



Terrapins Swim Team

“Desire - Dedication - Determination”

(925) 680-8372

WWW.TERRAPINSWIM.COM



2018 - 2019 High School Pre-Season Training Program

DEC 3-21 + 27-29 2018

JAN 2 – 25 2019

Welcome Swimmers and Parents!!!

The Terrapins Swim Team wishes to welcome you to the 2018-19 season. We look forward to working with you over the next few months to help prepare you for a successful High School season. Getting in some pre season training will make a HUGE difference in your upcoming HS season.

The Terrapins are one of USA Swimming's most prestigious clubs. Our HS swimmers have been very successful at both league and NCS and we invite you to experience similar results. A professional staff, a progressive philosophy and a program based on education with sound physiological principles are what set the Terrapins apart. Our HS pre season program is geared specifically to help HS swimmers prepare for the upcoming HS season. Get a jump on your competition and Join TODAY!!

All practices are held at the Northgate HS + Carondelet Athletic Complex

Dec 3-21 3:45-5:15pm NGHS (Dec 22-26 OFF)

Dec 27-29 9:00-10:30am CAC + Jan 2-4 5:00-6:30pm CAC

Jan 7-25 3:45-5:15pm NGHS

COST - 445.00 PER SWIMMER

ALL PACIFIC SWIMMING REGISTRATION FEES INLCUDED IN PROGRAM FEES. ALL PARTICIPANTS WILL RECEIVE A TEAM CAP & T-SHIRT.

To register your swimmer for any of the Terrapin program options:

ON LINE REGISTRATION:

We encourage all participants to register using the TERA "on line registration" system located on the TERA web site at www.terrapinswim.com. This will insure that your spot is reserved and you will receive immediate confirmation of your payment and registration. **Online registration will be open after October 20 2018**

MAIL IN REGISTRATION OPTION:

- #1 Fill out the registration card completely.
(Each swimmer must have their own card. Feel free to duplicate.)
- #2 Mail program registration card & with full fees payable to **Terrapins Swim Team:**
HS PRE-SEASON PROGRAMS
PO Box 21127
Concord, CA. 94521

To receive additional registration packets or for additional information, call the Terrapins at (925) 680-8372 x205. or log on to our web page at www.terrapinswim.com

Terrapin 2018-19 Program Registration Card
(ALL INFORMATION MUST BE FILLED IN COMPLETELY)

Swimmer's First Name _____ Last Name _____ MI _____ Birth Date _____ Age _____ Gender _____

Address _____ City _____ Zip _____ Phone # _____ E-mail _____

E-mail address (most of team communication is done via e-mail. Include all addresses you wish to receive team communication)

HS PRE-SEASON PROGRAM COST IS 445.00 PER SWIMMER

ALL WORKOUTS ARE MON THROUGH THURS

REGISTERED PARTICIPANTS IN ALL TERRAPIN PROGRAMS WILL RECEIVE A TERRAPIN T-SHIRT AND A TEAM CAP

Swim Fee: _____