

Swim Team Competition

Competition for boys and girls is in the following Age Group Divisions:

- Age 6 & under
- Age 7 & 8
- Age 9 & 10
- Age 11 & 12
- Age 13 & 14
- Age 15 to 18

Swim Team Events

Each age group has specific events::

- **Age 6 and under**
Swim half a pool length of crawl and backstroke (12-1/2 yards)
- **Age 7 and 8**
Swim one length of crawl, backstroke, butterfly and breaststroke (25 yards)
- **Age 9 and 10**
Swim one length of crawl, backstroke, butterfly and the individual medley (four lengths of each stroke)
- **Age 11 & 12, 13 & 14 and 15 - 18**
Swim two lengths of the pool in all strokes and the individual medley
- Relay events are held for boys & girls in 2 divisions: 12 & under and 13 - 18
- Medley Relay: Each swimmer in the relay does a different stroke
- Free Relay: Everyone in the relay does the same stroke

*Note: No more than two swimmers from the oldest age group may be on the relay team.

If you are interested or have questions please contact us at:

coachcarol@grotoncountryclub.com

About the Swim Team

The Swim Team is available to members and non-members of the club (130 participants). It is a low key summer activity for anyone interested in competitive swimming. We have several home and away meets.

Members receive priority registration starting on February 15, 2008. Non-members may register on a first come, first serve basis until March 15, 2008.

The cost for the Swim Team is \$150.00 for members and \$275.00 for non-members.

Participation is open to boys & girls starting at age 4 or 5 and going up to the age of 18. Summer Aquatic League rules dictate that swimmers can't participate after high school graduation, during college or are over 18. July 1st is the swimmer age cut off date.

Team members receive a GCC swim cap. We have a team suit which can be ordered through the designated swim team parent (TBA) or through Coach Carol.

In addition to team suits, goggles and other equipment can be purchased when the sizing takes place. While we encourage team members to have suits and caps, this equipment is not mandatory.. However goggles are mandatory and can be purchased at either the Parent Meeting or directly from Coach Carol at the first practice.



Groton Country Club

94 Lovers Lane
PO Box 302
Groton, MA 01450

978.448.3996

2008 Swim Team

Groton Country Club



coachcarol@grotoncountryclub.com



REGISTER ONLINE TODAY!
www.grotoncountryclub.com

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Practice Information

Swim Team practices are held Monday - Friday, unless there is a swim meet. Practices are low key and offered during mornings and some evenings. (see the schedule below)

Confirmation of registration will be emailed or sent in a postcard, along with details about when parent night is and what the upcoming dates for the meet schedule will be.

Practice Schedule

Monday - Friday Mornings

7 - 9am Advanced Level
9 - 10am Beginner Level

Evenings

In addition there will be two evening practices, Tuesday & Thursday from 6:30 - 8:00pm. These practices are reserved for children whose parents either work or have other commitments and cannot make the morning practices.

Volunteers Wanted!

- Be a timer?
- Hand out ribbons?
- Keep score?

Get involved today!

www.grotoncountryclub.com

2008 GCC Swim Team Registration Form

Parent/Guardian Name _____

Address _____

Town _____ State _____ Zip _____

Phone (home) _____ Phone (work) _____

Email (required) _____

Emergency Contact _____ Phone _____

Liability Waiver (must be signed)

Please read this Registration Form carefully and be aware in registering your child for participation in their program you will be waiving all claims for injuries your minor child might sustain arising out of this program. I, Parent/Guardian, of the registered swimmer(s) release and hold harmless Groton Country Club Authority, Town of Groton, its agents and employees from all liability in connection with the swimmer's participation in this program. In case of accident or sickness, I consent to emergency medical care provided by trained emergency personnel, hospital or ambulance personnel. I hereby consent to use of my photograph in any Groton Country Club Authority brochures, website, newspaper, etc. I have read and fully understood the above Program and Waiver and Release of All Claims.

Signature of Parent/Guardian _____ Date _____

2008 GCC Swim Team Fees

	Member	Non-member
1st Child	\$150.00	\$275.00

Additional Children
(Cost Less \$25.00 Discount Per Child)

Participant's Name	Date of Birth	Age



Kids need to be able to swim one pool length!

Payment Information

Please make checks payable to:

Groton County Club
94 Lovers Lane
PO Box 302
Groton, MA 01450

978.448.3996
www.grotoncountryclub.com

Check for: \$ _____

Please charge my

MasterCard Visa Discover

Amount: \$ _____

3 digit V-Code _____

Exp. Date _____

Signature _____

Total cost: _____



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