

SURFERS SWIM TEAM

Orientation and Rules

The Surfers Swim Team program is an instructional, non-competitive swim team. It provides physical fitness, teamwork, and improves self-esteem and sportsmanship. Personal improvement and fun are the highest objectives. This is accomplished by positive encouragement and praise from coaches, family, and teammates. Swimmers compete in a low-pressure environment.

Program Goals vary by level, but include the following:

- Gaining proficiency in freestyle and backstroke.
- Increased endurance and stamina while swimming.
- Learning breaststroke and butterfly.
- Diving from the starting blocks and doing backstroke starts.
- Open 2-handed turns and flip turns as appropriate.
- Understanding of proper swimming terminology.
- Being comfortable and confident at a swim meet.



Program Information

- Come to practice prepared with a suit, goggles, cap, and a positive attitude.
- Parents – please assist your child before coming onto the deck so that they are ready to swim. The Aquatic Center DOES NOT have caps or goggles to loan out.
- All swimmers under the age of 8 MUST have a responsible 18-year old in the building during the entire practice.
 - All swimmers ages 6 and older MUST use the gender-appropriate locker room.
- *Each swimmer will have 6 practices for each practice session registered for. Swimmers must come to practice times that they have signed up for. However, if a swimmer misses a class, a make-up will be allowed only during make-up practice times, public swim times, or lap swim times (see hours below). Coaches are not available during lap or public swim times. Extra practices can be purchased for \$4.50 each.*
- Practices and consistency are very important. One cannot expect improvement if they are not attending practices.
- During practice, swimmers are divided into groups according to their skill level. As the season progresses, swimmers may be moved around in lanes. However, if you feel your child is in the wrong group, please talk to the coaches before or after practice. Skill levels change frequently, so we try to keep the groups as fluid as possible.
- Swimmers are not required to have special swimsuits. However, a one-piece suit is strongly recommended for females.
- Check-in cards need to be made at the front desk. This is how swimmers will check in for practice. All swimmers MUST check in at every practice. Please keep track of these cards. If one is lost, please contact the front desk.
- T-shirts will be provided. They are ordered each year and will be passed out with each renewal of the membership fee.
- Parents – please watch your swimmers from the observation deck. This helps with less distractions.
- **Discounted Swim Admission:** Everyone on the Surfers team will have a discounted price to any lap swim or public swim for the duration of the program. The cost is \$2 with your card. Cards MUST be present to get the discount. The discount will apply to up to 4 other swimmers. Only currently registered Surfers members will receive the discount.
- *E-mails are sent out periodically throughout the season. It is the main form of communication. Please check to make sure that your e-mail address on file is the correct e-mail. If you are not receiving an e-mail, please talk to Kord!*

Make-up practices are only allowed during make-up practice times

Make-up Practice Times:		Public Swim Times	
	<u>Turtle, Scuttle, and Junior Levels</u>	<i>Monday – Friday</i>	11:30-1:30pm
<i>Fridays</i>	4:15pm	<i>Monday – Saturday</i>	6:00-8:00pm
		<i>Saturday and Sunday</i>	1:00-4:00pm
<i>Saturdays</i>	4:00pm		Lap Swim Times
	<u>Reef, Tidal, Colossal, and Big Kahuna Levels</u>	<i>Monday – Friday</i>	5:30-8:30pm
<i>Fridays</i>	7:00pm		8:00-9:00pm
		<i>Saturday</i>	6:00-8:00am
<i>Saturdays</i>	4:00pm		1:00-8:00pm
		<i>Sunday</i>	1:00-4:00pm

Schedule Changes

As of right now, there are no scheduled changes for this session of Surfers. However, there is a large Swim Meet on December 3. Saturday practices MIGHT be canceled, though as of right now, they are not.

Swim Meets

There is no swim meet for this session.

Awards Party

There is no awards party for this session.

Terms you should know:

Swim Meet – Term used for the swim racing competitions.

Backstroke (Back) – Term used for the back crawl.

Freestyle (Free) – Term used for the front crawl.

Fly – Butterfly stroke

Breast – Term used for the breaststroke.

Starts – A dive from the starting blocks to begin a race.

IM – Individual Medley, consisting of equal lengths of fly, back, breast, and free performed by the same person in that order.

Lap – Twice across the pool (50 yards)

Length – Once across the pool (25 yards)

Open Turn – A turn in which swimmers touch the wall with two hands simultaneously.

Flip Turn – A turn which involves a somersault.

Mixed Relay – 4 team members, each doing various strokes based upon individual preference.

Event – The type of race the swimmer is competing in.

Heat – A group of swimmers in a particular event.

If you have any questions, concerns, or suggestions, please contact Kord L. Christensen

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