



# SPRINGWOOD Swim Team

## Summer 2019 Informational Packet

Coach: Karim Motani, Coach

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<b>Age Groups</b>
<b>6 &amp; under: Coed</b>
<b>8 &amp; under: Girls and Boys</b>
<b>9 / 10: Girls and Boys</b>
<b>11 / 12: Girls and Boys</b>
<b>13 / 14: Girls and Boys</b>
<b>15 / 17: Girls and Boys</b>

### **\*Swim team requirements\***

**6 & under:** make it across one length of the pool without touching the bottom, wall, or lane line

**7-17:** swim freestyle for two lengths of the pool without touching the bottom, wall, or lane line

Swim Practice: Practices begin Sunday, **June 23 2019**.

### **Monday through Friday**

10 and under: Practice: 8:00 to 9:00 am

11 and older: Practice: 9:00 to 10:00 am

Practices are vital to learning: strokes, breathing, diving and turns for competitive swimming. Children are expected to attend as many practices as possible. Please make use of this time. Come prepared to swim.

Swim Schedule:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6/23 - First Day of Swim Practice 8am - 10am	6/24 - Swim Practice 8am - 10am	6/25 - Swim Practice 8am - 10am	6/26- Swim Practice 8am - 10am	6/27- Swim Practice 8am - 10am	6/28- Swim Practice 8am - 10am	6/29- Home Meet: ----- Vs. Raritan Valley Country Club
6/30 - Roycefield Sprint Meet?	7/1 - Swim Practice 8am - 10am	7/2 - Swim Practice 8am - 10am	7/3- Swim Practice 8am - 10am  ----- Away Meet @ Glen Ridge	7/4 - Happy 4th of July - No Practice	7/5- Swim Practice 8am - 10am	7/6- Home Meet: ----- Vs. Bridgewater White
7/7	7/8 - Swim Practice 8am - 10am	7/9 - Swim Practice 8am - 10am	7/10- Swim Practice 8am - 10am  ----- @ Raritan Valley Country Club	7/11 - Swim Practice 8am - 10am	7/12- Swim Practice 8am - 10am	7/13 - Home Meet: ----- Vs. Fiddler's Elbow
7/14	7/15 - Swim Practice 8am - 10am  ----- Away Meet @ Juniper	7/16- Swim Practice 8am - 10am	7/17 - Swim Practice 8am - 10am  ----- @ Bridgewater White	7/18 - Swim Practice 8am - 10am	7/19 - Swim Practice 8am - 10am	7/20 - Home Meet: ----- Vs. Juniper
7/21 - Brookside Mini Minnow Meet	7/22- Swim Practice 8am - 10am	7/23- Swim Practice 8am - 10am	7/24- Swim Practice 8am - 10am	7/25 - Swim Practice 8am - 10am	7/26 - Championships Roundtop 13 & over	7/27 Championships@ Roundtop 12 & under
7/28	7/29	7/30 Conferences @ Frog Hollow	7/31 Conferences @ Frog Hollow	8/1		

## Meet Schedule

6/29 Saturday: Home Meet @ Frog Hollow Swim & Tennis Club: 337 Ferris Street, South Amboy, NJ 08879

7/3 Wednesday: Away Meet @ Glen Ridge Swim Club: 640 Talamini Road, Bridgewater, NJ 08807

7/6 Saturday: Home Meet @ Frog Hollow Swim & Tennis Club: 337 Ferris Street, South Amboy, NJ 08879

7/10 Wednesday: Away Meet @ Raritan Valley Country Club: 810 Star View Way, Bridgewater, NJ 08807

7/13 Saturday: Home Meet @ Frog Hollow Swim & Tennis Club: 337 Ferris Street, South Amboy, NJ 08879

7/15 Monday: Away Meet: @ Juniper Lane Swim Club: 541 Juniper Lane, Bridgewater NJ 08807

7/17 Wednesday: Away Meet @ Bridgewater White (Somerset Valley YMCA): 601 Garrettson Road, Bridgewater, NJ 08850

7/20 Saturday: Home Meet @ Frog Hollow Swim & Tennis Club: 337 Ferris Street, South Amboy, NJ 08879

\*7/26 Friday 13/ up Championship @ Roundtop Swim Club: 106 Mt. Horeb Rd, Warren, NJ 07959

\* 7/27 Saturday 12 / under Championship @ Roundtop Swim Club: 106 Mt. Horeb Rd, Warren, NJ 07959

### Meet Hours:

Saturday morning meets - 8:30 am Warm-up, 9:00 am Start

Wednesday evening meets - 5:30 pm Warm-up, 6:00 pm Start

\*HOME MEETS - please arrive a half hour before warm-up so that everything can be set up and prepared for the meet before the other team arrives.

\* This Year our HOME MEETS will be held at: **Frog Hollow Swim & Tennis Club: 337 Ferris Street South Amboy, NJ 08879**

## **Key Swim Team Information:**

1. Attendance for swim practice is imperative. Please try to attend as many practices as possible.
2. Please email Coach Karim 48 hours prior to a swim meet if you will NOT attend a swim meet.
3. Please be on time and ready to swim.
4. Team Swimsuits must be worn during swim meets. We will have a swim company come out to our pool and have team suites for sale. Date: TBA
5. All communication will be through email or bulletin board. Please check the bulletin board for all news and events for the season. Constant emails will be sent out to all parents.
6. Please provide us with your most current email address so you can receive all communications.

## **PARENTS WE NEED YOU!**

Parents will be responsible for the following:

1. Timers: For each meet I need timers (no experience necessary.)
2. Scoring Table: For each meet, I need help at the score table (training will be provided)
3. Officials: Must attend 1 training
4. Marshal: Help line up the kids so they do not miss their events.

\*Please look out for Parent Volunteer Sign ups!

Officials Clinic: If you plan on becoming an Official, you must attend one of the following clinics.

1. May 30th @ RVCC - 7pm Start time
2. June 5th @ Cedar Hill - 7pm Start time
3. June 11th @ Cranford -7pm Start time
4. June 15th @ North Brunswick - 9pm Start time

**Please keep in mind this is a summer league but that it is also a competitive league. Our goal is to teach the children to be better swimmers and to have fun while still maintaining a competitive edge. Please be respectful of the coaches, the other swimmers and other pools.**

**In order for the season to run smoothly, we need help from ALL parents and swimmers.**

**We look forward to a FUN and SUCCESSFUL SWIM SEASON**