



SUMMER SWIM CLUB

NORWALK STINGRAYS HOSTS AND TRAVELS TO SWIM MEETS WITH AREA TEAM AND IS GEARED TOWARDS THOSE 6-18 YEARS OLD LOOKING TO DEVELOP PERFORMANCE FOR FUTURE COMPETITIVE SWIMMING EXPERIENCES.

- NEW SWIMMERS* MUST PASS LEVEL 3 GROUP LESSONS OR PARTICIPATE IN A SWIM TEST AT A COACH MEET AND GREET BEFORE REGISTERING FOR SWIM TEAM. SWIM TEST DETAILS AT NORWALKREC.COM/SWIMTEAM
 - SWIM TEST ENSURES INCOMING SWIMMERS CAN REMAIN SAFE IN THE WATER WITHOUT A COACH PRESENT AND ALLOWS COACHES TO ACCESS FUNDAMENTAL SWIM SKILLS (I.E. ROTARY BREATHING)
- RETURNING SWIMMERS MUST DEMONSTRATE KNOWLEDGE OF TERMINOLOGY AND EXPECTATIONS DURING SWIM MEETS. "TEAMS" ENSURE THOSE WITH SIMILAR SKILL AND SPEED SWIM TOGETHER AT PRACTICE

EXPECT WHITEBOARD SETS WITH TIME INTERVALS THAT WILL HELP SWIMMERS LEARN AND DEVELOP SKILLS TO IMPROVE BOTH ENDURANCE, SPEED AND TECHNIQUE. SWIMMERS MUST UNDERSTAND AND FOLLOW LEGAL STROKE TECHNIQUE TO AVOID DISQUALIFICATION (DQ)

SESSION FEES

Member \$200 Universal \$240

\$20 discount for additional family member

SESSION FEE INCLUDES ONE TEAM CAP AND TEAM T-SHIRT

TEAM SUIT PURCHASE IS OPTIONAL BUT ENCOURAGED

**ALL SWIMMERS WELCOME IN THE TEAM PICTURE
INDIVIDUAL/SIBLING PICTURES ARE PURCHASED SEPARATELY**

PRACTICE SCHEDULE

Dates: June 1st – July 23rd

Registration: 5/11 until 6/5 @Rec Center Front Desk

Session 1: Mon-Thurs 5-6:30pm (B and A teams)

*max of 24 swimmers

Session 2: Mon-Thurs 5-6pm (Adaptive, C and B)

*max of 12 swimmers

NEW SWIMMERS*

FIRST TIME SWIMMERS ARE REQUIRED TO ATTEND A COACH MEET AND GREET TO DETERMINE TEAM FOR REGISTRATION

Swimmers with middle school or high school swim experience do not need to participate in a swim test. Join Session 1.

- **Tues 5/26** – Meet and Greet #1 @6pm
- **Wed 5/27** – Meet and Greet #2 @6pm
- **Thurs 5/28** – Meet and Greet #3 @6pm

RETURNING SWIMMERS

TEAM DENOMINATION IS DETERMINED BY AGE, SKILL & SPEED

Contact Carissa via BAND, email (clink@norwalkoh.com) or phone if you need a session or team recommendation.

2026 COMPETITIONS

(subject to change, meets start at 5pm unless otherwise noted)

- **Thurs 6/11** – AWAY @Plumbrook
- **Thurs 6/18** – AWAY @Danbury
- **Sat 6/20** – OPTIONAL Margaretta Invite
 - Additional fee to participate, details TBD
- **Thurs 6/25** – HOME vs. Port Clinton
- **Tues 7/7** – HOME vs. Oak Harbor w/ Sandusky
- **Thurs 7/16** – AWAY vs. Vacationland
- **Sun 7/19** – Avon Lake Storm Summer Invitational
 - Additional fee to participate, details TBD
- **Tues 7/21** – CHAMPS @Fremont Rec
 - Rain date 7/22, details TBD
- **Fri 7/24** – AWAY @Danbury Invite
 - Details TBD