



# SUMMIT SWIMMING

[www.summitswimming.com](http://www.summitswimming.com)

2505 Tribble Gates Drive

Loganville, GA 30052

Office (770)466-5360

Pool (770) 979-1039

**15 YEARS IN A ROW !!  
SAME GREAT TEAM**

**LOWEST PRICES IN TOWN!  
SAME GREAT COACHES**



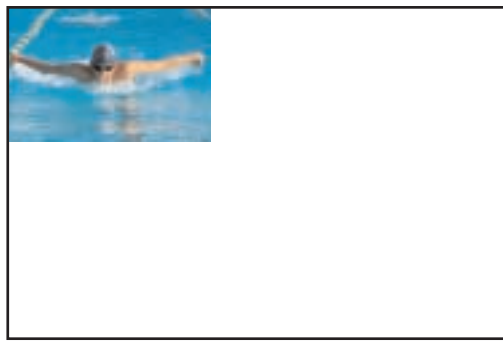
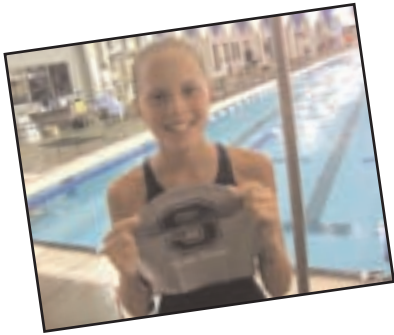
## TEAM GOALS

- 1) To create an environment which provides the best instruction and training for each swimmer.
- 2) To create each athlete's potential for developing high self esteem and positive self image.
- 3) To promote the values of hard work, self discipline and perseverance.
- 4) To motivate each athlete to develop his/her talents to the fullest.



Dry Land Training



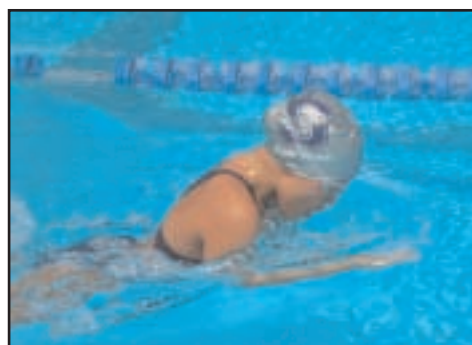


## **WELCOME** to Summit Swimming,

a team established with traditional values of *HARD WORK*,  
*DEDICATION*, *DETERMINATION* and an emphasis on *HAVING FUN!*

The team will remain small in an effort to ensure a high quality program. Our coaching staff will offer your swimmer the best coaching available. We will provide small numbers of swimmers in each lane as well as very convenient training hours, and at far less than what you would pay elsewhere.

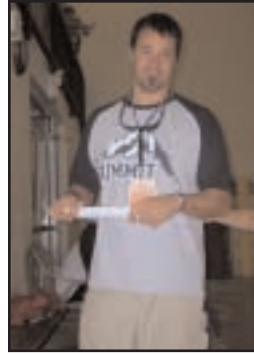
Summit Swimming is an established United States Swimming Club in Gwinnett County. The year-round swimming program is located in the Snellville/Loganville area and is committed to providing and maintaining high quality of instruction and training. The staff has coached swimmers from the age group level to the national level. Summit Swimming is committed to seeing your child develop into a high caliber swimmer. We invite you to come and join the fun.





**B. J. MARTIN**

B. J. has been involved with competitive swimming since 1989. He has coached summer league swimming since 1998 and began coaching at Summit Chase Swimming in October 2002. He is a graduate of Georgia Tech where he earned his Textile and Fiber Engineering Degree.



**HUMPHREY FRASER**

Humphrey was a member of a Schleuter Stroke Award winning staff. He is a former Dynamo and Gwinnett Aquatics coach. During his coaching career, Humphrey has coached many county, state and high school champions as well as Age Group Region, Senior Region, Junior National Qualifier, Senior National World Championship and Olympic Trials Qualifiers. Humphrey has a Bachelors of Science degree in Education, a Masters Degree in Technology and is currently seeking his Doctoral Degree in Leadership. He currently teaches in the Gwinnett County School System.



**MARY JO SHEPPARD**  
**Director of Lessons**

Mary Jo has been involved with competitive swimming in this area since 1992. She joined the coaching staff at Summit in October of 1997. Mary Jo's expertise includes swimming lessons, water safety instruction and even synchronized swimming. Her duties included Director of Lessons for high school stroke clinics and weekend summer league swim classes. Mary Jo has learned the importance of emphasizing basic techniques, communication and motivation through positive reinforcement.

**BRIAN LARAWAY**

Brian provides substitute coaching at The Summit.



**TEAM STRUCTURE**

**SUMMIT IV**

This is the first group for your young swimmer with the emphasis on developing sound fundamentals of the four competitive strokes. (4 hours offered) choose 3 of those hours. Primary ages 10 & under  
**\$105.00 per month**

**SUMMIT I.V**

This is an invite group that is geared toward an increase in drills, goal setting, stretching, practice attendance and greater stroke technique. With I.V, an opportunity to improve stroke technique at a faster rate is the focus. I.V swimmers are required to attend more meets and practices than groups hosting the same age groups. (7 hours offered) Primary ages 11-14  
**\$145.00 per month**

**SUMMIT III**

This is the first work-out group for SCAC. Emphasis is on development of the four competitive strokes as well as, start and turn techniques. (4 hours offered) Primary ages 9-12  
**\$110.00 per month**

**SUMMIT I**

This group represents increased work load with a sound background in stroke technique. It constitutes the first level at which training is emphasized over instruction. (10 1/2 hours offered) Primary ages 13 and up. 90% attendance required.  
**\$155.00 per month**

**SUMMIT II**

This group begins actual competitive training with careful attention still devoted to stroke technique. (5 1/2 hours offered) Primary ages 12 and up.  
**\$140.00 per month**

**PEAK**

This group constitutes the highest level within the Summit program. Swimmers with the necessary talent and desire are provided individualized training. **THIS GROUP IS BY APPOINTMENT ONLY.** (13 hours offered) 90% attendance required.  
**\$175.00 per month**

# PRACTICE SCHEDULE

	MON.	TUES.	WED.	THURS.	FRI.	SAT.
<b>SUMMIT IV</b>		4:30 - 5:20		4:30 - 5:20		9:00 - 10:00
<b>SUMMIT III</b>	6:30 - 7:30	6:30 - 7:30		6:30 - 7:30		9:00 - 10:00
<b>SUMMIT II</b>	6:15 - 8:00		6:15 - 8:00	6:15 - 8:00		9:00 - 10:00
<b>SUMMIT I.V</b>	5:00 - 6:30	5:00 - 6:30	5:00 - 6:30	5:00 - 6:30		8:00 - 10:00
<b>SUMMIT I</b>	5:00 - 7:00	5:00 - 7:00	5:00 - 7:00	5:00 - 7:00	5:00 - 6:00	8:00 - 10:00
<b>PEAK</b>	4:30 - 6:30	4:00 * - 6:30	4:30 - 6:30	4:00 * - 6:30	4:30 * - 6:00	8:00 - 10:00

\* **AM PRACTICE** - Times to be announced



## REGISTRATION FEE

Registration for Summit Swimming is \$120.00 for the first swimmer in each family, and \$110.00 for each additional swimmer in the family. This fee includes USS registration and insurance, team shirt, and team cap.

## DISCOUNTS

Family discounts are available for the 2nd swimmer at 10%, and for 3 or more at 20%. A 5% discount is available for dues paid one year in advance. Members of Summit Chase Country Club receive a 25% discount for all swimmers.

## TRYOUTS AND TEAM PLACEMENT

New swimmers may phone for an appointment to be placed in a Summit Swimming practice group. For information call (770) 466-5360.

## PAYMENT SCHEDULE

New swimmers are required to pay the registration fee and one month's dues in advance. Each swimmer will be billed for an additional 10 months of swimming. Any swimmer with an account balance over 30 days in arrears will not be allowed to practice with the group. **30 DAYS WRITTEN NOTICE IS REQUIRED BEFORE TERMINATING YOUR CONTRACT OR BEFORE TAKING A LEAVE OF ABSENCE.**

## FACILITY

Summit Swimming is located at Summit Chase Country Club. The pool is a six lane, twenty-five meter facility with a gently sloping depth from three and a half to twelve feet. The pool is heated and enclosed in a custom designed bubble for year round comfort.

