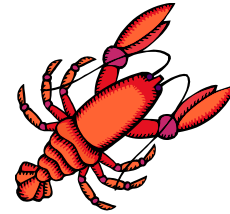




Crawfish Aquatics
Summer Swim Team
(May 30- July 20)



The Summer Swim Team is a developmental, competitive swim team program for children ages 5 to 13 years old and focuses on basic to advanced stroke technique, develops competition skills and serves as an introductory program to the year round competitive program. Swimmers will be able to practice up to 3 days a week! Swimmers in this group are part of the competitive swim team and have meet opportunities at our home pool and local competitions throughout the year (swimmers are not required to swim in meets).

The training is divided by swimmers ability. We will place swimmers in lanes with kids of the same skill level. All of our coaches follow daily plans and progress through a system of drills and techniques for ultimate stroke technique development of all four competitive strokes.

Practice time will be dedicated to skill improvement, drills, aerobic development, knowledge of competitive rules and fun. Swimmers will also gain greater competitive experience, learn about racing, and become more aware of swimming times and goals.

Practice Group Assignments & Required Skills for Registering:

There are 2 practice groups, based on skill level, per age group/practice time (coaches will assign swimmers to specific practice group once season begins).

Minimum Skills Level required to begin this program (with the beginner level practice group):

freestyle with breathing for 25 yards without assistance from an instructor in the water
 kicking on back for 25 yards without assistance from an instructor in the water

Summer Swim Team Dates: May 30 - July 20, 2011

Practice Groups: Practices are Monday, Wednesday, Friday

4:50-5:50PM- Kids will be placed in groups according to ability (Group placement will be determined by Coaching Staff)

6:00-7:00PM- Kids will be placed in groups according to ability (Group placement will be determined by Coaching Staff)

Cost:\$160 1st child, \$150 second child

Registration fee: (fee is not included in the semester dues)

\$50 for Summer Seasonal USA Swimming Registration (required for all swimmers)

(registration fee is not a deposit for dues unless swimmer is currently registered with USA Swimming for 2011. If you joined Crawfish for the first time in fall 2010 or spring of 2011 your registration should be current for 2011)

Parents Name _____

Emergency Contact Phone # _____

Email (for practice updates and communication) _____

Swimmer #1 Name _____

Date of Birth _____ Male or Female _____ Current Age _____

Swimmer #2 Name _____

Date of Birth _____ Male or Female _____ Current Age _____