

SUMMER LEAGUE



NORWALK STINGRAYS SUMMER SWIM TEAM IS A MEMBER OF THE NORTH COAST SUMMER SWIM LEAGUE (NCSL).

WE HOST AND TRAVEL TO MEETS WITH AREA SUMMER TEAMS. THIS TRAVELING TEAM IS OPEN TO THOSE AGES 6-18 YEARS OLD WITH TALENTS FROM BEGINNER (SEE EXPECTATIONS) TO ADVANCED SKILLS AND IS SUPPORTED BY FAMILY INVOLVEMENT.

IS MY CHILD READY? HERE ARE SOME EXPECTATIONS:

- SWIM 25 YARDS (1 LENGTH) CONTINUOUSLY USING FREESTYLE (8 & UNDER); SWIM 50 YARDS (9 & OLDER) **NO STOPPING**
- FUNDAMENTAL UNDERSTANDING OF THE FOUR COMPETITIVE SWIM STROKES
- ABLE TO DIVE FROM SIDE OF THE POOL AND/OR STARTING BLOCK
- EFFICIENTLY ABLE TO SWIM ON BACK AND SIDE
- ABLE TO SWIM COMFORTABLY WITH FACE IN THE WATER - ROTARY BREATHING TO THE SIDE.
- PHYSICALLY ABLE TO COMPLETE A MINIMUM OF 600 YARDS (12 LAPS) OVER A 60 MINUTE PRACTICE
- NEED TO HAVE THEIR OWN PAIR OF GOGGLES & A WATER BOTTLE. NO 2-PIECE SWIM SUITS (BLUE PREFERRED FOR MEETS).

STILL NOT SURE? HAVE MORE QUESTIONS? - OUR COACHES WILL HELP!

FREE MEET & GREET W/SKILLS CHECK

COACHES: ETHAN SCHMENK & CARISSA LINK

Dates: Tuesday May 28 & Thursday May 30 **Time:** Between 5:00 - 6:30 PM **Bring child ready to swim.*

SCHEDULE & FEES

Dates: June 3 - July 24 (*No meet 7/4; No practice 7/5*)

***Reg begins: 5/13 - 6/3 @ Rec Center front desk**

Time: Option A: Mon, Tues, Wed 5:00 - 6:00 PM; Thursdays Meets; Fridays 4:30 - 5:30 PM

Option B: Mon, Tues, Wed 6:00 - 7:00 PM; Thursdays Meets; Fridays 4:30 - 5:30 PM

Session Fee: \$185 mem; \$223 unv (*includes swim cap & tee-shirt*)

***\$20 discount for additional family member**

IMPORTANT DATES

Mock Meet & Family Orientation: 6/6 (5:00-7:00)

Family Picnic & Awards: 7/30 @ 6:00 (7/31 Raindate)

TENTATIVE MEET SCHEDULE:

6/13 (5:00 START) @ PLUMBROOK

6/17 OPTIONAL MARGARETTA INVITE

6/20 (6:00 START) @ DANBURY

6/27 (5:00 START) @ HOME

7/11 (5:00 START) @ HOME

7/18 (5:00 START) @ VSC

CHAMPIONSHIPS:

7/23 (TIME TBA) @ FREMONT REC

7/24 RAINDATE