



SHARKS-Winter Swim Team 2019/20

Winter Season: Monday, November 4, 2019-Monday, January 27, 2020

Seasonal Fee: *NO REFUNDS will be given.*

Sea Colony Owner	Non-Sea Colony Non-Owner
<u>\$305</u>	<u>\$355</u>

(10 % discount given to each additional sibling)

Seasonal Fee Includes:

- ✓ Practice Times
- ✓ Dual/Tri Meets
- ✓ Championship Meet

Volunteer Point System: (Separate Deposit Check) - \$150.00 per family-*Description located in the Sharks Handbook.*

Registration Dates: Forms and fees must be completed on the following registration dates.

(Registration will take place at the Freeman Fitness Center in Sea Colony 38994 Westway Drive, Bethany Beach DE 19930)

- Wednesday, October 9, 2019- 4:30-6:00 p.m.
- Tuesday, October 15, 2019- 4:30-6:00 p.m.
- Wednesday, October 23, 2019- 4:30-6:00 p.m.

Seasonal Fees if registered after Wednesday, October 23, 2019

Sea Colony Owner	Non-Sea Colony Non-Owner
<u>\$355</u>	<u>\$405</u>

(10 % discount given to each additional sibling)

Sea Colony Sharks Swim Team Store

It is Mandatory that all swimmers purchase a team suit and their own swim fins. Spirit Wear is also available for purchase through the team store. **ALL ORDERS MUST BE PLACED NO LATER THAN October 26, 2019 TO ENSURE YOU RECEIVE IT BEFORE OUR FIRST HOME MEET.** Orders will ship directly to you at the address you provide when placing your order. Please keep this in mind when placing your order <https://elsmoreswim.com/teams/iowa/clubs/sea-colony-swim-team.html>

Unsure about the size you need to order for your swimmer? We have sizing kits available at the fitness center so you can bring your swimmer in to try on and know what size to order. Due to the suits having a logo design, there are **NO REFUNDS**.

Swimmers are also required to purchase swim fins and bring them every practice. If you are unsure about the size please have them try a pair on here at the pool before you order.

Practice Schedule on reverse side



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Winter Swim Team 2019/20
Practice Schedule

<u>Practice Group</u> (Descriptions on reverse side)	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
Developmental Team I (Ages Vary)	4:30 p.m.	4:30 p.m.	4:30 p.m.	4:30 p.m.
Developmental Team II (8 & Under)	to	to	to	to
Age Group Team II (Ages 9 & 10)	5:30 p.m.	5:30 p.m.	5:30 p.m.	5:30 p.m.
Age Group Team III (11 & 12/Ages Vary)	5:30 p.m.	5:30 p.m.	5:30 p.m.	5:30 p.m.
Elite Prep (Ages Vary)	to	to	to	to
Select (Ages 13 & Up)	7:00 p.m.	7:00 p.m.	7:00 p.m.	7:00 p.m.

Swim team participants will be scheduled in a practice group based on their swimming ability not solely on their age and will be determined by the coaching staff.

Expectations for practices: (Coaches would like swimmers to come to all 4 days!!!!!!)



Developmental Team I & II and Age Group Team II- Participants are expected to attend two practices per week.

Age Group Team III, Elite Prep and Select- Participants are expected to attend three practices per week.

There will be no practice on the following dates:

- Wednesday, November 27 and Thursday, November 28, 2019
- Thursday, December 19, 2019 through Friday, January 3, 2020 (Practice will resume on Monday, January 6, 2020)

Save the Dates:

Holiday Practice: Wednesday, December 18, 2019- 5-7 p.m. (Join our coaches and fellow swimmers for some fun games in the pool followed by some sweet treats!!)

End of Season Party (Pool & Pizza Party): Monday, January 27, 2020- 5-7 p.m.



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Practice Group Descriptions

Developmental Team I (Ages Vary) - Child should be comfortable in the water and be able to swim independently. Child may be capable of swimming 25 yards freestyle and backstroke or demonstrate that he or she will be capable of completing the above after a short amount of swim team participation. Focus will be on learning the proper fundamentals of the four competitive strokes.

Developmental Team II (Ages 8 & under) - The emphasis for this group is teaching and repeating the proper fundamentals and techniques. Proficiency in starts, turns and the four competitive strokes will be stressed.

Minimum requirement: Swim 25 yards freestyle with breathing on the side and 25 yards backstroke.

Age Group Team II (Ages 9 & 10) – There will be a continued emphasis in teaching and repeating the proper fundamentals and techniques. This level offers a bridge between the fundamentals and intensified training for the younger swimmers. Upon coach's approval, 8 year old swimmers will be considered for swimming at this level.

Requirement: Must be a strong swimmer who can swim freestyle and have knowledge of breast stroke and backstroke.

Age Group Team III (Ages 11 & 12/Ages Vary) – This level allows a slightly intensified practice for a very experienced young swimmer. The main focus will be acquiring proficiency in all strokes.

Requirement: Swimmer must be capable of swimming all strokes legally.

Select (Ages Vary-Coaches Discretion) – Continued emphasis on fundamental techniques and training intensity increases. Intricate strategies for longer and difficult events are introduced. Practice sessions are increased in length to allow improved physiological adaptations in muscular and cardiovascular fitness. The swimmer receives attention to the characteristics of power, speed, reaction time and muscular and cardiovascular endurance.

Requirement: This group is tailored for younger swimmers (12 and under) who are developmentally ready for more of a higher level workout at a younger age. Upon the coaches approval, swim participants will be put in this group.

Elite Prep (Ages 13 & Up) – Continued emphasis on fundamental technique and an introduction to preparing for higher levels of competitive swimming. Training intensity increases with a strong emphasis on aerobic development. While the primary emphasis is on training, we also will stress developing race strategies, improving stroke mechanics and focusing on starts, turns and finish techniques.

Requirement: Swimmer must be capable of swimming all strokes legally.