

# Wynfield Forest Dolphins Swim Team!!

## What is the Swim Team?

It is 7 weeks of fun and a great way for swimmers to gain strength, endurance, and confidence in the water!! For the mere cost of registration swimmers and their parents get:

1. 7 weeks of swim instruction by our qualified Wynfield Forest and Wynfield Creek resident coaches.
2. The chance to make new friends and socialize with children and other parents living in Wynfield Forest and Wynfield Creek.
3. Friendly swim competitions with other area neighborhoods.
4. Social events for the swim team and coaches (i.e. End of Year banquet and special practices)

Wynfield Forest Swim Team is a part of the North Meck Swim League. We will compete against Birkdale, MacAulay, Wedgewood, Stephen's Grove/Latta Springs, and Cowan's Ford. There are 4 to 5 swim meets during the season and a Championship Meet.

## My child is not a good swimmer or is a beginner:

1. Children that can swim the length of the pool using any stroke are qualified to be on the team.
2. Our coaches will take it from there. Our swimmers receive the instruction they need to learn all four swim strokes (freestyle, backstroke, breast stroke and butterfly).
3. Our swim league has a '6 and under' category for beginner swimmers. This age group swims freestyle and backstroke and may be entered in a freestyle relay. The '6 and under' swimmers are normally finished swimming by 7:30 pm at swim meets.

## My child swims year-round already:

1. Year-round swimmers can participate in the Wynfield Forest Swim Team
2. Swim practice for MAC and NOMAD will count toward the Wynfield Forest swim team practices.

## What is the time commitment?

1. Practices are 5 days a week (except for holidays) and are 45 minutes long. They will be in the evenings until June 9<sup>th</sup> and the mornings beginning June 12<sup>th</sup>.
2. There will also be two evening practices per week offered. These practices are ONLY to be used when your swimmer needs to miss a morning practice for some reason.
3. There are 4 to 5 swim meets (one to two a week) during the season and a Championship Meet on July 8, 2017. Swimmers are to arrive for the meets no later than 5:15 pm and North Meck Swim League regulations require that all meets be completed by 10 pm.

## Family Vacation/Summer Camp:

1. Going on Vacation? Just sign your swimmer out of any meets during the week you are gone.
2. Going to Summer Camp? Two evening practices will be offered per week for those who cannot make it in the morning.