



East Triangle Piranhas SUMMER SWIM TEAM

June 6— August 6, 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
June 6– First Practice!
June 11– Off
June 18– Intra-Squad meet @ **East Triangle** with Poole
June 25– Swim Meet at **Taylor** vs. Northwest Cary/Poole
July 2 & 9– Off
July 4– 8: No practice! (4th of July)
July 16– Swim Meet @ **East Triangle** vs. Poole/Finley/Kraft
July 23– Swim Meet @ **East Triangle** vs. Poole/Knightdale/Kerr
July 30– Swim meet @ **Kraft** vs. Poole
July 28 – Championship Swim Meet
August 4– Last Practice!
August 6– Championship Meet @ TAC

Practice Schedule:

Monday -Thursday: \$245

Starting June 7:
10 and Under: 8:00-8:50am
11 and Older: 8:55-9:45am

Swim Meets will be held on Saturday mornings.

We recommend a minimum of 2 practices a week.

Questions? Contact Jessica Meder at
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