



### ***SWIM TEAM NECESSITIES:***

Racing suit (Speedo-type), goggles, swim cap for girls, and Zoomers. (These are an optional item that are used to build up strength during practice, and can be obtained at sporting good stores. You can also “cheat” by purchasing an inexpensive pair of flippers and cutting off the toe-end about half way down.)

### ***DATES OF THE SWIM SEASON:***

Each swim season typically begins in early June, and culminates with the end of the year party immediately following the Conference Meet (usually the Third/fourth Saturday in July).

### ***PARENT MEETING:***

At the beginning of the swim season the coaches will hold a parent meeting. During this meeting they will introduce themselves, give some background on their experience, and go over their goals for your child and the team. This is also an opportunity for you to ask any questions you may have. Please feel free to approach them throughout the season for other questions or concerns. **We only ask that you please not approach them during practices or meets, as this takes their attention away from the swimmers.**

### ***PRACTICE DATES AND TIMES:***

Until all schools are out, practices will be held from 5:00 p.m. to 7:00 p.m., Monday through Friday. Thereafter, practices will be held as follows:

Ages 11 and up: 7:30 - 9:00 a.m. Monday - Thursday

Ages 10 and under: 9:00 - 10:00 a.m. Monday - Thursday

Make-up Practice: 5:00 - 6:00 p.m. Monday – Wednesday

### ***STROKE CLINICS:***

Please see the calendar for specifics. Each clinic specializes in the techniques of the specific stroke. Stroke Clinics are a separate fee of \$25 per clinic paid directly to the Head Coach. Please see the Head Coach for more details.

### ***VOLUNTEER REQUIREMENTS:***

As with many organized sports, the VFC Swim Team is run completely by volunteers. Therefore it is required that the parents of each swimmer volunteer in some capacity. If you volunteer and are unable to fulfill your commitment, it is **YOUR responsibility to find a replacement!** After your volunteering positions are fulfilled, your deposit check will be destroyed. If not, the Swim Team

Committee has no other choice but to cash your check.

***FUN FRIDAYS:***

As a reward for all of the swimmers' hard work, the Friday following a meet, there will be no practice. Instead, the children are able to play games in the pool, donuts will be delivered, and their awards will be placed in their file folders. On Fun Fridays, the early practice will begin at 8:00 a.m., instead of 7:30.

***TIME TRIALS:***

This is a mandatory trial for all swimmers. Time trials are held during the second week of practice. Your child will be asked to swim each of the four strokes (free, back, fly, and breast) for times. We understand that younger swimmers may not be able to swim all of the strokes correctly. This should not be stressful for them; we only ask that they give each stroke a try. This allows our coaches to evaluate each swimmer in order to place them in the most appropriate events during the first meet. This also allows them to see which strokes and techniques the team needs more help with.