



# **TERRAPINS SWIM TEAM**

## **INTERNATIONAL SUMMER ELITE TRAINING PROGRAM**

*Summer 2019*



**“Come spend the summer with the Nationally ranked Terrapins Swim Team in beautiful Northern California. Our program is specifically geared for the international swimmer who wishes to improve their swimming and learn what it takes to attend some of the most prestigious Colleges in the United States.”**



**Colin Hanna**  
Princeton Univ.

*“We give the Terrapin program the major credit for realizing our son's swimming potential and maximizing his opportunities. Colin trained with the Terrapins for four summers while we lived in Asia and now returns during college holidays. This year's high points were a Hong Kong National Record and participation in the US Olympic Swimming Trials.*

*The coaches are highly respected and have personal relationships with most major college programs thus insuring that Colin found a place at his first choice school, Princeton University. Colin also completed SAT courses and learned to drive during the Terrapins summer program. Through the Terrapins, Colin is realizing his swimming and academic dreams.”*

*Diana Daymond and Don Hanna (2008)*

- **Train with one of the top swim clubs in the USA - Not a swim camp! You train with our elite team.**
- **Train with our full time, award winning TERA coaching staff**
- **Full schedule of summer swim competitions including Far Westerns and USA Junior Nationals**
- **50m outdoor facility in beautiful Northern California. Great California summer weather!**
- **40 minutes from San Francisco, Napa Valley wine country and Silicon Valley**
- **SAT college prep classes available - improve your English skills and be ready for college entrance exams!**
- **Major focus on academic excellence and preparing to attend prestigious USA Colleges**
- **Terrapins Swimmers gain admissions to top USA Schools such as Stanford, Harvard, Princeton, Brown, Yale, UC Berkeley, Emory and many other prestigious colleges.**



**Eneka Lamb**  
Hong Kong  
Stingrays

***The opportunity to train in an elite competitive swimming environment with exceptional athletes who are hardworking yet friendly and fun was the perfect fit for our high school aged daughters. As an American family living abroad, the experience living and training in the US for the summer was invaluable. Terrapins swim club offers high caliber coaching and training in a beautiful outdoor 50Mtr pool setting with a focus on technical skills and core strengthening. Regional and local swim meets added to the excitement. Our 6 weeks in California was well spent and we are looking forward to going back.***

***Mary Lamb***

# GENERAL PROGRAM INFORMATION

## Registration

Swimmers must be 10 years or older and have previous competitive experience. **You may register on-line on our secure website [www.terrapinsswim.com](http://www.terrapinsswim.com)** and follow the links for “International Summer program” or you may mail in your registration to:

**Terrapins Swim Team**  
**PO Box 21127**  
**Concord, CA. 94521**  
**USA**

**FAX - 925-680-8372**

**EMAIL—[rayterra@att.net](mailto:rayterra@att.net)**

Enrollment is VERY LIMITED! Please register **NO LATER** than **MAY 1<sup>st</sup>**. For multiple swimmers please send in separate registration forms. Payments may be made by Credit Card, money order or cashier’s check. **PLEASE PRINT CLEARLY.** You will receive a confirmation email confirming your enrollment once your registration is processed.

## Program Fees

The cost for the summer program is 1500 USD per swimmer. Additional swimmers /siblings may swim at a discounted rate of 1200 USD. This fee includes the swim fee, USA Swimming registration and TERA team uniform. All travel meet fees, swim meet entry fees, private instruction fees and SAT prep classes are additional. Most swimmers pay via Credit Card kept on file for these fees. Program fees are due **NO LATER THAN MAY 1<sup>st</sup>**. Your summer program fee also permits swimmers to train with Terrapins at **NO COST** during Easter break, Chinese New Year break and Christmas break. Swimmers should arrive No Later than June 25<sup>th</sup> but may arrive as early as May 15<sup>th</sup>. The program runs through early to mid August depending on the swimmer’s last competition. Fees will not be pro-rated.

## Private and Semi-Private Instruction

Private and Semi-private stroke instruction is available on a first come first serve basis. This can be arranged once at Terrapins.

## Swim program and Swim Meets

Swimmers will be placed into one of three training groups; Senior Group, Senior development, Gold or Silver. Group assignments will be made by the coaching staff after an evaluation of each swimmer’s training status. The summer program is a **FULL TRAINING** program which includes technique instruction, sprint and endurance training and event specific training. Swimmers will be part of our **YEAR ROUND** training groups and train side by side with our top TERA swimmers. This is much different than the normal **SWIM CAMP** experience.

Swimmers will also attend the same summer meets as our elite Year Round swimmers, with a championship meet at the end of the season. Senior swimmers who qualify are eligible to swim the US Open and/or USA Junior Nationals. It is suggested that swimmers NOT compete in their home federation attached after March 20th if they wish to swim attached with the Terrapins during our summer competition. This is not required to participate in the program and swimmers are welcome to attend our meets unattached if they wish

## Typical daily schedule:

Senior Group - 7:00-10:00am morning training 11:00am-1:00pm optional SAT classes 4:00-6:00pm afternoon training  
Senior Development – 6-8am morning training 11-1pm optional SAT classes 5-7pm afternoon training  
Gold – 8-10am morning training 11-1 optional SAT classes 5-7pm afternoon training (1-3 days per week).

Check out our group summer training plan and meet schedules after May 1st at: [www.terrapinsswim.com](http://www.terrapinsswim.com)

Time standards for our meets can be found at: [www.pacswim.org](http://www.pacswim.org)

## College and University Entrance Education

In addition to the swim program swimmers and parents will be presented with critical information on how to prepare to attend top US Colleges. The Terrapins have been **VERY** successful placing swimmers at top schools such as **HARVARD, YALE, PRINCETON, STANFORD, COLUMBIA UC Berkeley** and many others. International summer program swimmers have also experienced positive admissions into top US Colleges as a result of their summer participation with us.

Swimmers and parents will learn about NCAA recruiting regulations and policies, how recruiting works, school admission requirements, scholarships, contacting coaches/schools, etc. This is a **MUST** for any swimmer who plans to attend a US University be a member of the University team

**College SAT Prep classes and tutoring**

This program strongly emphasizes College preparation, so many international swimmers take full advantage by enrolling in College SAT entrance exam preparation classes during our summer program. These are available locally though Ames Tutoring. For information on SAT prep classes and other academic services email Ames at [contact@amestutoring.org](mailto:contact@amestutoring.org) or call: 925- 962-5599.

**Sightseeing**

There is a great deal to see in Northern California. We are 40 minutes away from San Francisco, the Napa Valley Wine Country and Silicon Valley. The Santa Cruz boardwalk and beach is less than 90 minutes away. The Sierra Mountains and Lake Tahoe are only 3 hours from Concord. The weather in Concord will range from 75 to 95 for most summer days, providing a great climate for outdoor training and activities.

**Accommodations**

Swimmers stay at the HYATT House in Pleasant Hill. The hotel is 5 minutes from the pool and have worked with the Terrapins in the past with offering discounted rates. Call 925-962-5599 for rates.

**Arrival to Program**

Swimmers should arrive no later than June 25<sup>th</sup> and are welcome to arrive as early as May 15<sup>th</sup>. The program concludes with the swimmer’s last competition in early to mid-August.

**FOR QUESTIONS OR ADDITIONAL INFORMATION**

**Email:** [swimterrapin@msn.com](mailto:swimterrapin@msn.com) or Team Director Ray Mitchell at [rayterra@att.net](mailto:rayterra@att.net) **website:** [www.terrapinswim.com](http://www.terrapinswim.com)  
**Phone:** 925 680-8372(USA)

# SWIMMER INFORMATION CARD

Swimmer best times since July 1st 2018 (please list swimmers top 4 events and times in both Long Course & Short Course Meters)

**NAME:** \_\_\_\_\_ **AGE:** \_\_\_\_\_

<u>Event</u>	<u>Time</u>	<u>Date Swum</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

# 2019 SUMMER INTERNATIONAL PROGRAM REMINDERS / HIGHLIGHTS

We are looking forward to seeing our returning International Terrapins swimmers this coming summer, in addition to any new International members. Please look over the program updates for the 2019 program , additional information can be found on the Terrapins website— [www.terrapinsswim.com](http://www.terrapinsswim.com)

## **SUMMER 2019 “TENTATIVE” MEET SCHEDULE (attendance contingent upon your qualifying times) –**

5/17-19 Tera C/B/A

6/7-9 Tera C/B/A

6/22-23 Oapb C/B/A + PLS SR\*

7/5-8 Clovis SR/SRD travel meet\*

7/5-7 SLO Age Group travel meet

7/12-14 PC JO's Champs at Tera

7/20-21 SRVA C/B/A

7/25-28 PC Far Westerns

8/6-10 USA Junior Nats at Stanford\*

\*denotes SENIOR level meet

## **PROOF OF TIME—PLEASE READ CAREFULLY!!!**

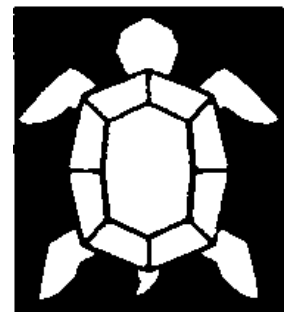
USA Swimming requires “proof of time” for entry into all summer meets. Swimmers must bring with them copies of official meet results which CLEARLY show the event, time swum, course (SCM or LCM), date of swim and swimmers name.

Meet results should be for a swimmer’s top 8 events. Meet results must be from July 1<sup>st</sup> 2018 to the time you join us in the summer of 2019. Any meet results done this past summer here in CA will already be in our computer system. No swims before July 1<sup>st</sup> 2018 done OUTSIDE the USA will be considered eligible for proof of time.

Please email these results prior to coming out or hand carry them with you and deliver to the coaches upon arrival. We also require that you completely fill out the best time area of your registration packet with best SCM and LCM times and the date of these swims.

## **QUALIFYING TIMES**

Specific qualifying times can be found at: [pacswwim.org](http://pacswwim.org) for Far Westerns and Junior Olympics





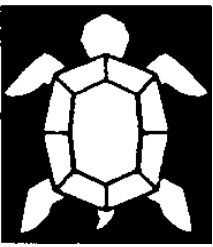
# College Success

***“A TRADITION OF EXCELLENCE”***

## **COLLEGE TERRAPINS**

**Deirdre Clute (Harvard)**  
**Colin Hanna (Princeton)**  
**Sean Mahoney (Cal)**  
**Kate Dwelley (Stanford)**  
**Presley Bard (USC)**  
**Blake Cushing (USC)**  
**Aaron Wayne (Stanford)**  
**Sean Reilly (Hawaii)**  
**Matt Dentone (Hawaii)**  
**Allison Gargalikis (UCLA)**  
**Christian Brown (Stanford)**  
**Rachel O'Brien (Oregon State)**  
**Nick Egan (Amherst)**  
**Catherine Dunn (Oberland)**  
**Tim Smith (Northwestern)**  
**Christina Ray (Columbia)**  
**Taylor Carlson (UCLA)**  
**Aline Kim (Amherst)**  
**Arlyn Upshaw (UCLA)**  
**Madison Applegate (UCLA)**  
**Alys Fromson-Ho (Bowdoin)**  
**David Palley (U of West Virginia)**  
**Katie Records (UC Santa Barbara)**  
**Tyler Jean (UC Santa Barbara)**  
**Delise Batiza (Oregon State)**  
**Weston Carpenter (Kenyon)**  
**Jaelyn Amog (UC San Diego)**  
**Ryan Barsanti (Wisconsin)**  
**Carolyn Weston (Emory)**  
**Madison Applegate (UCLA)**  
**Arlyn Upshaw (UCLA)**  
**Haley Rose Love (Washington State)**  
**Emily Ortner (UND)**  
**Chelsea Chenault (USC)**  
**Peter Arnet (Stanford)**  
**Michal Zyla (Columbia)**  
**Kate Didion (Princeton)**  
**Stanley Wu (Florida)**  
**Malorie Han (Northwestern)**  
**Allie Klinger (Cal East Bay)**

**Kaelon May (South Carolina)**  
**Acacia Clark (Yale)**  
**Suzanne Heizer (Yale)**  
**Lauren Rogers (Cal)**  
**Natalie Coughlin (Cal)**  
**Julianne McLane (Auburn)**  
**Sam Caetano (Rutgers)**  
**Tanica Jamison (Texas)**  
**Danica Adams (Cal Tech/Cal)**  
**Emily Lo (UCLA)**  
**Skyler Liu (Princeton)**  
**Haily Degolia (Arizona)**  
**Kasey Harris (Michigan/Cal)**  
**Kristy Matthews (UOP)**  
**Marianna Prutton (Indiana)**  
**Charlotte Meir (UCSD)**  
**Jessica Larson (UC Davis)**  
**Sasha Liu (Brown)**  
**Stacie Dorman (Arizona)**  
**Brian Mirkovich (UCSB)**  
**Dan Cottam (UCSB)**  
**Tyrone Miller (Stanford)**  
**Geoff Chea (Stanford)**  
**Trent Holsman (Cal)**  
**Nate Barsanti (Purdue)**  
**Max Bottene (Yale)**  
**Jordon Fetterman (Villanova)**  
**Chuck Kennedy (Michigan)**  
**Mike Williams (Auburn)**  
**Travis Leyenhorst (Auburn)**  
**Justin Lynch (Cal)**  
**Mike Gausman (USC)**  
**Alexei Sancov (USC)**  
**Shane Tusup (USC)**  
**Evan Brock (Emory)**  
**Gennady Sytnik (Cal Poly)**  
**Chase Mitchell (Chapman)**  
**Matt Biel (Arizona)**  
**Josh Scott (Syracuse)**  
**Naiden Kremenliev (Princeton)**



**TERRAPINS SWIM TEAM INTERNATIONAL SUMMER SWIM/  
COLLEGE EDUCATION PROGRAM**

**2019 REGISTRATION FORM**

*All forms MUST be complete and with payment in full*

Swimmer Name: last \_\_\_\_\_ middle \_\_\_\_\_ first \_\_\_\_\_

Birthdate \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ Date of last swim attached to your team \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_

Postal Code \_\_\_\_\_ Home Phone \_\_\_\_\_ cell phone \_\_\_\_\_

Email \_\_\_\_\_ Citizenship \_\_\_\_\_

Parent name \_\_\_\_\_ email \_\_\_\_\_

Address (if different than swimmer) \_\_\_\_\_

Work phone \_\_\_\_\_ cell phone \_\_\_\_\_

Emergency contact if parent not available \_\_\_\_\_

Daytime phone \_\_\_\_\_ evening phone \_\_\_\_\_

Swimmer Medical Insurance Company \_\_\_\_\_

Insurance company phone number \_\_\_\_\_

Policy/ID number \_\_\_\_\_

**PAYMENT OPTIONS**

Full payment of **1500.00 USD** must accompany application or you may register online on our secure website. Additional swimmers are **1200.00 USD**. You may use Credit Card, Money order, Cashier's check or check from a USA bank payable to; Terrapins Swim Team

Credit Card Payments (PRINT CLEARLY)

Name on Credit Card \_\_\_\_\_ Card type \_\_\_\_\_ Expiration \_\_\_\_\_

Billing Address for card \_\_\_\_\_

Credit card # \_\_\_\_\_ Security Code \_\_\_\_\_

**To Register On-line visit; [www.terrapinsswim.com](http://www.terrapinsswim.com). Click on link for "International Summer program" and follow on-line instructions. For questions email: [swimterrapin@msn.com](mailto:swimterrapin@msn.com) or Team Director Ray Mitchell at [rayterra@att.net](mailto:rayterra@att.net)**