



SUMMER SWIM CLUB

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 FOR BOTH EXPERIENCED SWIMMERS AND NEW SWIMMERS WHO CAN SUCCESSFULLY COMPLETE EXIT SKILLS OF THE NORWALK GROUP LESSON PROGRAM. THE "C", "B" AND "A" TEAMS WILL ENSURE INCOMING SWIMMERS ARE AWARE OF SWIM TERMINOLOGY AND EXPECTATIONS DURING SWIM MEETS TO PREPARE THEM FOR OUR COMPETITION SEASON AND/OR AREA MIDDLE OR HIGH SCHOOL ATHLETICS

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

SWIM TEST AT COACH MEET AND GREET *REQUIRED FOR THOSE WHO DID NOT SWIM CLUB BEFORE SPRING 2025*

HAVE YOUR SWIMMER(S) BRING A SUIT AND PLAN TO COMPLETE THE FOLLOWING EXIT SKILLS FROM THE NORWALK SWIM LESSON PROGRAM:

- 1 MINUTE FRONT FLOAT, 1 MINUTE BACK FLOAT, 1 MINUTE TREADING WATER USING ARMS AND LEGS (11.5-FEET-DEEP WATER)
- 25 YARD FREESTYLE WITH ROTARY BREATHING
- 25 YARD BACKSTROKE WITH ROTARY BREATHING
- 25 YARD ELEMENTARY BACKSTROKE (TIMING SHOULD BE CORRECT)
- 25 YARD BREASTSTROKE (TIMING CAN BE OFF)
- 25 YARD DOLPHIN KICK

GOGGLES ARE REQUIRED. SWIM CAPS ARE RECOMENDED FOR LONGER HAIR

IF ALL OF SKILLS PRESENTED ARE COMPLETED SUCCESSFULLY, THEY WILL BE TESTED ON THE FOLLOWING SKILLS TO DETERMINE WHAT "TEAM" THEY WILL BE AT PRACTICE

- BEGINNING KNOWLEDGE OF LAPS (50 YARDS) VS. LENGTHS (25 YARDS) OF THE POOL
- RECALL AND DEMONSTRATION OF WHEN TO USE FLIP TURNS (FREE/BK) VS. OPEN TURNS (BR/FLY)
- RECALL OF IM ORDER (FLY, BK, BR, FREE)
- RECALL OF WHEN TO USE A ONE-HAND OR TWO-HAND FINISH DURING COMPETITION

BOYS - JAMMERS, BOARD SHORTS OR SPEEDOS
GIRLS - ONE PIECE SWIMSUIT (NO TWO-PIECE SUITS)

SUMMER SCHEDULE & FEES

TEAM DENOMINATION IS DETERMINED BY AGE AND SKILL.

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

Dates: June 2nd – July 22nd (no practice 7/4)

****Registration:** 5/12 until 6/5 @Rec Center front desk

Time: A and B Teams:

Mon-Thurs 5:00 - 6:00 PM

C and B Teams:

Mon- Thurs 6:00 - 7:00 PM

All Teams

Fridays from
4:30-5:30pm

Session Fee: \$185 mem; \$223 universal

Fee includes swim cap and swimmer t-shirt

\$20 discount for additional family member

2025 Competitions and Important Dates

(subject to change, meets at 5:00pm unless otherwise noted)

- **Tues 5/13 – Meet & Greet #1 @7pm**
- **Thurs 5/15 – Meet & Greet #2 @7pm**
- **Wed 5/28 – Meet & Greet #3 @5pm**
- **Picture Day – TBD**
- **Thurs 6/12 – HOME vs. Plumbrook**
- **Thurs 6/19 – HOME vs. Danbury**
- **Tues 6/24 – OPTIONAL** Margareta Invite
 - Additional fee to participate, 5:30pm start
- **Thurs 6/26 – AWAY @ Port Clinton**
- **Thurs 7/10 – AWAY @ OH w/ Sandusky**
- **Thurs 7/17 – HOME vs. VSC w/ Sandusky**
- **Tues 7/22 – CHAMPS @ Freemont Rec – TBD start**
 - Rain date 7/23
- **End of Season Picnic & Awards – TBD**