

WATERSTONE SWIM TEAM 2010

www.waterstonewaves.org

Summer is almost here and we have an exciting Swim Team schedule! Joining the Waterstone Swim Team is a wonderful opportunity to make friends (for kids and parents), improve swimming skills, stay in shape, and be part of a **FUN** team! It is not high pressure. Children of all skill levels are welcome. Please consider joining us this summer. If you are at least 4 years old and a resident of Waterstone, you are eligible to participate.

The cost is only \$80 per child. The price includes a team t-shirt, a team swim cap, coaches' salaries, team supplies and equipment. **The fee and registration form is due absolutely no later than May 14th.** Using the envelope provided, put your registration form and payment in the lock box located next to the clubhouse.

This is a Swim Team, not swimming lessons. Your children should be comfortable in deep water and must be able to swim the width of the pool without any assistance. All children ages 6 and under will be evaluated during the first 5 days of practice to determine if they are ready to be on the swim team. During practices, children will work on developing skills and competing in the following strokes:

- 6 and under group -Swims ½ the length of the pool of freestyle, backstroke and breaststroke.
- 7-10 yr. olds - Swim the length of the pool of freestyle, backstroke, breaststroke and butterfly.
- 11+ yr. olds - Swim 2 lengths of the pool of the same four strokes.

Swim Practice Schedule: Swim practice will run from June 1- July 7. We have seven practice times available each week and encourage swimmers to attend *at least 4* practices a week. However, the more practices your child attends; the more they will get out of their swim team experience. Below is our tentative practice schedule:

	<u>Mon-Wed-Fri</u>	<u>Mon-Tue-Wed-Thu</u>
6 years old and under	10:00-10:30 AM	6:00-6:30 PM
7-8 year olds	8:45-9:15 AM	6:30-7:15 PM
9+ years old	9:15-10:00 AM	7:15-8:00 PM

Swim Meet Schedule:

June 8th (Tue) home Intrasquad meet

June 10th (Thur) home meet w/ Brookshire

June 15th (Tue) at Woodgate

June 17th (Thur) at Merrimac

June 24rd (Thur.) home w/ Brookshire

July 6th (Tues) home meet w/ Viillage of West Clay

Please note that attending all the swim meets is not required; you sign up for the meets you wish to participate in. We encourage participation in as many as possible. July 8th is a date reserved for any meet that is cancelled due to weather.

Mandatory Meeting- May 25th (Mon.) 7 p.m. at Waterstone Clubhouse:

For all families involved in the Swim Team, there will be a mandatory meeting on May 25th. At the meeting, you will receive information packets and have the opportunity to sign up for volunteer slots, purchase team swim suits and get questions answered! Mark your calendar now, for this all important meeting.

Team Swim Suits: Kast-A-Way Swimwear will be at the clubhouse on Tuesday, May 25th from 7:30-8:30 p.m. for you to purchase Team swimsuits, goggles and other swim accessories. To follow our 2 year suit policy, we will have a new suit this year.

Parent Volunteer Requirements: Swim meets are run entirely by parent volunteers. If you have a child on the team, you **MUST** work a minimum of 3 volunteer slots. Sign up for slots at the mandatory meeting on May 25th .

Questions: Please contact Anne Nichols at 437-1021 or coordinator@waterstonewaves.org