

BETT PROGRAMS

Pre-Compete 1 (PC1)

Ages range between 4 through 10. Able to swim 25-yards freestyle & backstroke.
Equivalent to Red Cross Level 4. Sixteen classes meeting twice per week for 30-minutes.
Focus is to improve Freestyle & Backstroke technique and introduce Breaststroke & Butterfly.

Pre-Compete 2 (PC2)

Ages range between 4 through 10. Able to swim 25-yards freestyle & backstroke.
Equivalent to Red Cross Level 6. Sixteen classes meeting twice per week for 45-minutes.
Focus is to improve Freestyle & Backstroke technique and teach Breaststroke & Butterfly.

Silvers (Stroke Instructional Program)

Ages range between 7 through 11. 1000-1500 yards per practice average.
Four practices per week offered lasting 1-hour. Recommend two to three practices per week (not mandatory).
Able to swim 50-yards of freestyle & backstroke, and 25-yards of breaststroke &/or butterfly.
Focus to improve all four competitive strokes, turns, racing starts, competitive swimming rules, and fun.
Introduction to other training tools such as clock reading, drills, small sets, swim meet attendance.

Age Group 1 (AG1)

Ages between 9 through 11.
Able to swim 50-yards of three of the four competitive strokes, racing starts & turns. 2000-3000 yard average.
Five practices per week offered lasting 1 ¼ hours. Recommend three to four practices per week (not mandatory).
Focus to continue to improve stroke technique, racing starts & turns, longer swimming sets, and some sprinting.

Age Group 2 (AG2)

Ages between 11 through 14.
Able to swim 100-yards of three of four competitive strokes. 3500-4500 yard average.
Five practices per week offered lasting 1 ½ hours. Recommend four to five practices per week (three minimum).
Continue to improve stroke technique, starts & turns, goal setting, and more difficult practices.
Expected to attend selected meets, plus their highest qualified championship meet.

Junior Group

High school swimmers and possibly junior high swimmers based on coach's discretion. 5000-6000 yard average.
Six practices per week offered lasting 2-hours (4-5 practices expected). Dryland training offered.
Expected to attend selected meets, plus their highest qualified championship meet.

Senior Group

High school swimmers with at least one Iowa "Q" time standard. 5500-6500 yard average.
Six practices per week offered lasting 2-hours (5+ practices expected). AM practices offered. Dryland training.
Expected to attend selected meets, plus their highest qualified championship meet.
Swimming is their primary activity with a desire to swim in college. Stroke mechanics, very challenging aerobic & anaerobic training sets, goal setting, and race strategy emphasized.

All Groups *The coaching staff has final determination on group placement. Many factors determine swimmer placement such as: work ethic, practice attendance, stroke technique, swim times, and physical & social development.*

REMEMBER: A 'FREE' 2-WEEK TRYOUT IS OFFERED TO ALL SWIMMERS!

DESCRIPTIONS OF FEES, OTHER COSTS, ETC.

Meet Entry Fees: About 1 meet per month is offered. These are strictly optional! Meet Info & Deadline is placed in swimmer folder. Meet Fees & Events selected must be submitted by deadline.

Meet Workers: We host 1-2 meets each year. To keep swimmer fees low, we ask families to volunteer 4-8 hours at our meets. Duties include timing, concessions, program sales, computers, officiating.

Modes of Communication:

Team Phone: 445-0242. Lists changes (not on calendar), deadlines, meets, etc. Should call every day.

Calendar: Monthly practice schedule with changes, deadlines, etc. Put in folders 25th of each month.

Newsletter: Monthly newsletter placed in folders on 25th of each month. FYI articles & announcements.

E-mails: A Monday E-mail sent to all families with deadlines, changes, and other announcements.

Bulletin Board: Located outside the Bettendorf High School Pool Office.

Swimmer Files: Placed in file cabinet at Bettendorf High School for groups meeting there. At Pleasant Valley High School, placed in file box which coach will bring out each practice.

Located in file cabinet at Bettendorf and Pleasant Valley High Schools.

Website: www.bettswim.org

BETT SWIMMERS WHO RECENTLY CONTINUED SWIMMING IN COLLEGE:

Matt Albert	Western Illinois	James Barber	Truman State
Sarah Bicknell*	Rutgers	Nate Billups*	Iowa
Sarah Bloom	Washington & Lee (VA)	Jessica Brenner	West Virginia
Audrey Clark*	Southwest Missouri State	Charlie Cunnick*	Northwestern
Mariah Cunnick	Dartmouth	Max Dittmer	Iowa
Alex Dragon *	Iowa	James Dragon*	Iowa
Tyler Dryg	Luther College	Melissa Fisher*	Iowa
Les Flesher	Milikin College	Pat Fuller*	Iowa
John Gayton	Brown *	Sarah Gissel	Wartburg College
Ally Green*	Northern Iowa	Amy Haldeman	Northern Iowa
Sarah Harris	Northern Iowa	Joshua Havermann*	Southwest Missouri State
Liz Horvat	Emory University	Patty Kautz *	Boston College
Melissa Kilfoy	Northern Iowa	Karly Kline*	Minnesota State @ Mankato
Kelsey Kline*	Minnesota State @ Mankato	John Kuykendall	Macalester College (MN)
Andy Kyser*	Kansas	Adam Lehenbauer*	Columbia
Lauren Lehenbauer	Loras College	John Lonergan*	Iowa
Megan Lonergan*	Kansas	Michael Lonergan	Evansville (IN)
Mandy Lopez *	Northern Iowa	Ryan McAnally	Naval Academy
Libby McCarthy	Indiana	Amber McDowell*	Iowa State
Jason Meinhardt*	Western Illinois	Erin Mykleby	Luther College
Shannon Nelson*	Western Illinois	Megan Parise	Iowa
Grant Parrish*	Kansas	Mariah Pavlicek	South Dakota State
Erin Petty*	Iowa	Ian Renner-Arjes*	Iowa
Andrea Ryan#	Connecticut	Scott Sampson	Lincoln College (IL)
Shannan Schoening	Truman State	Leigh Taylor	Middlebury (VT) College
Paige Taylor	Skidmore (NY)	Lindsay Temple*	Iowa State
Kelly Thomasson*	Western Illinois	Marcy Thomasson*	Western Illinois
Amy White			

WILL YOUR CHILD EARN A COLLEGE SCHOLARSHIP SWIMMING WITH BETT?

* Denotes Receiving College Scholarship.

Denotes Non-Swimming Scholarship.

Obviously, no one can predict the future. We have no way of knowing which swimmer will develop into an outstanding swimmer, and which will not. At **BETT**, we give each child the coaching, training, and encouragement to develop to their fullest potential. We don't believe in selling anyone short – especially your child! And, as you can see from our record, we've been very successful!

445-0242

www.bettswim.org