



**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)

**MARCH STROKE CLINIC**

**Get Fit SPORT**

Non members pay \$20/monthly GFS club fee in addition to session fee.

| <b>GROUPS</b>  | <b>TIMES</b>   | <b>DAYS</b> | <b>FEES**</b> |
|----------------|----------------|-------------|---------------|
| Big Monsters   | 3:45 - 4:30 pm | MThF        | \$95          |
| <b>WHITE</b>   |                |             |               |
| 8-10 year olds | 3:45 - 4:45 pm | MThF        | \$100         |
| 9-13 year olds | 4:30 - 5:30 pm | MThF        | \$100         |
| <b>RED*</b>    |                |             |               |
| RED            | 4:30 - 6:00 pm | MThF        | \$120         |

See email for details about March Stroke Clinic

**Schaal (UC Davis)**

parking.

| <b>GROUPS</b>      | <b>TIMES</b>   | <b>DAYS</b> | <b>FEES**</b> |
|--------------------|----------------|-------------|---------------|
| Big Monsters       | 6:00 - 6:45 pm | MWF         | \$95          |
| Big Monsters       | 6:45 - 7:30 pm | MWF         | \$95          |
| <b>WHITE</b>       |                |             |               |
| 8-10 year olds     | 6:00 - 7:00 pm | MWF         | \$100         |
| 11-14 year olds    | 7:00 - 8:00 pm | MWF         | \$100         |
| <b>RED*</b>        |                |             |               |
| RED                | 6:30 - 8:00 pm | MWF         | \$120         |
| <b>BLACK</b>       |                |             |               |
| Black              | 6:00 - 7:30 pm | MWF         | \$145         |
|                    | 4:30 - 6:00 pm | TTh         |               |
| <b>HIGH SCHOOL</b> |                |             |               |
| High School        | 6:00 - 8:00 pm | MWF         | \$160         |
|                    | 4:30 - 6:30 pm | TTh         |               |
| AM                 | 5:30 - 7:00 am | MTh         |               |

\*Swimmers are placed in these groups via Director.

\*\* FEES based on check pricing. Credit card payments have a 5% surcharge



Davis AquaMonsters

PO Box 788

Davis, CA 95617-0788

## PRACTICES & GROUPS

### 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 determine group placement. For instance your child is 7 on the first day of Fall Session but turns 8 on Sept 15th -sign your child up for the Big Monsters session. There are great benefits to staying in our BIG MONSTERS- better swimmer: coach ratio, more teaching and skill development focused, more age appropriate fun.

**BIG MONSTERS(Ages 5-8.5):** New swimmer to very competitive 8&unders. Our focus is on developing swimming skills, proper stroke development and improving fitness with age appropriate fun.

**White Group (Ages 8-14):** This is for new to competitive swimmers. The focus of WHITE group to develop their swimming skills proper stroke development while improving fitness with age appropriate fun. Swimmers in this group can be seasonal swimmers or those who like to practice on a year round + competitive basis.

### RED/BLACK/HIGH SCHOOL GROUPS

Swimmers in each of these groups are required to have their own specific training gear. Go to [davisaquamonsters.org](http://davisaquamonsters.org) for a list of gear for each group along with where to purchase your gear. Swimmers are moved up into each of these groups via Director recommendation and approval. Move ups generally occur for March Stroke Session and then again in the Fall Session.

**Red Group (Ages 9-14):** 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. There is an expectation for swimmer's in this group to compete at swim meets.

**Black Group (Ages 11-15):** This is a training group with emphasis on stroke technique, interval training and race development at a more intense level than the Red Group

**High School Group (Ages 14-18):** This group is typically for our swimmers who swim in high school. Again there is the focus on stroke technique with an increase of training needs for high school aquatic athletes 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.

**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



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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) **Annual Registration fee (\$40)** 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.

**CHECK/CREDIT CARD payment options - For those who wish to pay via credit card, the convenience fee is included in the session total under CREDIT CARD.**

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 & (GET FIT SPORT + annual registration fee excluded from this discount).

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

### Registration or account questions:

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### Group placement or swimming questions:

Director Koren Motekaitis



# Every Monster Matters