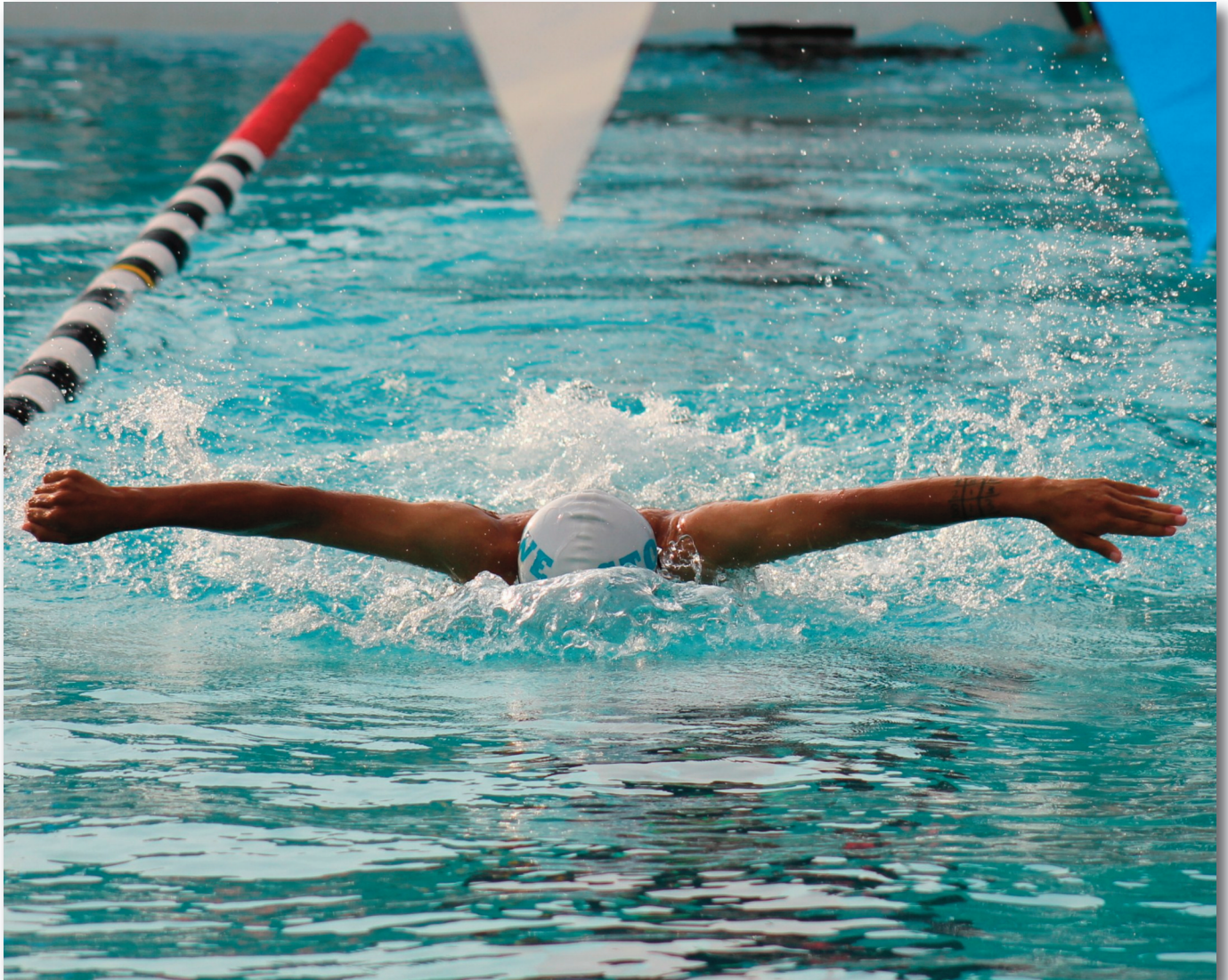


# STOWE SWIMMERS

## SWIM CLUB 2018



## SUMMER HANDBOOK

**June 19 - August 5, 2018**

Head Coach, Jeremy Bradley

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*Print form & submit by Monday at 5pm with payment to the Front Desk.*

Vermont State Championships are held Saturday 8/4 and Sunday 8/5, to qualify swimmers must achieve the state qualifying times and participate in a minimum of 3 meets during the summer season.

If you want a glossary of Stroke, Relay and DQ rules for swim meets, please email Jeremy your request.

- **Summer Events Calendar**

- **Team Suit Order Form - Due Friday, June 22, 2018**

*It's your ONLY opportunity to order them this season... Don't miss out!*



# PRACTICE INFORMATION

## WHEN

**Monday, Tuesday & Wednesday - Rookies & Developmental 1 9:45-10:45am • Elite & Developmental 2 10:45-12:00pm**

The Team offers 3 practices per week. It is your choice which days and how many swimmers attends, from 1-3 days per week.

## FORMAT

Each practice consists of a warm-up period, a stroke drill period for technique development, and a cardiovascular period which will help kids improve their swimming and overall fitness. This will be followed by a cool-down where starts and turns will be emphasized.

Practices end with games or relays ~ FUN is the key element of our program. Kids have fun while enjoying the satisfaction gained from their own personal improvement.

**WHAT YOU NEED TO BRING TO PRACTICE** Everyone ~ please label EVERYTHING and be sure to remember a smile & lots of energy!

- **Swimsuit** (*team suit optional but preferred*)
- **Swim Cap** (*for long hair*)
- **Waterbottle**
- **Goggles** (*bring your own - we are not equipped to provide your swimmer goggles during practice*)
- **Towel**

## PARENT INFORMATION

**The Notice & Upcoming Special Events Board** - For meet info, including entry deadline dates, meet entry forms, meet fees, directions & check-in times. Please submit your entry forms & fees to the Front Desk on or before deadline date. *Sorry no late entries accepted.*

**Group Emails** - Miscellaneous info will be sent about last minute practice changes & program updates.

Please feel free to contact Head Coach, Jeremy Bradley via email at [jbradley@theswimmingholestowe.com](mailto:jbradley@theswimmingholestowe.com) or leave a message at 802.253.9229 with any questions.

## SWIM MEET PROCEDURES

Swim Meets will be held at the Waterbury Community Pool on thursday evenings around 5:15pm. Be dressed & ready to warm up at 5:00pm. Entries are required by the Monday before each meet and forms will be available at the Front Desk. Only written entries on entry forms will be accepted - sorry, no verbal or email entries will work. The District Meet is held in late July and the pinnacle of the season is the State Championships held Saturday, August 4 and Sunday, August 5, 2018 at UVAC in White River Junction. This is a 2 day meet for which swimmers must achieve qualifying times to enter (*for qualifying standards contact Coach Bradley*). Swim meets are a fun way for swimmers test their skills.

We highly suggest you try one out to see if you like it, but they are not required to be a part of the swim club.

### Meet Procedures

- Check in with the Coach
- Be ready to warm up ~ cap & goggles with you
- A heat sheet with event #, heat & lane will be posted before the start of the meet.
- Write your lane & event # on your hand
- Line up in the bull pen

### Relays

If you are coming to an event, plan to participate in a relay ~ if you don't want to, please tell the coach at your time of entry!

### Parents

Swim Meets could not happen without parent volunteer. Plus, it's a great way to get involved in your swimmers development.

### Swim Meet Entry

Entry forms will be at the Front Desk.

- Write swimmers name, age and meet date on entry form
- List your events
- Turn in to Front Desk by Monday 5:00pm
- SORRY, NO LATE ENTRIES ACCEPTED
- REMEMBER, to qualify for States you need the required time and to have competed in 3 meets through the summer season.  
*Times from the previous season do not count!*

## SUMMER EVENTS CALENDAR

<b>Tuesday</b>	<b>June 19</b>	<b>FIRST DAY OF PRACTICE</b>
<b>Thursday</b>	<b>June 21</b>	<b>SPECIAL THURSDAY PRACTICE</b>
<b>Friday</b>	<b>June 22</b>	<b>TEAM SUIT ORDERS DUE</b>
<b>Thursday</b>	<b>June 28</b>	<b>WATERBURY POOL</b>
<b>Wednesday</b>	<b>July 4</b>	<b>NO PRACTICE - INDEPENDENCE DAY!</b>
<b>Thursday</b>	<b>July 5</b>	<b>WATERBURY POOL</b>
<b>Thursday</b>	<b>July 12</b>	<b>WATERBURY POOL</b>
<b>Thursday</b>	<b>July 19</b>	<b>WATERBURY POOL</b> <i>(Tentative Rain make up)</i>
<b>Thursday</b>	<b>July 26</b>	<b>TENTATIVE RAIN MAKEUP DATE</b> <i>(No Meet = Practice)</i>
<b>Saturday</b>	<b>July 28</b>	<b>GMSL DISTRICT MEET</b>
<b>Sat &amp; Sun</b>	<b>Aug 4 &amp; 5</b>	<b>VSA CHAMPIONSHIP MEET</b>

*\*Schedule subject to change.*

