

# 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, mask, 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.
- *Each swimmer will have six practices for each practice session registered. Swimmers must come to practice times that they have signed up for.*
- Make-up practices for all levels will be held throughout the season. You do not need to preregister for make-up times; you may just show up. Please check with the front desk for make-up times.
- Practices and consistency are essential. 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 teams as fluid as possible.
- Swimmers are not required to have specific 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, it will be \$1 to replace it.
- T-shirts are handed out with each renewal of the membership fee for each swimmer. Swimmers will NOT get a shirt and cap every session.
- *E-mails are sent out periodically throughout the season. It is the primary 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 someone at the front desk.*

## Swim Meets

The swim meets for all levels will be held at the end of the session. More information will be sent out about the meets as the season progresses. All current Surfers swimmers, regardless of level, are both welcome and encouraged to participate in the swim meets each session.

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

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