

## **Information from the Swim Team Coach**

*The Hazlet Swim Team welcomes children from ages 5-18. Swimmers should be comfortable and confident in the water. (If you are unsure about whether the swim team would be a good fit for your child, please contact the coach.) The swim team practices and participates in meets during June and July; weather pending. We typically have practice 5 days a week, Monday through Friday. I understand that this may not fit with some schedules--that is totally fine! I schedule practices 5 days a week so that if children are involved in other sports, they can hopefully still make a few swim practices each week. Exact practice times will be released as the season approaches. The team is typically at the pool club from 4-6pm in June, and this block of time is separated into different age group practices. Swim meets are on Wednesday nights and Saturday mornings, they do not begin until late June. During swim meets we do need parent volunteers. Without parent volunteers to help time, marshall, etc. the swim meet cannot run. More information about parent involvement and responsibilities will be provided by a parent representative as the season approaches.*

*During meets, children will be required to swim the following strokes and distances. If parents have a concern, please discuss it with me and we can try to accommodate any possible needs for your child. Also, if your child does not know how to swim any of the strokes listed, do not worry, they will learn them during practices!*

*8 and unders (5-8 year olds) will have to swim 25 freestyle (1 lap) and 25 backstroke (1 lap) during swim meets.*

*9 and 10 year olds will have to swim 25 Breaststroke, 25 Butterfly, 50 Freestyle, and 50 Backstroke. They will have 2 of these events during each meet, it switches back and forth of Wednesdays and Saturdays.*

*11 and 12 year olds will have to swim 50 breaststroke, 50 butterfly, 50 freestyle, and 50 backstroke. They will have 2 of these events during each meet, it switches back and forth of Wednesdays and Saturdays.*

*13 and 14 year olds will have to swim 50 breaststroke, 50 butterfly, 100 freestyle, and 50 backstroke. They will have 2 of these events during each meet, it switches back and forth of Wednesdays and Saturdays.*

*15-18 year olds will have to swim 50 breaststroke, 50 butterfly, 100 freestyle, and 100 backstroke. They will have 2 of these events during each meet, it switches back and forth of Wednesdays and Saturdays.*

*Note:*

*25 yards= 1 lap*

*50 yards= 2 laps*

*100 yards= 4 laps*