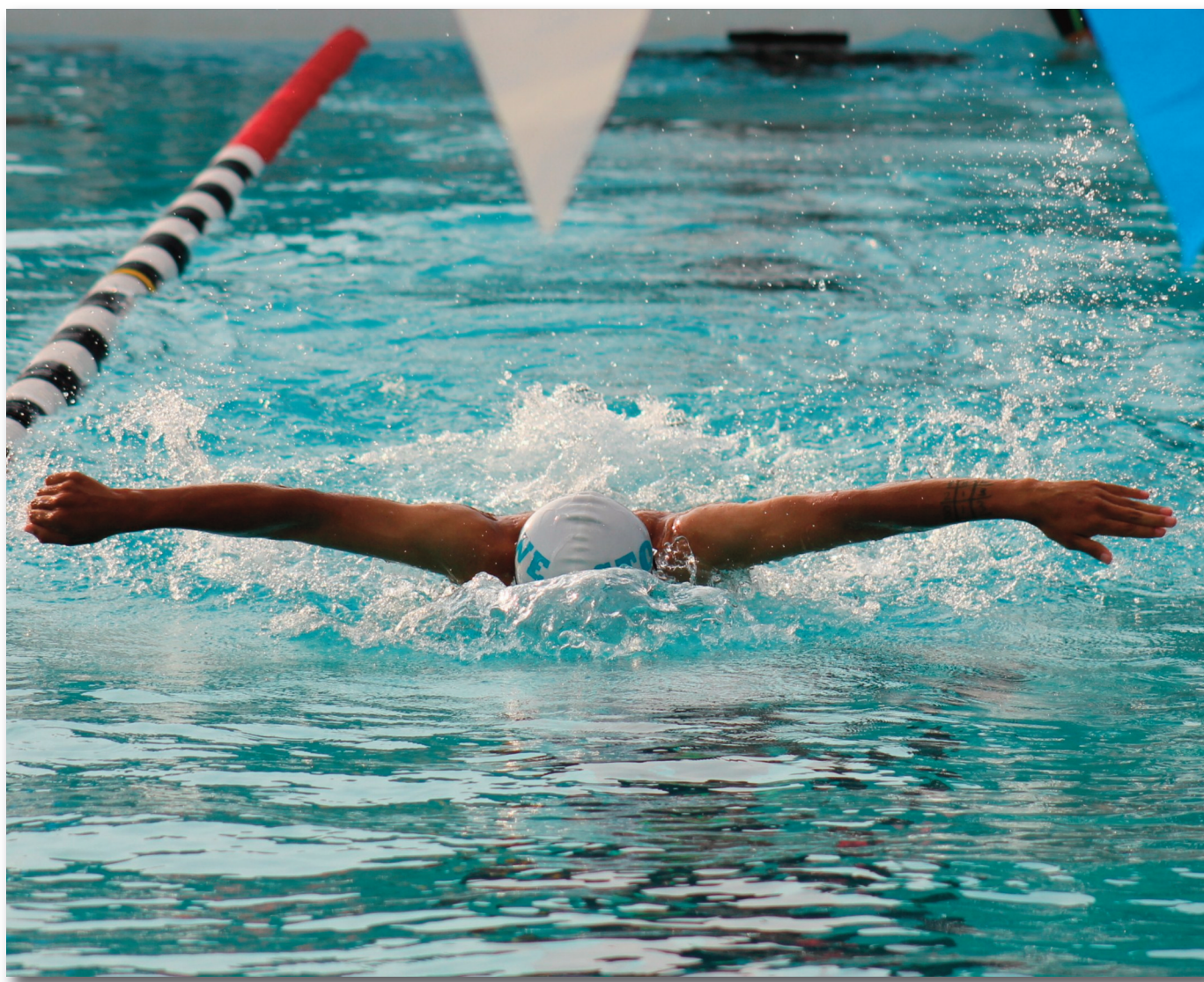


STOWE SWIMMERS

SUMMER SWIM CLUB 2024



SUMMER HANDBOOK

June 24 - August 4, 2024

Head Coach, Jeremy Bradley

Assistant Coach, Maddie Strasen & Joslyn Cutler

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

Vermont State Championships are held Saturday 8/3 and Sunday 8/4, 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 21, 2024**

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



PRACTICE INFORMATION

WHEN

PRACTICES: Mondays & Wednesdays - 7:30-9:00am, Tuesdays: 4:00-5:00pm, Friday (15 & Up) 6:00-7:00am w/Master's

MEETS: Thursday Evenings at Waterbury Pool - Start time 5:00pm & State Championship Meet at UVAC August 3-4

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 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, arrive at 5:00pm, warm-ups 5:15pm & race at 5:30pm.

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 3 & Sunday, August 4, 2024 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 qualifying time and to have competed in 3 meets through the summer season.
Times from the previous season do not count!

SUMMER EVENTS CALENDAR

Friday	June 21	TEAM SUIT ORDERS DUE
Monday	June 24	FIRST DAY OF PRACTICE
Tuesday	July 2	WATERBURY POOL - MEET #1
Thursday	July 11	WATERBURY POOL - MEET #2
Thursday	July 18	WATERBURY POOL - MEET #3
Thursday	July 25	WATERBURY POOL - MEET #4
Thursday	August 1	GMSL DISTRICT MEET
Sat & Sun	Aug 3 & 4	VSA CHAMPIONSHIP MEET

**Schedule subject to change.*

