

## **TCRC Summer Swim Team Program 2011**

**Dear parents and swimmers,**

This summer, 2011, the Three Chopt Swim Team will be offering the following two programs.

### **Program 1**

**Ages 4 – 6; (mini-mites):** for the swimmer who can be in the water without support, is able to float on back and kick on stomach with face in the water, but needs to learn to swim the basic strokes.

This group will:

swim the American Crawl(freestyle) with rhythmic breathing,

work towards swimming the American crawl with breathing to the side to the side,

learn the elementary backstroke,

learn the backstroke kick and progress to catch up stroke at the side,

learn the regular backstroke arms,

learn the breaststroke and butterfly kicks,

learn to dive from the side of the pool (no jumping from blocks until you can dive)

### **Program 2**

**Competition Team; Ages 6 – 18:** for those swimmers who know at least two of the four competitive strokes and are ready to compete in the swim meets.

Ages 8 and under must be able to swim a 25 meter free in less than 60 seconds and they must be able to swim 25 meters of backstroke or 25 meters of breaststroke.

Ages 9 and up need to be able to swim at least a 50 free and a 25 of backstroke or breaststroke.

### **Deadline for joining the team**

No one may join the 2011 competition team after 10:00 AM of the Monday morning of meet 4.