

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, 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.
- All swimmers under the age of 8 MUST have a responsible 18-year old in the building during the entire practice.
 - All swimmers ages 6 and older MUST use the gender-appropriate locker room.
- *Each swimmer will have six practices for each practice session registered. Swimmers must come to practice times that they have signed up for. However, if a swimmer misses a class, a make-up will be allowed only during make-up practice times, public swim times, or lap swim times (see hours below). Coaches are not available during lap or public swim times. Extra practices can be purchased for \$6 each, or \$25 for five.*
- 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, please contact the front desk.
- T-shirts will be provided. They are ordered each year and will be passed out with each renewal of the membership fee.
- Parents – please watch your swimmers from the observation deck. This helps with fewer distractions.
- Discounted Swim Admission: Everyone on the Surfers team will have a discounted price to any lap swim or public swim for the duration of the program. The cost is \$2 with your card. Cards MUST be present to get the discount. The discount will apply to up to 4 other swimmers. Only currently registered Surfers members will receive the discount.
- *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 Kord!*

Make-up practices are only allowed during make-up practice times

Instead of attending a make-up practice, a swimmer may make up a practice by attending public swim or lap swim. There will not be coaches available at those times.

Make-up Practice Times:		Public Swim Times	
	<u>Turtle, Scuttle, and Junior Levels</u>	<i>Monday – Friday</i>	1:00-3:30 pm
<i>Fridays</i>	5:15-5:55 pm	<i>Monday – Saturday</i>	6:00-8:00 pm
<i>Saturdays</i>	5:00-5:40 pm	<i>Saturday and Sunday</i>	1:00-4:00 pm
	<u>Reef, Tidal, Colossal, and Big Kahuna Levels</u>		Lap Swim Times
<i>Fridays</i>	6:00-7:00 pm	<i>Monday – Friday</i>	5:30-1:00 pm
<i>Saturdays</i>	5:00-6:00 pm		8:00-9:00 pm
		<i>Saturday</i>	6:00-8:00 am
			1:00-8:00 pm
		<i>Sunday</i>	1:00-4:00 pm

Schedule Changes/Important Dates

NA

Swim Meet

Turtle, Scuttle, and Junior Levels – Friday, May 22nd at 4:30 pm

- Juniors will swim in the deep end. Turtles and Scuttles will swim in the shallow end.
- Invitations will be sent out through e-mail and must be completed through the Surfers Swim Team website. Please respond promptly and let us know what your child would like to swim.
- If there is no response, swimmers will not be scheduled to swim in the meet.

Reef, Tidal, Colossal, and Big Kahuna Levels – Friday, May 22nd at 5:15 pm

All swimmers who attend this meet will be swimming at least 25 yards.

- Invitations will be sent out through e-mail and must be completed through the Surfers Swim Team website. Please respond promptly and let us know what your child would like to swim.
- If there is no response, swimmers will not be scheduled to swim in the meet.
- Swimmers will not be disqualified unless they do not finish their race.
- Swimmers may swim up to four races – up to four individual events and one relay.

Volunteer timers are needed at all three sections of the meet. This is a great way to be where the action is. If you would like to be a timer for a meet, please contact Kord at (208) 612-8519 or kchristensen@idahofallsidaho.gov
Swimmers will receive awards for participating in this meet.

Awards Party – Friday, May 22th from End of Meet to 9:00 pm at the Aquatic Center

There will be an awards party at the end of the season to celebrate the swimmers and all their hard work. This will be a snack potluck, so please bring something to share. Awards from the swim meet will be handed out. All swimmers will be free of charge. Children ages 3 and under MUST have a swim diaper, or \$2 will be charged, and a diaper will be provided.

Terms you should know:

Swim Meet – Term used for the swim racing competitions.

Backstroke (Back) – Term used for the back crawl.

Freestyle (Free) – Term used almost universally for the front crawl.

Fly – Butterfly stroke

Breast – Term used for the breaststroke.

Starts – A dive from the starting blocks to begin a race.

IM – Individual Medley, consisting of equal lengths of fly, back, breast, and free performed by the same person in that order.

Lap – Twice across the pool (50 yards)

Length – Once across the pool (25 yards)

Open Turn – A turn in which swimmers touch the wall with two hands simultaneously.

Flip Turn – A turn which involves a somersault.

Event – The type of race the swimmer is competing in.

Heat – A group of swimmers in a particular event.

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

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