

# Woodbridge Club Swimming and Diving Team 2012

The Woodbridge Club is excited to get started with a new swim season! Coach Jen Lyman returns for her fourth season along with Assistant Jeff Syrop, they are eager to continue building our program. We look forward to a fun and rewarding summer. This year, in an effort to improve each child's performance, they will be evaluated by the coaches and separated into 2 practice groups based on age and ability.

## Qualifications

Swimmers 8/under must be able to swim one full length of the pool.

Swimmers 9-14 yrs. must be able to swim 2 lengths of the pool.

Swimmers 15-17 yrs. must be able to swim 4 lengths of the pool.

## PRE-SEASON STROKE CLINICS- \$10/day

June 11-14

**10/under** 6:15-6:45    **11/over** 6:45-7:15

## Pep Rally

June 15-6:00-7:00

## Suit Fitting

June 15-7:00-8:00

Prices: Female \$55.75    Male \$36.25 (these are the same suits as last year)

\*\*\*\*\*Please come and get fitted for a new suit and bring with you check or cash only.\*\*\*\*\*

## First Week Practice Schedule

**June 18-22**

Swim Team Intermediate/Advanced- 6:00-7:00

Novice-6:00-6:30

Diving-4:45-5:45

## Regular Practice Schedule starts June 25<sup>th</sup>

Novice and Intermediate 12:45-1:30    Advanced-1:30-2:30    Diving 4:00-5:00

## FEES

First Child- Registration before June 10 \$105 Registration after June 10 \$125, additional Children-  
Registration before June 10 \$95 Registration after June 10 \$105 \*\*Graduates

\*\* Swimmers must be 12/over, have been on the Woodbridge club in the past, must be training with a USS team, will swim in Woodbridge Club meets, will not be eligible for any team awards. You must speak to Coach Jen or Jeff to determine if you can be classified as a graduate swimmer.

## Registration

Jen and Jeff will be at the Open House on May 6<sup>th</sup> from 1:00-4:00 to meet and answer any questions you may have. You also will be able to register for the team during the Open House. Registration for the team will be until June 22<sup>nd</sup>.

Member Name \_\_\_\_\_

1<sup>st</sup> Child \_\_\_\_\_ age as of 7/1 \_\_\_\_\_ 2<sup>nd</sup> Child \_\_\_\_\_ age as of 7/1 \_\_\_\_\_ T-Shirt Size \_\_\_\_\_  
3<sup>rd</sup> Child \_\_\_\_\_ age as of 7/1 \_\_\_\_\_ 4<sup>th</sup> Child \_\_\_\_\_ age as of 7/1 \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

\*Fees will be billed to your account.

**IMPORTANT-ALL PARENTS MUST VOLUNTEER TO SCORE OR TIME AT LEAST 3 MEETS!!**

Please return this form to the Woodbridge Club, 10 Millhaven Road, Woodbridge, CT 06525