28
7 & unders	6:45 - 7:30 pm	MWF	\$190	8/22 - 10/28
<b>WHITE</b>				
8-10 year olds	6:00 - 7:00 pm	MWF	\$235	8/22 - 11/18
11-14 year olds	7:00 - 8:00 pm	MWF	\$235	8/22 - 11/18
<b>RED</b>				
	6:30 - 8:00 pm	MWF	\$280	8/22 - 11/18
<b>BLACK</b>				
	6:00 - 8:00 pm	MWF	\$380	8/22 - 11/27
	4:30 - 6:30 pm	TTh		
<b>HIGH SCHOOL</b>				
	6:00 - 8:00 pm	MWF	\$395	8/22 - 11/27
	4:30 - 6:30 pm	TTh		
<b>AM PRACTICE @ SCHAAL 5:30-7AM 8/22-9/4</b>				
<b>AM PRACTICE @ HICKEY MTH 5:30 - 7AM 9/8-11/21 * 8th-12th graders</b>				
DRYLAND training @ P22		TThSun	TBD	TBD
Dryland is for 8th grade and older who are competitive swimmers				
Tues/Thur	7-8pm	Sunday	TBD	
See Addendum for Schaal time changes due to ICA schedule				



Davis AquaMonsters  
PO Box 788  
Davis, CA 95617-0788



## PRACTICES & GROUPS

**No Practice on:** September 5th

### **WHICH GROUP TO SIGN UP FOR:**

First pick the site that suites your needs. As swimmers advance there are fewer choices in terms of times and locations. When starting out with the team there are many choices that can work with your family's schedule.

Your child's age on the first day of the session is how we usually determine group placement. For instance your child is 7 on the first day of FallSession but turns 8 on Sept15th. Sign your child up for the 7 & unders session. There are great benefits to staying in our 7&u group - better swimmer: coach ratio, more teaching and skill development focused, more age appropriate fun.

**White Group: (8 - 14 year olds)** This is for our swimmers looking to develop their swimming skills and improve fitness with age appropriate fun. Swimmers in this group can be seasonal swimmers or those who like to practice on a year round basis. Former 7&unders who have turned 8 start in this group.

**Red Group: (9-14 year olds)** This is a training group for swimmers who swim on a year round basis and our preparing for the competitive season. The focus of this group is on stroke technique, interval training and race development. Red group placement is by director recommendation. Swimmers currently in a RED group remain in this group.

**Black Group:** This is a training group with emphasis on stroke technique, interval training and race development at a more intense level than the Red Group. Swimmers are required to have their own specific training gear - fins, etc. The coach will determine the training gear needed for each swimmer in this group. **Black group placement is by director recommendation.**

**High School Group:** This group is for our swimmers who swim in high school. Again there is the focus on stroke technique with an increase of training needs for this age group along with proper race preparation for each swimmer. As with many of our groups we have multi-sport athletes so training may be tailored to help in those areas. Swimmers will be required to have their own specific training gear - fins, etc. The coach will determine the training gear needed for each swimmer in this group. **High school group placement is by director recommendation.**

**Our goal is to meet each swimmer where they are and help them improve.** This is best done with: 1) adequate space, 2) teammates of similar experience and 3) an environment where the swimmer feels comfortable with the given practices. If you have questions regarding group assignments, please contact **Koren Motekaitis** at [directors@davisaquamonsters.org](mailto:directors@davisaquamonsters.org) to answer your questions.

Our coaching philosophy is that **Every Monster Matters and Talent is Created, Not Born**. If your child starts out in the White group that will not prohibit your child from becoming a Black group swimmer one day. Instead it will give the swimmer and coach the opportunity to teach and develop the skills necessary for your child to really flourish in our sport.



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[www.DavisAquaMonsters.org](http://www.DavisAquaMonsters.org)



## HOW TO REGISTER

### HOW TO REGISTER

- 1) Choose your practice location and time.
- 2) Go online to **[www.davisaquamonsters.org](http://www.davisaquamonsters.org)**
- 3) Click **Register** and then **Online Registration** and follow instructions.
- 4) Mail your **Session Fee**, and (for new AQM members) pro-rated **Annual Registration fee (\$25)** to:  
**Davis AquaMonsters | PO Box 788 | Davis, CA 95617-0788.**

**Payments must be received within 5 business days of online registration.** If we do not receive payment, we reserve the right to: 1) give your spot to another swimmer; 2) add a \$15 late fee to each swimmer registration for the first 30 days, and increase it to \$30 per each swimmer's registration after 30 days regardless of practice attendance. Even if your child does not attend one practice, once you have submitted your online registration you are financially responsible for the session fees.

We urge early registration for all sessions/clinics. This enables us to properly staff the groups. If enrollment is low, we reserve the right to cancel the session/clinic. Coaches will be assigned groups after we receive registration. Our 7 & under groups have a minimum of 6 swimmers to a group. **Your spot is secured once your online registration is complete and all paperwork and payment have been mailed to the Davis AquaMonsters. We do NOT send confirmations. You can check your account registration online. We only notify you if we CANCEL a session.**

**Trial period for new swimmers:** In order to participate in the one week (approx. 3 consecutive practices) trial period, all fees must be paid & registration completed prior to the trial. If either party is not satisfied, the Davis AquaMonsters will refund the full session payment.

**Pro-rates/refunds:** To ensure the lowest possible fees for ALL AQM we do not offer pro-rates nor refunds. Refunds are only available to trial period new swimmers.

**Third swimmer discount:** 50% off lowest swim session fees & DSF fee (annual registration fee excluded from this discount).

**Age requirement:** **AQM swimmers must be at least 5 years old** and in kindergarten on the first day of the session.

### Registration or account questions:

Registrar: Sue Peri                      registrar@DavisAquaMonsters.org

### Group placement or swimming questions:

Director Koren Motekaitis              directors@DavisAquaMonsters.org

# Every Monster Matters

## Schaal ADDENDUM

Due to Schaal availability we will have some changes to our regular schedule.

<b>GROUPS</b>	<b>TIMES</b>	<b>DAYS</b>	<b>DATES</b>
7 & unders	6:30 - 7:15 pm	MWF	9/5 - 9/18
7 & unders	7:15 -8:00 pm	MWF	9/5 - 9/18

### **WHITE**

8-10 year olds	6:30 - 7:30 pm	MWF	9/5 - 9/18
11-14 year olds	7:30 - 8:30 pm	MWF	9/5 - 9/18

### **RED**

	7:00 - 8:30 pm	MWF	9/5 - 9/18
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### **BLACK**

	4:00 - 6:00 pm	TTh	8/22 - 9/4
	6:30 - 8:30 pm	M-F	9/5 - 9/18

<b>HIGH SCHOOL</b>	4:00 - 6:00 pm	TTh	8/22 - 9/4
	6:30 - 8:30 pm	M-F	9/5 - 9/18