



## Knightsdale Sharks SUMMER SWIM TEAM

June 1— August 1, 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 successfully completed an assessment.

**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 Freestyle and one other competitive stroke. Must demonstrate basic competency in each stroke, as well as endurance to complete the total 100 yard swim (4 pool lengths).
- **Swimmers age 10 years and younger-** Swim 25 yards each of Freestyle and one other competitive stroke. Must demonstrate basic competency in each stroke, as well as endurance to complete the total 50 yard swim (2 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  
June 1 – First Practice. Parent orientation and fun day!  
Week of June 12– Virtual Swim Meet vs. Taylor  
Week of June 19– Virtual Swim Meet vs. Finley  
Week of June 26– Virtual Swim Meet vs. NW Cary  
July 5 –July 8 – No practice! (week after 4th of July)  
July 13– BYE WEEK (practice no meet)  
July 20– Virtual Swim Meet vs. Kraft/East Tri/Poole  
Week of July 26– Championship meet  
July 29– Last Practice! Team banquet celebration night!

### Practice Schedule:

Monday, Tuesday, Wednesday, Thursday  
6–7 p.m. 10 years & under  
7–8 p.m. 10 years & older  
*\*Final group assignments at the coach's discretion.*

Swim Meets will be held during practice times this year.

We recommend a minimum of 2 practices a

- *For team swim suit please reach out to Barb Prue: [barb@allamericanswim.com](mailto:barb@allamericanswim.com)*

**Questions? Contact Jeff Little at**  
**[Jeff.Little@ymcatriangle.org](mailto:Jeff.Little@ymcatriangle.org)**