

MRYC Swim Team Information Packet 2020

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Mission Statement: Our objectives are to have fun, develop and improve each swimmer's physical, mental and social skills while being competitive. Proper dedication, swimming skills and a positive attitude are crucial to attaining these goals.

Swim Team Information:

- ★ Swim Team practice will begin July 6. Themed Fun Days will be on most Tuesdays starting July 14th and Time Trials will be on most Thursdays starting July 16th. **View the Swim Team Calendar below for details.**
- ★ The age of the swimmer as of June 30th will determine the age group to which the swimmer will be assigned for the summer season. Swimmers must be in the age range of 5 to 14 by June 30th to participate on the team. Swimmers must register for the team and hand in a swimmer information sheet (included in this packet) on the first day of practice.
- ★ If the weather does not allow for swim team events, parents will be notified by email and text. We will use **RainedOut** to inform you about cancelled events due to inclement weather! Text [mrycswim](tel:84483) to **84483** to receive alerts from the coaches. Search for MRYC Swim Team on www.rainedout.com to sign up.
- ★ Due to COVID-19, we will not have swim meets for this summer season but we will host **Time Trials** for our swimmers to improve personal best times in all events. Time trials also give the coaches a chance to see different areas we need to work on as a team.
- ★ Goggles are highly recommended for practice as well as swim caps for children with long hair. If swim caps are not available, please have your swimmer's hair tied back. Loose hair interferes with correct breathing and overall swimming techniques.

Swim Team Cost

The cost for swim team is **\$80 per swimmer.**

Swimmer Information Sheet

(Please PRINT CLEARLY and hand to the coaches on your first day of practice.)

Swimmer's Name	Age (on or after June 30, 2018)	Date of Birth
1.		
2.		
3.		
4.		

Emergency Contact Name	Home Phone #	Cell Phone #
1.		
2.		

Please provide an e-mail address below as the coaches will send important swim team information throughout the season.

Email Address <input type="checkbox"/>	
Alternate Email Address <input type="checkbox"/>	

Summer Vacation Dates

Medical Conditions and/or Other Important Information

MRYC Swim Team Calendar 2020

Monday	Tuesday	Wednesday	Thursday
<p>July 6</p> <p>Practice</p> <p>Age: 5 & 6 /4:30pm to 5pm Age: 7-10 / 5pm to 6pm Age: 11-14 / 6pm to 7pm</p>	<p>July 7</p> <p>Practice</p> <p>Age: 5 & 6 /4:30pm to 5pm Age: 7-10 / 5pm to 6pm Age: 11-14 / 6pm to 7pm</p>	<p>July 8</p> <p>Practice</p> <p>Age: 5 & 6 /4:30pm to 5pm Age: 7-10 / 5pm to 6pm Age: 11-14 / 6pm to 7pm</p>	<p>July 9</p> <p>Practice</p> <p>Age: 5 & 6 /4:30pm to 5pm Age: 7-10 / 5pm to 6pm Age: 11-14 / 6pm to 7pm</p>
<p><u>July 13</u></p> <p>Practice</p> <p>Age: 5 & 6 /4:30pm to 5pm Age: 7-10 / 5pm to 6pm Age: 11-14 / 6pm to 7pm</p>	<p><u>July 14</u></p> <p>Luau Fun Day</p> <p>Age:8 & Under /4:30 to 5:15pm Age: 9 & Up / 5:15pm to 6pm</p>	<p><u>July 15</u></p> <p>Practice</p> <p>Age: 5 & 6 /4:30pm to 5pm Age: 7-10 / 5pm to 6pm Age: 11-14 / 6pm to 7pm</p>	<p><u>July 16</u></p> <p>Time Trials</p> <p>Age: 5 & 6 /4:30pm to 5pm Age: 7-10 / 5pm to 6pm Age: 11-14 / 6pm to 7pm</p>
<p><u>July 20</u></p> <p>Practice</p> <p>Age: 5 & 6 /4:30pm to 5pm Age: 7-10 / 5pm to 6pm Age: 11-14 / 6pm to 7pm</p>	<p><u>July 21</u></p> <p>Superhero Fun Day</p> <p>Age:8 & Under /4:30 to 5:15pm Age: 9 & Up / 5:15pm to 6pm</p>	<p><u>July 22</u></p> <p>Practice</p> <p>Age: 5 & 6 /4:30pm to 5pm Age: 7-10 / 5pm to 6pm Age: 11-14 / 6pm to 7pm</p>	<p><u>July 23</u></p> <p>Time Trials</p> <p>Age: 5 & 6 /4:30pm to 5pm Age: 7-10 / 5pm to 6pm Age: 11-14 / 6pm to 7pm</p>
<p><u>July 27</u></p> <p>Practice</p> <p>Age: 5 & 6 /4:30pm to 5pm Age: 7-10 / 5pm to 6pm Age: 11-14 / 6pm to 7pm</p>	<p><u>July 28</u></p> <p>Pajama Fun Day</p> <p>Age:8 & Under /4:30 to 5:15pm Age: 9 & Up / 5:15pm to 6pm</p>	<p><u>July 29</u></p> <p>Practice</p> <p>Age: 5 & 6 /4:30pm to 5pm Age: 7-10 / 5pm to 6pm Age: 11-14 / 6pm to 7pm</p>	<p><u>July 30</u></p> <p>Time Trials</p> <p>Age: 5 & 6 /4:30pm to 5pm Age: 7-10 / 5pm to 6pm Age: 11-14 / 6pm to 7pm</p>