



KERR STINGRAYS SUMMER SWIM TEAM

June 1— July 31, 2021

Program description: Open to all children ages 5 and older who have completed the Advanced level of group swim lessons, have participated in Stroke School, YOTA Prep, Senior Prep, or have completed an assessment. Cost will be \$241.

New participants assessment: All new participants must schedule an assessment prior to registration to ensure the swimmer has all prerequisite skills. Past Stroke School, YOTA Prep, and Senior Prep participants, or swimmers who have completed the Advanced level of group swim lessons do not need to schedule an assessment.

Pre-registration Skill Assessment: The assessment will consist of:

- **Swimmers age 11 years and older-** Swim 50 yards each of three competitive strokes. Must demonstrate basic competency in each stroke, as well as endurance to complete the total 150 yard swim (6 pool lengths).
- **Swimmers age 10 years and younger-** Swim 25 yards each of three competitive strokes. Must demonstrate basic competency in each stroke, as well as endurance to complete the total 75 yard swim (3 pool lengths).

Practice Make-up Policy: Practices and meets will be cancelled for any extreme weather. For days when we experience on-and-off extreme weather conditions, the Head Coach will communicate to families. Practices will not be rescheduled due to weather or pool closure.

Program Dates and Times:

April 1– Members only registration opens
April thru May – Swim Assessments can be scheduled:
Email Andy.Martin@YMCATriangle.org to set it up.
May 20– Parent Orientation & Suit Sizing, 6:30–7:30pm
June 1 – First Practice!
June 12– Virtual Swim Meet vs. Taylor
June 19– Virtual Swim Meet vs. Finley
June 26th– Virtual Swim Meet vs. NW Cary
July 5 – July 8 – No practice! (week after 4th of July)
July 24– Virtual Swim Meet vs. Kraft
July 30– Last Practice!
July 31 – Championship Swim Meet
August 1– End of Season Celebration

Practice Schedule at Kanata:

Monday, Tuesday, Wednesday, Friday
6:15–7:00 p.m. 10 years & under
7:15–8:30 p.m. ** 11 years & older
***Friday practices will end at 8:00pm*

Swim Meets will be held on Saturday
afternoons at the Kerr Family YMCA
Champs will be held on Sat. July 31

All practices take place at the Camp Kanata
Pool.

Questions? Contact Lorie Buchholz at
Lorie.Buchholz@ymcatriangle.org