

River Wilderness Summer 2009 Swim Team Information and Registration

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WHEN: MAY 5TH - JULY 26TH

WHERE: River Wilderness Country Club Pool

REQUIREMENTS; Must be able to swim 2 laps of the River Wilderness pool using any of the four competitive strokes. Do not need to be a member of River Wilderness.

GOALS: This program will focus on stroke techniques, increasing speed and having fun. Swim team is a great sport to learn sportsmanship, respect, discipline, team spirit and more.

NEEDS: Swimmers will need to purchase a River Wilderness Lynx Team Suit-approx \$25. They should also bring a towel, sunscreen and goggles. Swimmers are welcome to bring their own kickboard and fins.

SUPPLIED: A Lynx T-shirt will be provided by Champs Sports. And a Team Cap will be provided by Coach Tina. Kickboards, hand paddles and pull buoys will be provided.

PRACTICES: Evenings only, Tuesdays, Wednesdays and Thursdays. Swimmers are encouraged to attend as many practices as possible. See practice schedule.

MEETS: Can be on a Tuesday or Thursday evening or a Saturday Morning. Championship Meet is Sunday July, 26th

MEET ENTRY FEES: To cover awards are \$3.00 for dual meets and \$10.00 for the Championship Meet.

COSTS: River Wilderness Members \$150.00 Non Members \$160.00

COACHES: Tina Brodersen and Sara Roman

Coach Tina can be reached at: tbrodersen@tampabay.rr.com or 776-9496

Coach Sara can be reached at: sjroman@tampabay.rr.com or 981-3592

EMAIL: Please check your email often for all information during the season. This will be our general method of communication for the season.

BAD WEATHER: The guard gate will be informed if practice is cancelled due to bad weather or you may try the fitness center 776-3395. The weather may be different at the pool than your home, never assume that practice is cancelled. We have a lightning detection system here at RW and will know when we need to exit the pool and when it is safe to return. We will swim in the rain as long as we can see the bottom of the pool.

Times and dates are always subject to change.

SUIT SIZING CHART

TEAM SUITS ARE SILK SCREENED WITH THE RW LOGO AND CANNOT BE RETURNED

Universal Suit Sizing Chart

Please use this for sizing reference when ordering your suits. Sizes are approximate.

Women

Suit Size/Chest Size	22	24	26	28	30	32	34	36	38	40	42	44	46
Dress Size Women			1/2	3/4	5/6	7/8	9/10	11/12	13/14	14/15	15/16		
Dress Size-Girls	3/4	5/6	7/8	9/10	11/12	13/14							
Waist Size	20	21	22	24	25	26	27	29	30	32	33	34	35
Hip Measurement	24	26	28	30	32	34	36	40	42	44	46	48	50

Men

Suit Size/Waist Size-Men	22	24	26	28	30	32	34	36	38	40
Measure waist about 1" above natural waist or just above hip bone.										

Suit should fit snugly.

****Kiefer Women's Suits - must size up one from size chart (i.e. if you normally wear 32, order a 34 Kiefer)

Saturday May 2nd 10Am-12Pm

Swim Team try-outs

Suit sizing

Registration

Try-outs are also on any scheduled swim team practice and by appointment.

Practice Schedules

Coaches may move kids up or down a group depending on their skill level.

Practices are divided into two groups: 8 and Under "Blue Group" 9 and Older "Gold Group"

May Practice Schedule:

Blue Group 5-5:45 Gold Group 5:45-6:45

TUE MAY 5TH 5-6:45PM THUR MAY 7TH 5-6:45PM
WED MAY 13th 5-6:45PM THUR MAY 14TH 5-6:45PM SAT MAY 16TH 10AM-12PM*
WED MAY 20TH 5-6:45PM THUR MAY 21TH 5-6:45PM
TUES MAY 26TH 5-6:45PM WED MAY 27TH 5-6:45PM THURS MAY 28TH 5-6:45PM
*EVERYONE SWIMS FROM 10-12

STROKE CLINIC

Optional, but highly recommended

TUESDAY JUNE 2ND 4:45-7:00PM LOCATION TBA COST \$20

June and July Practice Schedule

Tuesday, Wednesday and Thursday night practices only

Blue Group 5-6PM Gold Group 5:45-7:15PM

WED JUNE 3RD
TUES JUNE 9TH WED JUNE 10TH THURS JUNE 11TH
TUES JUNE 16TH WED JUNE 17TH THURS JUNE 18TH
WED JUNE 24TH THURS JUNE 25TH
TUES JUNE 30TH WED JULY 1ST THURS JULY 2ND
TUES JULY 7TH WED JULY 8TH
WED JULY 15TH THURS JULY 16TH
TUES JULY 21ST WED JULY 22ND THURS JULY 23RD

Meet Schedule

Please arrive 15 minutes before warm ups.

SATURDAY MAY 30 TH	@BAYSHORE GARDENS	8:30WARM-UP/9AM START	
THURSDAY JUNE 4 TH	@HARRISON RANCH	4:30/5:00PM	
SATURDAY JUNE 13 TH	@LAKEWOOD RANCH YMCA	8:30/9:00AM	
TUESDAY JUNE 23 RD	@BRADENTON CC	4:30/5:00PM	
SATURDAY JUNE 27 TH	@LAUREL OAK CC	8:30/9:00AM	
THURSDAY JULY 9 TH	@HARRISON RANCH RELAYS	4:30/5:00PM	
TUESDAY JULY 14 TH	@HARRISON RANCH	4:30/5:00PM	
SATURDAY JULY 18 TH	@ 59 TH STREET YMCA	8:30/9:00AM	
SUNDAY JULY 26 TH	CHAMPIONSHIPS	@GT BRAY	TBA

Swim Team Registration Forms

Today's Date ____/____/____

Swimmer #1 Name _____ Age on June 1st _____

Male or Female _____ T-Shirt Size: Youth Small ___ Medium ___ Large ___
Adult Small ___ Medium ___ Large ___ XL ___

Team Suit Size*: Female _____ Male _____

** For new swimmers or swimmers who need a new team suit. Use sizing chart to help.*

Medical Conditions/Comments: _____

Swimmer #2 Name _____ Age on June 1st _____

Male or Female _____ T-Shirt Size: Youth Small ___ Medium ___ Large ___
Adult Small ___ Medium ___ Large ___ XL ___

Team Suit Size: Female _____ Male _____

Medical Conditions/Comments: _____

*Minimum suit order of 12 needed to and receive group discount. Girls suits start at size 24 and boys start at size 22. Generally a boys waist size is all you need. If your size is not available please try to obtain a blue racing style suit for your child. Call me if you need help. Suits will be ordered on May 9th, order takes three to four weeks to deliver.

Parent/Guardian Name _____

Home Phone _____ Cell Phone _____

Email* _____

** This will be the official communication site for the swim team. Please check it often.*

I, the parent/legal guardian of _____ hereby give our permission for him/her to participate on the River Wilderness Swim Team. For and in consideration of the River Wilderness Country Club, Tina Brodersen and Sara Roman, we agree to release and forever discharge River Wilderness Country Club, Tina Brodersen and Sara Roman from any and all liabilities, demands of claims for loss or damage resulting from any injury or damage which may be sustained on account of his/her participation in the River Wilderness Swim Team practices and competitions. River Wilderness Country Club, Tina Brodersen and Sara Roman are not responsible for your child(ren) before or after scheduled practices, competitions, and or lessons. I understand that there is no lifeguard on duty during practices/lessons and that swimmers will only be allowed to dive into the pool under the instruction and permission of the River Wilderness Swim Coach. Swimmers are not allowed to enter the pool until the coach has authorized them to do so. At the end of practice/lessons swimmers are not allowed to re-enter the pool unless they are under the supervision and permission of their legal parent/guardian who is a River Wilderness Country Club member.

Parent/Guardian Signature _____ Date _____

Total # of swimmers _____ X Fee _____ = Total Fees Paid: _____

For **swim team fees only** make check payable to: River Wilderness Country Club and send to:
Tina Brodersen 3417 Wilderness Blvd E Parrish, FL 34219

For **team suits only** please make a separate check or cash payable to: Tina Brodersen and send along with swim team fees to the above address.