



## Northwest Cary Narwhals SUMMER SWIM TEAM

May 24 - 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 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 two competitive strokes. 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 two competitive strokes. 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  
May 24- First Practice!  
June 9- Virtual Swim Meet vs. Kraft  
June 16- Virtual Swim Meet vs. Taylor & East Tri-Poole  
June 23- Virtual Swim Meet vs. Knightdale & Kerr  
July 5 - July 8 - No practice! (week after 4th of July)  
July 14- Virtual Swim Meet vs. Taylor/ETY/Poole  
July 21- Virtual Swim Meet vs. Taylor/Finley  
July 29- Last Practice  
July 31- Championship Swim Meet  
August 1- End of Season Celebration

**Practice Schedule May 24- June 3:**  
Monday, Tuesday, Wednesday, Thursday  
6 & Under: 4:40pm-5:30pm  
7-8: 5:35pm-6:25pm  
9-10: 6:30pm-7:20pm  
11-12: 7:25pm-8:15pm  
13 & Older: 3:45pm-4:35pm

**Practice Schedule June 7- July 29:**  
Monday, Tuesday, Wednesday, Thursday  
6 & Under: 4:40pm-5:30pm  
7-8: 5:35pm-6:25pm  
9-10: 4:40pm-5:30pm  
11-12: 3:45pm-4:25pm  
13 & Older: 3:45pm-4:35pm

**Questions? Contact Sophia DiDomenico at  
NWCSwimCoach@ymcatriangle.org**