



## Dear Interested

### Swimmers and Families:

Machine Aquatics is a year-round swimming club in the Northern Virginia area. We are 500+ athletes and coaches who love swimming and love teaching. Our programs provide a safe, positive and productive environment for athletes of all ages and abilities. From our youngest "Micro-Machines" to our NCAA and beyond swimmers, we encourage our athletes to live and train with vigor.

Machine Aquatics is a three year Medal Recipient and was awarded the Silver Medal of Excellence by USA Swimming in 2011 for athlete performance.

Machine Aquatics has been recognized by USA Swimming for Excellence in Business Operations.

### Our Mission

Machine Aquatics strives to make a positive difference in the lives of its team members by promoting good sportsmanship, biomechanically sound techniques, proper nutrition, healthy lifestyle, balance, commitment, responsibility, love for the sport of swimming and self respect.

We are committed to creating an environment where each individual athlete may realize his or her own potential. We believe that the healthiest motivation for a child is the motivation that comes from within, and we endeavor to draw out each child's natural energy, hope and courage, thereby fueling the pursuit of their dreams.

### Our Vision

Machine Aquatics strives to be the preeminent year-round swimming club in the country, and to be universally recognized as a leader in compassionate coaching and competitive swimming instruction for young people.

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

# build your own.

# NEW!

## Starting FALL 2011



### Machine Swim School

Provides a Nurturing, Safe, Positive environment for children learning to swim.

Professional Instructors examine each child's individual needs to ensure they are maximizing their potential.

Machine Swim School instructors will teach children to be safe in the water. They will develop each child's skills by equipping them with biomechanically sound techniques and a progression that will enable them to develop their swimming through life.

Machine Swim School will offer:

#### Micro Babies

6 to 36 Months

#### Gizmo Group

Preschool to Kindergarten

#### Mighty Machine

School Age Kids

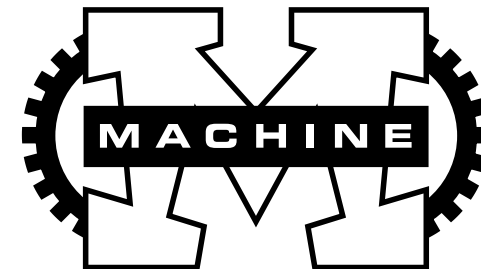
for more information  
email swim school director

**Nancy Monaghan**

[nancy@machineswimschool.com](mailto:nancy@machineswimschool.com)

or sign up on-line at

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



A Q U A T I C S

## 2011 - 2012

### Locations

The Madeira School- McLean, VA

Tyson's Sport & Health - McLean, VA

Oakmarr Rec. Center - Oakton, VA

Audrey Moore Rec. Center - Annandale, VA

Tuckahoe - McLean, VA

for more information contact

## 703.391.2077

[info@machineaquatics.com](mailto:info@machineaquatics.com)

P.O. Box 1108 Fairfax, Virginia 22038-1108

# [www.machineaquatics.com](http://www.machineaquatics.com)

## REGISTRATION INFO & PROCEDURE

- Fill out the online registration form on our website [www.machineaquatics.com/registration](http://www.machineaquatics.com/registration).
- Registrations will be reviewed by coaches before they are approved. Upon approval you will be sent a Confirmation.
- Registration fee mandatory for ALL Machine swimmers, no exceptions.
- Please check [www.machineaquatics.com/faq](http://www.machineaquatics.com/faq) for answers to common questions.
- REGISTRATION FEE DUE when registering online. Registration fee is non-refundable once placed.

## REGISTRAR

Contact Paris Jacobs by email at [Paris@machineaquatics.com](mailto:Paris@machineaquatics.com) with questions.

## TRAINING FEES

### Registration Fee

Full Short Course Season.....	\$500.00
High School/Summer Prep(2 day only).....	\$275.00
*Stroke Mechanics Workshop/Swim School ..	\$150.00
* No Meet Competition	

Registration fee includes USA Swimming Membership and Insurance, Team T-shirt, Team Cap, Some Team Functions/Activities, Meet Entries, Web-Site, Coach/Swimmer Education and Travel Assistance.

### Membership Fees

#### Advanced Age Group & Seniors- 11 Month Program

7+ workouts a week (Avg. 10.5- 14 hrs per week) .....	\$3,127.00
6 workouts a week (Avg. 9- 12 hrs. per week) .....	\$2,963.00
5 workouts a week (Avg. 7.5- 10 hrs. per week) .....	\$2,765.00

#### Micro Machine, Age Group & Seniors- 9 Month Program

5 workouts a week (Avg. 7.5- 10 hrs. per week).....	\$2,205.00
4 workouts a week (Avg. 6- 8 hrs. per week).....	\$1,983.00
3 workouts a week (Avg. 4.5 hrs. per week) .....	\$1,703.00
2 workouts a week (Avg. 3- 3.5 hrs. per week).....	\$1,509.00

#### Developmental Machinery (developmental 8 & unders only)

2 workouts a week only (Avg. 2- 2.5 hrs. per week).....	\$825.00
(Includes third day FREE - Saturday AM)	

#### High School/Summer Prep

2 workouts a week only.....	\$952.00
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#### Stroke Mechanics Workshop

1 workout a week only.....	\$650.00
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### Multi-Swimmer Family Discount

Swimmer with highest number of workouts is full price,  
Any additional swimmers will receive a 5% discount

## TEAM APPAREL available at:

### Sport Fair

703.524.9500  
5010 Lee Hwy,  
Arlington, Va. 22207

### Aardvark Swim & Sport

703.631.6045  
14221A Willard Rd. Suite 1050,  
Chantilly, VA. 20151

**STROKE MECHANICS WORKSHOP** - Introduction to pre-competitive swimming and training for young developing swimmers. This is a one day a week program designed to introduce the four strokes and biomechanically sound technique in a nurturing environment. This program is geared toward 12 & Unders that are not quite ready to train multiple workouts per week.  
• Workouts average 1 hr water time

Location	# Workouts	Days	Time	CODE
Audrey Moore Rec.	1X	W	4:30 - 5:30 PM	A1
The Madeira School	1X 1X	F Sat	6:30 - 7:30 PM 10:15 - 11:15 AM	MI MSI
• During HS season some Friday workouts will be moved to Saturday				
Tyson's Sport & Health	1X	F	4:30 - 5:30 PM	T1

**DEVELOPMENTAL MACHINERY** - New competitive 8 & Unders will learn the four major strokes, the fundamentals of racing, diving, and flip turns in a nurturing, positive and hands-on environment. These young athletes are required to know freestyle and backstroke and should be comfortable in the water. They will be encouraged to participate in meets as the coach feels appropriate. Shorter sessions keep these young swimmers excited, focused and warm. (Includes third day FREE - Saturday Morning)  
• Workouts average 35min water time + 1.25 hours on Saturday

The Madeira School	2X	M,W+ SAT@ MAD	6:30 - 7:05 PM 8:45 - 10:00 AM	MDM1
	2X	M,W+ SAT@ MAD	7:10 - 7:45 PM 8:45 - 10:00 AM	MDM2
	2X	T,TH+ SAT@ MAD	6:30 - 7:05 PM 8:45 - 10:00 AM	MDT1
	2X	T,TH+ SAT@ MAD	7:10 - 7:45 PM 8:45 - 10:00 AM	MDT2
Tyson's Sport & Health	2X	M,W+ SAT@ OAK	4:30 - 5:05 PM 7:45 - 9:00 AM	TDM1
	2X	M,W + SAT@ OAK	5:10 - 5:45 PM 7:45 - 9:00 AM	TDM2
	2X	T,TH + SAT@ OAK	4:30 - 5:05 PM 7:45 - 9:00 AM	TDT1
	2X	T,TH + SAT@ OAK	5:10 - 5:45 PM 7:45 - 9:00 AM	TDT2

**MICRO MACHINES** - These experienced 8 & Unders will train side by side with Age Group swimmers. Swimmers must be able to swim three (3) legal strokes and be comfortable in competition to enter this group. This group focuses on mastering the four (4) competitive strokes, starts, turns, finishes and are introduced to interval training and race strategy. Swimmers are encouraged to participate in approximately one(1) meet per month.  
• Workouts average 1hr 15min water time & 15min dryland.

Audrey Moore Rec.	2X	W SAT @ AM	4:15-5:30 PM 7:00- 8:15 AM	A82
The Madeira School	2X 2X 2X 3X	M,W T,TH M,W M,W	6:30- 7:45 PM 6:30- 7:45 PM 6:30- 8:00 AM 6:30- 7:45 PM	M82 MT82 M862 M83
	3X	SAT @ MAD TTH	8:45- 10:00 AM 6:30- 7:45 PM	MT83
	3X	SAT @ MAD M,W,F	8:45- 10:00 AM 6:30- 8:00 AM	M863
Oakmarr Rec.	2X 3X	M,W M,W,F	6:30 - 8:00 AM 6:30 - 8:00 AM	O862 OM63

**AGE GROUP PROGRAM** - (Ages 8-12) Developmental Age Group Program. Designed to develop proper stroke technique, introduce swimmers to training and competition. Strongly encouraged to participate in approx. one(1) meet per month. Minimum two(2) workouts per week. Suggested three to four(3 to 4) workouts per week. • All workouts average 1hr. 15 min. water time & 15-30 min. Dryland.

Location	# Workouts	Days	Time	CODE
<b>Audrey Moore Rec.</b>	2X	W,F	4:30- 6:30AM	AM2
	2X	T,TH	4:15- 6:00PM	AT2
	2X	W	4:15- 6:00PM	AW2
		SAT	7:00- 8:15AM	
	3X	T,W,TH	4:15- 6:00PM	AT3
	3X	T,TH	4:15- 6:00PM	ATS3
		SAT	7:00- 8:15AM	

<b>The Madeira School</b>	2X	M,W	6:00- 7:45PM	MM2
	2X	T,TH	6:00- 7:45PM	MT2
	2X	T,TH	7:15-9:00PM	MAPT2
	2X	M,W	6:30-8:00AM	M62
	2X	T,TH	4:30-6:30AM	MA42
	3X	M,W	6:00- 7:45PM	MM3
		SAT	8:30-10:00AM	
	3X	T,TH	6:00- 7:45PM	MT3
		SAT	8:30-10:00AM	
	2X	M,W	7:15- 9:00PM	MAP2
	3X	M,W, TH	7:15- 9:00PM	MAP3
	3X	T,TH	7:15-9:00PM	MAPT3
		SAT	8:30-10:00AM	
	3X	M,W,F	6:30-8:00AM	M63
	3X	T,TH	4:30-6:30AM	MA43
	SAT	8:30-10:00AM		

<b>Oakmarr Rec.</b>	2X	T,TH	4:30- 6:30AM	OA2
	3X	M,W,F	4:30- 6:30AM	OA3
	2X	M,W	6:30- 8:00AM	O62
	2X	W,F	6:30- 8:00AM	O6W2
	3X	M,W,F	6:30- 8:00AM	O6M3
	3X	M,W	6:30- 8:00AM	O63
		SAT@ OAK	7:45- 9:00AM	
	3X	W,F	6:30- 8:00AM	O6W3
		SAT@ OAK	7:45- 9:00AM	
	3X	M	1:45- 3:30PM	OA3+
		W,F	6:30- 8:00AM	

<b>Tyson Sport &amp; Health</b>	2X	M,W	4:15- 5:45PM	TMA
	2X	T,TH	4:15- 5:45PM	TTA
	3X	M,W	4:15- 5:45PM	TM3
		SAT@ OAK	7:45- 9:00AM	
	3X	T,TH	4:15- 5:45PM	TT3
		SAT@ OAK	7:45- 9:00PM	
	3X	M,W	7:15- 9:00PM	TPM3
		SAT@ OAK	7:45- 9:00AM	

**ADVANCED AGE GROUP** - (Ages 8-12) Must have coaches approval to enter these groups. Minimum four(4) workouts per week, suggested five+(5+) workouts per week to take advantage of this option. Advanced training and aggressive goal setting. The bar is set high and participants are expected to make all scheduled workouts. Swimmers will be required to participate in at least one(1) meet per month and they must have the desire and commitment to train. The following practice days and times may be combined to customize your schedule. All schedules are subject to coaches approval. Please indicate COACH who approved workout when registering.

• All workouts average 1.25 - 2.0 hrs. water time & 15-30 min. dryland

### WORKOUT SELECTIONS for 4X a week swimmers

Location	Days	Time
<b>Audrey Moore Rec.</b>	T,TH	4:15- 6:00PM
	W	4:15- 6:00PM
	SAT	6:00- 8:50AM

<b>The Madeira School</b>	M thru TH	7:15- 9:00PM
	T,TH	4:30- 6:30AM
	SAT	6:00- 8:30AM

<b>Oakmarr Rec.</b>	M thru F	4:30- 6:30AM
	M	1:45- 3:30PM
	M,W,F	6:30- 8:00AM
	M,W,F	3:00- 5:00PM
	SAT	5:30- 8:00 AM

<b>Tyson Sport &amp; Health</b>	M thru F	3:00- 5:15PM
	M,W	7:15- 9:00PM

### WORKOUT SELECTIONS for 5X+ a week swimmers

<b>Audrey Moore Rec.</b>	T,TH	4:15- 6:00PM
	W	4:15- 6:00PM
	SAT	6:00- 8:50AM
	W, F	4:30- 6:30AM

<b>The Madeira School</b>	M thru F	4:45- 6:30PM
		<i>(Must have coaches approval to attend this practice)</i>
	T,TH	4:30- 6:30AM
	SAT	6:00- 8:30AM

<b>Oakmarr Rec.</b>	M thru F	4:30- 6:30AM
	M,W,F	6:30- 8:00AM
	M	1:45- 3:30PM
	M,W,F	3:00- 5:00PM**

**\*\*No Monday during High School season and Wednesday space will be limited**  
*(Discuss with Coach for alternative workouts during HS)*

	SAT	5:30- 8:00 AM
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<b>Tyson Sport &amp; Health</b>	M thru F	3:00- 5:15PM
	M,W	7:15- 9:00PM

**SENIOR PREP** - (Ages 12-18) Two(2) to three(3) days a week. Programs designed to prepare swimmers to progress into more advanced Senior groups. May also be used to prepare for High School or Summer League seasons. Stroke development will be emphasized while improving endurance and efficiency.  
 • Workouts average 1.5 to 2hrs water time & 15-30 min. Dryland.

Location	# Workouts	Days	Time	CODE
<b>Audrey Moore Rec.</b>	2X	T,TH	3:30- 5:30PM	ASP2
	3X	T,TH	3:30- 5:30PM	ASP3
	3X	SAT @ AMR W,F +	6:00- 8:50AM 4:30- 6:30AM	AM3
	3X	SAT @ AMR M,W,F	6:00- 8:50AM 4:30- 6:30AM	AS3
<b>The Madeira School</b>	2X	M,W	7:15- 9:00PM	MSP2
	2X	T,TH	7:15- 9:00PM	MSP2R
	2X	T,TH	4:30- 6:30AM	MSP42
	3X	M,W SAT@ MAD	7:15- 9:00PM 6:00- 8:30AM	MSP3
	3X	T,TH SAT@ MAD	7:15- 9:00PM 6:00- 8:30AM	MSP3R
	3X	T,TH SAT@ MAD	4:30- 6:30AM 6:00- 8:30AM	MSP43
<b>Oakmarr Rec.</b>	2X	T,TH	4:30- 6:30AM	OSP2
	2X	T,TH	3:00- 5:00PM	HOT
	3X	M,W,F	4:30- 6:30AM	OSM3
	3X	T,TH + SAT	4:30- 6:30AM 5:30- 8:00AM	OSP3
	3X**	W,F + SAT	3:00- 5:00PM 5:30- 8:00AM	HOM3
<b>**During High School Swim, group moves to T/TH 4:30AM practice OR Tysons T/TH 3:00- 5:00PM.</b>				
<b>Tysons Sport &amp; Health</b>	3X	M,W,F	3:00- 5:15PM	STM3
	3X	T,TH + SAT @ OAK	3:00- 5:15PM 5:30- 8:00AM	STP3
	3X	M,W+ SAT @ OAK	7:15- 9:00PM 5:30- 8:00AM	STPM3

**HIGHSCHOOL/ SUMMER PREP** - This group is designed to prepare for High School or Summer League seasons. Stroke development will be emphasized while improving endurance and efficiency. Group begins 09/12/11 and runs through 11/15/11. Breaks during HS Season and resumes 2/21/12 and runs through 5/17/12.  
 • Workouts average 1.5hrs water time & 15-30 min. Dryland.

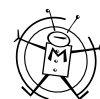
Location	# Workouts	Days	Time	CODE
<b>Tysons Sport &amp; Health</b>	2X	T,TH	3:00- 4:30PM	THPT
<b>Audrey Moore Rec.</b>	2X	T,TH	4:00- 5:30PM	AHPT

**SENIOR** - (Ages 13 & UP) Must have coaches approval to enter these groups. Minimum five(5) workouts per week, suggested six+(6+) workouts per week. Advanced training and aggressive goal setting. The bar is set high and participants are expected to make all scheduled workouts. Swimmers will compete at least once per month and they must have the desire and commitment to train diligently.

The following practices can be combined to create a customized schedule with your coach. Must participate in a minimum of five(5) workouts per week to take advantage of this option.

All schedules are subject to coaches approval. Please indicate COACH who approved workout when registering. • All workouts average 1.5 - 2.25 hrs. water time & 30 to 45 min. dryland

Location	Coach	Days	Time
<b>Oakmarr Rec.</b>	Dan Jacobs	M thru F	4:30- 6:30AM
	Dan Jacobs Jonathan Dee	M thru F	3:00- 5:00PM** <b>**No Monday during High School season and Wednesday space will be limited</b> (Discuss with Coach for alternative workouts during HS)
	Dan Jacobs	SAT	5:30- 8:00AM
<b>The Madeira School</b>	Dan Jacobs	M thru F	3:30- 6:15PM (Must have coaches approval to attend this practice) <b>** During HS season there is a minor time shift for this group</b>
	Rod Montrie Jeff Haynie	T,TH	4:30- 6:30AM
	Dan Jacobs	SAT	5:30- 8:00AM (at OAKMARR) (Advanced Senior Group must attend this workout)
	Rod Montrie Josh Travis	SAT	6:00 to 8:30AM (at MADEIRA) (Senior, Senior Prep and Advanced Age Group ONLY)
	<b>Audrey Moore Rec.</b>	Brad Bowser	M,W,F
	Brad Bowser	T,TH	3:30- 5:30PM (Must have coaches approval to attend this practice)
	Brad Bowser	SAT	6:00- 8:50AM
<b>Tuckahoe</b>	Brad Bowser	T,TH	4:30- 6:30AM



build it.

