

Kehoe-France Northshore BLAST 2011 Sprint into Spring Swim Session

Are you ready to enjoy the fantastic experience of training and competing with the most exciting and most fun loving swim team in West St. Tammany? The Kehoe-France Northshore BLAST Swim Team is gearing up for spring swimming! The team is open to any participant interested in becoming a better swimmer. You don't have to be a good swimmer to be on BLAST, you just have to want to be one. Our coaches will do the rest.

Coaches Bill Babcock, Kris Babylon and their staff are widely recognized as the premier developers of young swimmers in the area, and are eager for your child to come out and enjoy a rewarding spring swimming experience. Since 2005, BLAST has developed one of the finest age group swimming programs in the South, producing over 100 individual state champion swims and setting over 30 Louisiana State Records. Most of our championship swimmers began in this type of Sprint into Spring Developmental Program and over time grew to love the sport and are now enjoying the challenges of upper level age group swimming.

Location: Kehoe-France Northshore School, 25 Patricia, Covington, La. 70433. We use a heated, five lane 25 yard pool, with a depth of 4 to 5.9 feet. Starting blocks are at the deep end.

Duration: The program runs for eight weeks beginning **Monday, March 21** and ends **Friday, May 13**. Swimmers are always welcome to join any time during the session.

Practice Times: 3:15 – 4:15 pm Monday – Friday for Kehoe-France swimmers and those who get out of school in time to make this practice.
6:30 – 7:30 pm Monday – Thursday – off campus swimmers who cannot attend the earlier practice time.

No practice on Good Friday and weekdays of Jazzfest.

Meets: We will have “mini meets” during practice.

Program Costs: Registration Fee - \$75.00 – covers USA Swimming Insurance costs. All non-KFN swimmers must be registered as a BLAST swimmer in USA Swimming for insurance purposes. This registration covers swimmers for any BLAST sponsored programs for the rest of the calendar year. This includes the **BLUE DOLPHIN** program, the 8 & under Spring and Summer All Stars and our Fall Extramural Program. Swimmers who competed with the team in the Blast 2010 fall USAS meets may already be registered. Kehoe-France swimmers will also be able to upgrade to the regular BLAST program at any time. USAS meets do involve extra meet fee expenses.

Coaching Fees: \$150.00 Kehoe-France swimmers
\$175.00 non-Kehoe-France swimmers

Total Fees: \$150.00 Kehoe-France swimmers, \$250.00 non- Kehoe-France.

Special Trial Weeks: \$25.00 weekly fee for those wishing to try the program for a short time.

Make checks payable to: BLAST Swim Team. For registration and questions contact Coach Bill Babcock at billswim618@att.net.

Facility Note: Parents may watch practice outside the fenced pool area. Non-program children **may not use the baby pool**. The playground area is only available to Kehoe-France supervised students. **Equipment Note:** Swim caps should be worn in all swim programs and meets conducted at the Kehoe-France pool. Goggles are recommended. Team swim suits, caps and other items will be sold at practice. For information regarding team gear, contact the Blast website.

BLAST SWIM TEAM
2011 Sprint into Spring Registration Form

Last Name	Legal First Name	Middle Name	
Preferred Name	Date of Birth	Sex (M/F)	Age
Mailing Address,	City,	State,	Zip
Area code/Home Phone #	Area Code/Cell Phone		
Parents Names	E-Mail Mandatory for team communication		

Billing E-Mail

Program Fee – Kehoe-France Swimmers: \$150.00 [additional \$75.00 USAS registration optional]

Check #/Date/Amount

Program Fee – Non-Kehoe-France Swimmers: \$250.00 [includes \$75.00 USAS registration]

Check #/Date/Amount

Make checks out to: Blast Swim Team.

Please bring check and registration to pool the during your swimmer's first week of practice.
Questions – contact Coach Bill Babcock at billswim618@att.net .