

BOSTON SPORTS CLUBS CRUSH SWIM TEAM

Boston Sports Clubs Crush Swim Team is a member of USA Swimming with about 100 swimmers between 2 sites; Salisbury & Methuen. The mission of Crush Swim Team is to provide local swimmers the opportunity to learn and grow in the sport of competitive swimming in a flexible, low commitment environment. Coaches work to help swimmers develop solid technical skills, high self-esteem, dedication, and an ability to work as part of a team. Our goal is for swimmers to achieve both their own personal best and a love of the sport.

Every swimmer must register with USA Swimming. There is a choice of registering for the Flex membership or the Athlete membership. Flex membership is for swimmers who want to experience swimming on a team and includes the option of two swim meets per year (excluding LSC championships, zone, sectional and national level). Athlete membership is for swimmers who want to participate in an unlimited amount of meets including LSC championships, zone, sectional, and national levels. The Athlete membership fee is \$116.00. The Flex membership fee is \$58.00.

A full meet schedule will be on the website. Meets are typically Saturday/Sunday and are at local Y's, UNH, Exeter, Portsmouth, etc. Meet season starts at the end of October and runs until Championships at the end of March.

Once your child is assigned to a team, you pick how many days a week you want them to attend swim practice and drop on by to any of the offered practice times designed for that group!

PRE TEAM

This team is an introductory program that teaches children the fundamentals of being on a swim team within a fun learning environment. Swimmers will improve Freestyle and Backstroke as well as learn the basics of Butterfly and Breaststroke. Lots of drills are used to keep children interested, having fun & learning.

AGES: 5-8

ABILITY: Can swim 25yards Freestyle with rotary breathing & 25 yds Backstroke without stopping.

PRACTICES: Pick 2x a week

Monday 3:45-4:30pm

Tuesday 4:15-5:00pm

Wednesday 3:45-4:30pm

Thursday 4:15-5:00pm

AGE GROUP I TEAM

This team is the next step developmental program with a primary focus of establishing proper technique of all four strokes. Swimmers will use drills and stroke progressions to improve skills further and build strength. The main goal is to learn how to swim and perform all strokes, turns, and finishes legally for competition.

AGES: 8-12

ABILITY: Can swim 100 yards without stopping and have a basic knowledge of all four competitive strokes.

PRACTICES: Pick 2x or 3x a week

Monday 6:00-7:00pm

Tuesday 5:00-6:00pm

Wednesday 6:00-7:00pm

Thursday 5:00-6:00pm

Friday 6:00-7:00pm

**Tuesday & Thursday 6:00-7:00pm Dry Land
Training Age Group II & Up!**

AGE GROUP II TEAM

This team is a competitive program for swimmers with solid skills already in place. Swimmers still do a lot of drill work to continue with technique but will also begin to integrate speed training and longer distance sets to help build endurance.

AGES: 9-12

ABILITY: Can swim 500 yards in under 9 minutes and can swim a legal 200 IM.

PRACTICES: Pick 2, 3, or 4x a week

Monday 4:30-6:00pm

Tuesday 6:00-8:30pm

Wednesday 4:30-6:00pm

Thursday 7:00-8:30pm

Friday 4:30-6:00

JUNIOR TEAM

Can swim 400 yards without stopping and have a basic knowledge of all four competitive strokes.

AGES: 13-18

ABILITY: Can swim 500 yards in under 9 minutes and can swim a legal 200 IM.

PRACTICES: Pick 2, 3, or 4x a week

Monday 4:30-6:00pm

Tuesday 6:00-8:30pm

Wednesday 4:30-6:00pm

Thursday 7:00-8:30pm

Friday 4:30-6:00pm

SENIOR TEAM

This team is a competitive program for swimmers with solid skills already in place. The focus of this group is to increase power, speed, strength and endurance to meet swimmer's personal competitive goals.

AGES: 13-18

ABILITY: Can swim 500 yards in under 9 minutes and can swim a legal 200 IM

PRACTICES: Pick 2, 3, or 4x a week

Monday 4:30-6:00pm

Tuesday 6:00-8:30pm

Wednesday 4:30-6:00pm

Thursday 7:00-8:30pm

Friday 4:30-6:00pm



PRICES & POLICIES

POLICY: All Swimmers must complete a mandatory tryout/ trial swim with the team. This can be done anytime but you must schedule a time with the head coach. After your tryout, the coaches will assign swimmers to a team and give parents a sheet to fill out and bring in when they are ready to sign up. Parents must fill out the sheet, bring in a copy of child's "proof of age" (birth certificate or passport) and also make a payment for the USA swimming membership fee of \$116 . For the Flex option, the fee will be \$58. The front desk will collect all the paperwork and create an account for you. Swimmers should be with you as they will receive a scan card used to enter the gym and they will need to have their picture taken. Upon registering you will need to make the first month's payment as well as a \$20 enrollment fee. All subsequent payments will be directly debited from your account on the 1st of each month.

FREEZING/CANCELLING POLICY:

Cancellations require 30 day notice

Freezes start on the 1st of the month and require 48 hours notice

Prices:

Beginner	2x per week \$67
Age Group I	2x per week \$80 3x per week \$100
Age Group II	2x per week \$100 3x per week \$120 4x per week \$140
Junior/Senior	2x per week \$100 3x per week \$120 4x per week \$140 5x per week \$160

MISSION STATEMENT

Crush Swim Team provides swimmers with great values. Although Crush Swim Team is used to improve swimmers of all ages and abilities, we also believe kids should be kids. Our flexible options were designed because we understand that life and experiences outside the water are just as important. We provide a safe, fun environment, guided to encourage kids to be the best version of themselves!

BSC Salisbury

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**Need Additional Information?
Contact Salisbury Head Coach,
Eve Skirboll**

Eve.Skirboll@BostonSportsClubs.com



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