

# 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. **There are additional requirements due to COVID-19 health restrictions. These changes are outlined in red.**

### 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, mask, and a positive attitude. Swimmers should be dressed in swim attire before arriving to the Aquatic Center.**
- **Masks are required to be worn AT ALL TIMES unless swimmers are in the water. This includes in the lobby, locker rooms, pool deck, and parking lot.**
- **Swimmers should enter the facility through the front doors. Swimmers should exit the facility through the side door on the pool deck.**
- 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.
- Parents are asked to drop off their child then wait in the parking lot.
  - All swimmers ages 6 and older MUST use the gender-appropriate locker room.
- **Due to Health Department Protocols in place to help limit the spread of COVID-19, observers are not allowed in the building at this time. Please talk to the supervisor for any special circumstances relating to your child.**
- *Each swimmer will have six practices for each practice session registered. Swimmers must come to practice times that they have signed up for. **There are NO make-up practices for this session.***
- **Swimmers should not swim if they are experiencing fever, diarrhea, open sores, coughing, or any COVID-19 symptoms.**
- 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, it will be \$1 to replace it.
- T-shirts will be provided. They are ordered each year and will be passed out with each renewal of the membership fee.
- *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!*

## Swim Meets

*Current COVID-19 restrictions impact some aspects of running swim meets. The Aquatic Center is currently looking into ways to safely run these meets for your swimmers. More information will be sent out as it is determined.*

**If you have any questions, concerns, or suggestions, please contact**

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