

# Makos Information Sheet

## 2023 - 2024



Below is some information that will hopefully answer all your questions. If not, please email [mississippimakos@gmail.com](mailto:mississippimakos@gmail.com)

### 1. What is the website address? [www.msmakos.org](http://www.msmakos.org)

Loads of information about the team, the coaching staff, practice times, the meet schedule, etc. It is a great resource.

### 2. How much does it cost to be on Makos?

\$100.00 Registration fee paid per family annually. **\*FEE WAIVED FOR NEW, FIRST TIME FAMILIES!**

\$90.00 USA Swimming insurance fee (per swimmer). This registration and fee will be payable directly to USA Swimming.

Monthly dues paid by bank draft (ACH) or credit card. The dues start with the swimmer in the highest group in your family.

### 3. Monthly Dues

Group	1st Swimmer	2nd Swimmer	3rd Swimmer	4th Swimmer
White	\$95	\$85	\$45	FREE
Blue	\$105	\$95	\$45	FREE
Bronze	\$105	\$95	\$45	FREE
Silver	\$105	\$95	\$45	FREE
Gold	\$115	\$105	\$45	FREE
Senior	\$125	\$115	\$45	FREE

### 4. What if I join the team, then need to stop for a month or two?

Should a swimmer decide to discontinue participation, the monthly dues for the month of which he/she swims any portion thereof and any outstanding entry fees are considered an obligation to the Makos Swim Team, and are payable upon termination of participation. Anyone who decides not to swim, must **notify the Makos administrator, in writing, at [mississippimakos@gmail.com](mailto:mississippimakos@gmail.com), by the 20th of the month** in order to discontinue billing for the next month.

**White, Blue and Bronze groups have monthly commitments.**

**\*\*Silver/Gold Groups have a minimum 9 month commitment. The Senior Group, a 12 month commitment.\*\***

**5. Lakeland /GRIT Practice Location Fee:** We want to make you aware if you choose to swim at the Lakeland pool as your practice location, depending on the group level of your swimmer(s), either a **facility fee or membership fee** to the GRIT Training facility is required. These fees are payable directly to **GRIT Training**. **Special discounted rates are available for Makos families.** This fee is in addition to your monthly Makos dues and fees.

**6. Team Caps:** We place orders for personalized caps, through swimandtri.com. Once the minimum number of orders is placed, the vendor will then print and the order will be shipped to us. You will pay for your order when you place it. We have stock of Makos caps available during the year and they can be purchased any time and your account can be billed.





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## MAKOS GROUPS AND EQUIPMENT

**Equipment and Personalized Caps** can be purchase through  
**Swim and Tri** ([www.swimandtri.com](http://www.swimandtri.com)).

Click on **Team Portal** Team Portal Code: msmako

### WHITE GROUP:

This is the beginner group. The only requirement is that the swimmer must be able to swim 25 yards unassisted. The emphasis of this group is to develop each swimmer to a point where he/she is able to swim each of the 4 competitive strokes legally. *The recommended number of practices for the white group is 1-2 times per week.*

**The White group is on a monthly commitment.**

**Equipment needed:** kickboard and fins

### BLUE GROUP:

This group is designed for the swimmer who can swim all 4 competitive strokes (3 of the 4 legally). The emphasis of this group is to help refine stroke technique, starts and turns, and introduce the swimmer to the fundamentals of training. *The recommended number of practices for the Blue group is 2 to 3 times per week.*

**The Blue group is on a monthly commitment.**

**Equipment needed:** kickboard and fins

### BRONZE GROUP:

This group continues to refine their competitive strokes, starts, and turns. In addition, these swimmers will intensify their training. *The recommended number of practices for the Bronze group is 3 to 4 times per week.*

**The Bronze group is on a monthly commitment.**

**Equipment needed:** kickboard, fins and pull buoy

### SILVER II GROUP:

Practices intensify at this level with a continued emphasis on the 4 competitive strokes and all other necessary competitive techniques. Swimmers will also be introduced to strength training through the use of body weight exercises. As our more advanced swimmers increase their commitment to swimming, we insist that they maintain good academic standing. *The recommended number of practices for the Silver II group is 4 to 6 times per week.*

**The Silver II group is required to make a 9-month commitment. (minimum September - May)**

**Equipment needed:** kickboard, fins, pull buoy, snorkel, hand paddles

### SILVER I/GOLD GROUPS:

Practices intensify at this level with a continued emphasis on the 4 competitive strokes and all other necessary competitive techniques. Swimmers will also be introduced to strength training through the use of body weight exercises. As our more advanced swimmers increase their commitment to swimming, we insist that they maintain good academic standing. *The recommended number of practices for the Silver I and Gold groups is 4 to 6 times per week.*

**The Silver I and Gold groups are required to make a 9-month commitment. (minimum September - May)**

**Equipment needed:** kickboard, fins, pull buoy, snorkel, hand paddles

### SENIOR GROUP:

This is the top Makos age group program. The training will emphasize training with attention to the 4 competitive strokes and all necessary competitive techniques. In addition to an intensive water program, swimmers in this group will also engage in strength training, which will be highlighted by body weight exercises. As our more advanced swimmers increase their commitment to swimming, we insist that they maintain good academic standing. *The recommended number of practices for the Senior group is 5 to 6 times per week.*

**The Senior group is required to make a 12-month commitment. (September - August)**

**Equipment needed:** kickboard, fins, pull buoy, snorkel, hand paddles