

2010 SWIM TEAM SCHEDULE

Practice schedule:

June 17.....Trial Period & Practice 5 - 6 PM

June 18.....Trial Period & Practice 5 - 6 PM

June 21.....Regular Practice Begins*

June 21.....Parent Meeting 6 PM

*Monday, Tuesday, Thursday and Friday

7-8, 8-9 AM and/or 5-6 PM

No practice on Swim Meet days

Swim Meet Schedule:

Meet locations are bold & underlined.

June 23.....**STSC** (Jelly Bean Meet)

July 1.....STSC vs **Ilaha** (Thursday)

July 7.....**STSC** vs Turner

July 14.....**STSC** vs Creekside/Courthouse

July 21.....**STSC** vs Kroc Center/Creekside

July 30.....Awards Banquet @ STSC, 5-7 PM
Swimmers eat free (Small fee for family members)

July 31*.....Finals @ **Turner**

* Finals are on Saturday and all teams are represented, so the meet is longer than a regular meet.

More information about Finals will be handed out to swimmers.

Meet Timeline:

11:50 Home team warm-ups

12:20 Away warm-ups

12:45 Coaches, timers, DQ judges meeting

1:00 Meet starts

5:00 Meet ends

IMPORTANT:

If the parking lot is full there will be signs directing you where you can park. Please DO NOT park in front of neighbors driveways, mailboxes or garbage cans.

Dressing Rooms Rules:

1) Showers are for cleansing, not for warming up, please be water conscious.

2) Dressing rooms are for showering and changing only. No rough play or running.

3) Please respect the property of others.

4) Soap is provided for cleansing, not for misuse.

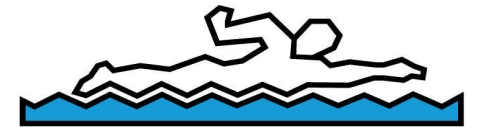
5) We are not responsible for lost or stolen personal items. Please do not leave your valuables unattended in the shower rooms.

During Swim Team Practices & Meets

There will not be swimmers in the pool other than those who are on the swim team so as to insure the safety of those involved. Spectators must remain on the upper deck or in the viewing lounge during swim team practices and meets. Swimmers and families should vacate the pool and deck immediately following the evening practice as the pool becomes adult lap swim at that time.



SALEM TENNIS
& SWIM CLUB



SWIM TEAM

2010

Salem Tennis & Swim Club

SWIM TEAM

INFORMATION

PO Box 3284
4318 Lone Oak Rd SE
Salem, OR 97302
Pool Phone: 503-581-1270
Office Phone: 503-363-2424
Fax 503-363-2424

Who is SWIM TEAM for?

All children are encouraged to join. It is required that the swimmer be able to swim one length of the pool without stopping. The swim team coaches will make the determination if the swimmer qualifies. SWIM TEAM is a fun opportunity to get to know other kids the same age at STSC and at other clubs, while improving your stroke technique, strength, endurance, and overall swim performance. Swimmers will swim the age division determined by May 1st.

Age divisions:

- 8 and under
- 9 & 10
- 11 & 12
- 13 & up

Meets consist of the following strokes: freestyle, backstroke, breaststroke, butterfly. Events include individual and relay events.

How do I get started?

To start SWIM TEAM, all you need to do is fill out a registration form, pay the fee, and come to practices. Registration forms are available at the front desk at STSC or online @ www.SalemTennisandSwimClub.com (click on the Swim bar).

Cost:

\$70 per member
(\$175 family cap)

\$110 per non-member
(no family discount)

Not sure if you want to participate?

We have two dates that you may attend practice for free to see if you like it. See dates and times on the schedule page.

What about a swimsuit?

Swimsuit fittings will be done at STSC at a time and date to be determined. The cost of the suit is in addition to the team fee.

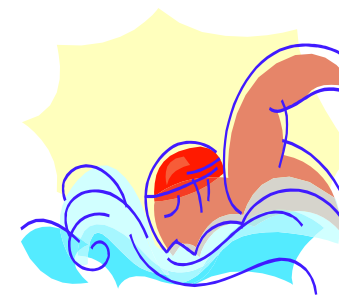


What is the Registration Deadline?

STSC is a member of the Summer Valley Swim League. In order to participate on SWIM TEAM, all forms and fees must be filled out and paid by **June 19, 2009**. In order to participate in the **FINALS MEET**, you are required by Summer Valley Swim League to swim in **two dual meets** during the season and have swam the particular event in one of those meets. **Registration for FINALS must be completed by July 23, 2009.**

How can PARENTS help make SWIM TEAM a success?

Many parent volunteers are needed for each Swim Meet, and other Swim Team events. **In order to fill these needs, each family is required to take 2 shifts and/or tasks per season. If you are not able to volunteer for a shift, a \$20 per shift charge will apply.** Please contact the pool office or a swim team coach to sign up for shifts. We will use a file system to communicate with parents. Each swim team family will have a file that they should check periodically in order to receive important team information and ribbons won by swimmers at each meet.



We hope to see you on the
STSC Swim Team!

If you have any further questions,
please call LaVonne or Ronda
@ 503-363-2424.