

2011-2012 University Swim Club Incentive Program

Goal: To encourage swimmers of all ages to make a commitment to the sport of swimming by agreeing to specific practice and meet attendance guidelines. Through this program, I hope to increase the percentage of swimmers who compete in at least 1 meet to 100% and who participate in at least 3 meets to 80%.

Reward: For those who elect to make the commitment, USC will loan them a special cap to be worn in meets. It will be a gold cap with a black USC logo on it. These caps are **only** available to those swimmers who make the commitment. If the commitment is not fulfilled, the swimmer will be asked to return the cap to his/her coach. Those swimmers making and fulfilling the commitment will have “purchased” their cap at the end of the season.

Program:

- Introductory Group – 2 practices per week
 - Fall Breakout Meet - Sunday 11/13 @ Solon HS
 - Winter Breakout Meet – Sunday 12/11 @ Kent Roosevelt
 - 1 meet of swimmer’s/family’s choice
 - Championship meet (one of)
 - 8 and Under Champs – Sunday 2/19 @ Lakewood
 - Bronze Qualifier – Sunday 2/26 @ The University of Akron
 - Silver Championships – Friday 3/2 – Sunday 3/4 @ The University of Akron
- Intermediate Group – 3 practices per week
 - CCS Age Group and Open – Saturday 10/15 – Sunday 10/16 @ Canton
 - Choice of November meet
 - SwimStrong Splash Out Cancer Meet – Saturday 11/5 – Sunday 11/6 @ Strongsville Rec Center
 - Fall Breakout Meet – Sunday 11/13 @ Solon HS
 - Mark J. Braun Fall Classic – Friday 11/18 – Sunday 11/20 @ Cleveland State University
 - Turkey Trot Meet – Saturday 11/26 @ Euclid HS
 - Shaker Shark Invitational – Friday 12/2 – Sunday 12/4 @ Cleveland State University
 - One of
 - LSSC New Year Stretch – Saturday 1/7 – Sunday 1/8 @ Rocky River HS
 - Jim Scullion Age Group Showdown – Saturday 1/14 – Sunday 1/15 @ Lakewood
 - Championship meet (one of)
 - 8 and Under Champs – Sunday 2/19 @ Lakewood
 - Bronze Qualifier – Sunday 2/26 @ The University of Akron
 - Silver Championships – Friday 3/2 – Sunday 3/4 @ The University of Akron
 - Lake Erie Swimming Championships – Friday 3/9 – Sunday 3/11 @ Cleveland State University
- Advanced Group (non high school age, no middle school program) – 4 practices per week
 - CCS Age Group and Open – Saturday 10/15 – Sunday 10/16 @ Canton
 - Choice of November meet
 - SwimStrong Splash Out Cancer Meet – Saturday 11/5 – Sunday 11/6 @ Strongsville Rec Center
 - Fall Breakout Meet – Sunday 11/13 @ Solon HS

- Mark J. Braun Fall Classic – Friday 11/18 – Sunday 11/20 @ Cleveland State University
 - Turkey Trot Meet – Saturday 11/26 @ Euclid HS
- Shaker Shark Invitational – Friday 12/2 – Sunday 12/4 @ Cleveland State University
- One of
 - LSSC New Year Stretch – Saturday 1/7 – Sunday 1/8 @ Rocky River HS
 - Jim Scullion Age Group Showdown – Saturday 1/14 – Sunday 1/15 @ Lakewood
- One of
 - Fabulous 50s – Saturday 2/4 @ Hubbard Community Pool
 - LESD IMX Dual Track Meet – Sunday 2/5 @ Hawken Upper School
- Championships
 - Bronze Qualifier – Sunday 2/26 @ The University of Akron
 - Silver Championships – Friday 3/2 – Sunday 3/4 @ The University of Akron
 - Lake Erie Swimming Championships – Friday 3/9 – Sunday 3/11 @ Cleveland State University
- Participating in a middle school program – 4 practices per week
 - CCS Age Group and Open – Saturday 10/15 – Sunday 10/16 @ Canton
 - One of
 - LSSC New Year Stretch – Saturday 1/7 – Sunday 1/8 @ Rocky River HS
 - Jim Scullion Age Group Showdown – Saturday 1/14 – Sunday 1/15 @ Lakewood
 - One of
 - Fabulous 50s – Saturday 2/4 @ Hubbard Community Pool
 - LESD IMX Dual Track Meet – Sunday 2/5 @ Hawken Upper School
 - One other meet throughout the season (either before or after middle school season) of family's choice
 - Championships
 - Bronze Qualifier – Sunday 2/26 @ The University of Akron
 - Silver Championships – Friday 3/2 – Sunday 3/4 @ The University of Akron
 - Lake Erie Swimming Championships – Friday 3/9 – Sunday 3/11 @ Cleveland State University
- High School – 4 practices per week
 - CCS Age Group and Open – Saturday 10/15 – Sunday 10/16 @ Canton
 - Freestyle Frenzy and Distance Frenzy – Sunday 10/30 @ Gilmour HS
 - Mark J. Braun Fall Classic – Friday 11/18 – Sunday 11/20 @ Cleveland State University
 - 1 more meet of choice before HS season begins (see schedule on website)
 - Championships
 - Bronze Qualifier – Sunday 2/26 @ The University of Akron
 - Silver Championships – Friday 3/2 – Sunday 3/4 @ The University of Akron
 - Lake Erie Swimming Championships – Friday 3/9 – Sunday 3/11 @ Cleveland State University