



Nation's Capital Swim Club

Burke Fees and Monthly Rates
2023-2024

Fees and Monthly Rates

Initiation Fee: \$200 Individual, \$350 Family (New team members only. This is a **one-time** fee to join the Burke Racquet & Swim Club.)

Registration Fee: \$250 per swimmer/year (Registration fees include NCAP the annual outfitting package, and a assignment to a practice group ahead of new swimmer try outs). **This fee is due upon registration and is non-refundable.**

Each family will register their swimmer(s) with USA Swimming in the fall for the 2023-2024 season. Meet entry fees will be charged to family accounts for participation in Potomac Valley and travel competitions.

Monthly Fees:

Group	Individual
Gold I	\$490
Silver I	\$435
Gold II	\$435
Gold III	\$435
Silver II	\$395
Bronze I	\$395
Bronze II	\$310
Bronze III	\$195

- **Monthly fees** are based on a 12-month contract. Cover all swim training sessions, and Swim membership to the Burke Racquet and Swim Club.
- **Family Rates:** Individual rates apply to all swimmers unless there is more than one swimmer participating from the same family. Family members will receive: \$10 off monthly dues for each additional family member except for Bronze III swimmers who will be \$5 off.



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Group Descriptions 2022-2023

Bronze III:

- 9 & Unders who can swim all 4 strokes and have some competitive experience.
- Practices Times: Tuesdays and Thursdays **AM** - 6:30 - 7:25 AM **PM** - 5:30 - 6:25 PM
- **Coaches:** Kim Spina and Ken O'Sullivan

Bronze II:

- 9-12 year-olds who have competitive experience and are continuing to work on technique with small amounts of competitive training.
- Practice times: Monday/Wednesday/Friday **AM** - 6:30 - 7:30 AM **PM** - 5:30 - 6:30 PM
- **Coaches:** Kim Spina , Jake Anderson, and Ryan Westhafer

Bronze I:

- Highest performing 11-12 + Select 10 year-olds who have competitive experience and are continuing to work on technique but are ready for more advanced competitive training 5 days a week.
- Practice times: **AM** - M-F 5:00 - 6:30 AM **PM** - 5:00 - 6:30 PM.
- **Coaches:** **AM** – Kim Spina **PM** - Jake Anderson

Silver II:

- Skilled 13-14 year-olds who have several seasons of competitive swimming experience and are ready to commit to a 5-day training program.
- Practice times: **AM** – 5:00 - 6:30 AM **PM** 6:30 - 8:00 PM
- **Coaches:** **AM** - Jake Anderson **PM** - Jason Adler and Sean Martin

Gold II and Gold III:

- Highschool Swimmers who continue a path of competitive and goal-oriented training and racing. These groups will train for Championship meets in the Potomac Valley LSC and USA Swimming Regional meets.
- **Gold II** will train Monday thru Friday from 3:25 - 5:00 PM & Saturday morning 6:30 - 8:30 AM.
- **Gold III** will train Monday thru Friday from 6:30 – 8:00 PM & Sunday morning 5:00 - 7:00 AM.
- Coaches: **Gold II Coach** - Ryan Westhafer **Gold III Coach** – Jason Adler

Silver I and Gold I:

- Silver I – Our highest performing 13-14 year-olds
- Gold I – Our highest performing 14-18 year-olds at Senior Open race standards
- **Silver I:** Monday thru Friday, 5:00 - 6:45 PM and Sunday Morning 5:00 - 7:00 AM; Wednesday morning Distance by invitation 5:30-7:00 AM
- **Gold I:** Monday thru Friday from 3:20 - 5:30 PM.; morning practices Monday and Friday 5:30 - 7:00 AM, Wednesday Distance by invite 5:30-7:00 AM and Sunday 6:00 - 9:00 AM.
- Coaches: **Gold I Coach** – Pete Morgan **Silver I Coach** – Jason Adler

For more information or to join the Nation's Capital Swim Club, please contact Ryan Westhafer at ncap.burke@gmail.com