

Woodbridge Sport and Health
at Devil's Reach

Elite: \$1600 + \$75 reg.

Sept. 7: M-F: 4:00-7:00pm

Sat: 6:30-9:00am

Sept 14: TR: Dryland 3-4pm, or 7-8pm with an additional cost for 2 days a week w/personal trainer

Sept. 20: M-F: 4:45-6:30am (pick any two days)

Advanced: \$1400 + \$75 reg.

Sept. 13: M-F: 4:00-7:00pm (pick any 4 days)

Or M-F: 4:45-6:30am

Sat: 6:30-9:00am

Dryland optional TR 3-4pm, or 7-8pm with an additional cost for 2 days a week w/personal trainer

Intermediate: \$1150 + \$75 reg.

Sept 13: M-F: 4:00-7:00pm (pick any 3 days)

Or M-F: 4:45-6:30am

Dryland optional TR 3-4pm, or 7-8pm at an additional cost for 2 days a week w/personal trainer

Rising: \$910 + \$75 reg.

Sept 13: M-F: 4:00-7:00pm (pick any 2 days)

Or M-F: 5:15-6:30am

Gold: \$710 + \$75 reg.

Sept. 13: M-F: 5:00-6:00pm (pick any three days)

Or M-F: 7-8pm (pick any three days)

Or M-F: 6:30-7:30am (pick any three days)

Silver: \$475 + \$75 reg.

Sept. 13: M-F: 5:00-6:00pm (pick any two days)

Or M-F: 7-8pm (pick any two days)

Or M-F: 6:30-7:30am (pick any two days)

Bronze: \$350+ \$75 reg.

Sept. 13: M-F: 5:00-6:00pm (pick any one day)

Or M-F: 7-8pm (pick any one day)

Or M-F: 6:30-7:30am (pick any one day)

High School Prep:

Pick any program (from Gold above) until High School season begins for 1/2 price.

Masters: \$910 + \$75 reg.

M-F: 5:00-6:00am

Homeschoolers

Bronze: \$350+ \$75 reg.

M/W: 8:00-8:30am

Silver: *\$442 + \$75 reg.**

M/W/F: 7:45-8:30am

Gold: *\$710 + \$75 reg.**

M/W/F: 7:30-8:30am

****Fundraising is asked in addition to your membership, but is entirely optional.**

Woodbridge-
Metropolitan

jets

Quality and Excellence
in the pursuit of
Perfection.

2004-2005

Short Course Season

Sept 13 to May 15

Woodbridge Sport and Health Club at
Devils Reach Road.

Head Coach
James Tramel

703-981-5030

jamestramel@msn.com

Success is a Journey, not
a Destination

The Woodbridge-Metropolitan Jets, or DCJT Swim Team is a competitive year-round swim team, soon to be affiliated with USA Swimming.

Our mission is to provide the growing athlete with an invaluable opportunity to develop a holistically oriented strong mind, body, and spirit in a team environment, through developing individual athleticism and swimming performance with a professional coaching staff.

DCJT offers 11 different programs:

Bronze - 1 hour/wk (12&under): Designed for newer or less developed swimmers in their first years of competitive swimming. Inter-squad meets only. *Must be able to swim competitively.*

Silver - 2 hours/wk (12&under): Designed for newer or less developed swimmers in their first years of competitive swimming. Inter-squad meets only. *Must be able to swim competitively.*

Gold - 3 hours/wk (12&under): Designed for newer or less developed swimmers in their first years of competitive swimming. *8 and underys compete in some age specific meets.*

Rising - 6 hours/wk (Age varies): Designed for the committed swimmer to improve technique and skill with advanced training. Must have competitive experience and be legal in all four strokes. *2-4 open meets per year.*

Intermediate - 9 hours/wk (Age varies): Designed for the committed swimmer to improve technique and skill with advanced training. Must have competitive experience and be legal in all four strokes. *2-4 open meets per year with beginning focus on state and regional championship meets.*

Advanced -12 hours/wk (13&over): Designed for the committed swimmer to improve technique and skill with advanced training. Must have competitive experience and be legal in all four strokes. *2-4 open meets per year with a strong focus on state and regional championship meets.*

Elite - 18-27 hours/wk (13&over): The highest level of training we offer. Designed for the highly committed swimmer to improve technique and skill with highly advanced training. Hours vary and are based solely under coach direction. *6 meets per year with a strong focus on state, regional, national, and international competition.*

High School Prep - varies (13&over): For the high school swimmer looking for a competitive edge. Practice with regular Rising-Elite groups until High school season begins. Program may be continued or advanced to a traditional program, taking account monies paid.

Masters - 6 hours/wk (19 and older only): For the recreational, fitness, competitive, or triathlon oriented adult. Must have competitive experience and be legal in all four strokes, or proficient in freestyle for long distances. Not for the new or inexperienced swimmer.

Homeschoolers - varies: This is the exact same program as listed above, at a later time. 12 and older children may join the program as well, however.

Individual Clinics and Swim Lessons - all ages: We also offer a variety of swim lessons for the swimmer to become proficient in all for competitive strokes. These range from toddler to adult, and are offered in small group, semi-private, or private sessions at various costs. Please contact a coach for details

These descriptions are only guidelines. Placement should be discussed between parent and coach, and is subject to change by the head coach.

DCJT reserves the right to cancel/change programs.

Team Information & Registration

DCJT swims indoors from Sept to May. Training is oriented for short course meets (25 yds/meters). A summer long course program is under consideration. Swimmers are currently encouraged to join a Prince William summer league program.

DCJT is an emerging team in Northern Virginia, as is always looking for new volunteers to help with the program. Care and consideration should be taken into account in this regard.

Registration forms can be received at the front desk of the Woodbridge Sport and Health Club beginning August 23, 2004.

Payment details:

Program members are required to pay a 20% non-refundable deposit to reserve their space in the program. Members understand that their enrollment is up to the program ending date. Payments are made directly to the club, and can be done in as little as equal monthly payments. Payment is expected to be complete by no later than April 15.

Discounts for multiple swimmer families are 10% off the lower cost program for the second child and an additional 20% for each child after that.

**For more information,
please call:**

**703-981-5030 and talk
with James Tramel; or
email James at:
jamestramel@msn.com**