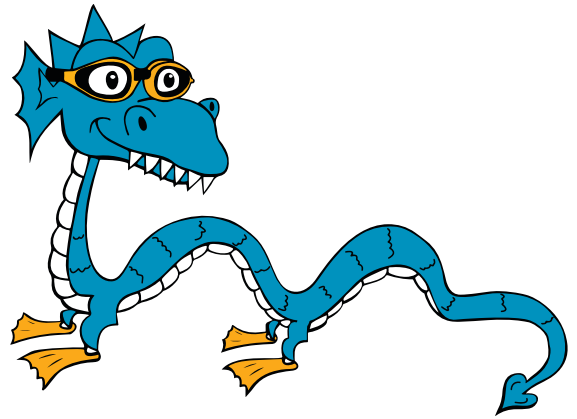


IMPORTANT INFORMATION ABOUT THE 2024 SWIM TEAM SEASON



DATES

- Wednesday March 6, 9am: Member registration
- Wednesday March 13, 9am: General registration
- Monday April 8, 6pm: Family meeting (in-person)
- Tuesday April 9 through Thursday April 25: Pre-season swim skills
- Wednesday April 10, 4:30pm: Jr Dragons swim test (to ensure your swimmer can swim one length of the pool (25 yards) w/o assistance)
- Wednesday May 1 and Thursday May 2: Assessment days
- Monday May 6: First day of afternoon practices
- Monday June 10: First day of morning practices
- Friday July 5: Last day of practice
- Sunday July 7: Championships (optional)
- Tuesday July 9: End-of-season Party Banquet

GROUP DESCRIPTIONS AND FEES

You will select a practice group at registration. Please carefully read the descriptions and schedules before choosing a group. Changes to practice groups after registration will not be guaranteed. If you have more than one swimmer attending a practice OR planning to swim with friends during practice, please coordinate your registration for the same group. If your desired time and practice group is full, you may register under a waitlist. Only register for your desired time. Registration spots will not be held.

- **Junior Dragons:** age 4+, should be comfortable being in the water and able to follow Directions and follow a group plan. Do not participate in swim meets. Practice 30 minutes, twice a week.
 - Fees:
 - \$155, Jewish for Good Health & Wellness Members (All-inclusive or Summer)
 - \$195, Guests
 - Practice Groups: Scales (Mon/Wed, 5:30pm/9am)
Talons (Tues/Thurs, 5:30pm/9am)
- **Main program:** age 5-18 AND able to swim 50 yards (to one end of the pool and back) independently (ie, green band status). Appropriate for swimmers who are developing strokes, or who are strong swimmers but do not want to commit to four days a week of practice. Eligible for swim meets but are not required to participate in meets. Practice 50 minutes, twice a week.
 - Fees:
 - \$225 Jewish for Good Health & Wellness Members (All-inclusive or Summer)
 - \$300 for Guests
 - Practice Groups: Onyx (Mon/Weds, 4:30pm/8am)
Quartz (Tues/Thurs, 4:30pm/8am)
Sapphire (Mon/Weds, 6pm/7am)
Garnet (Tues/Thurs, 6pm/7am)

- **Competitive program:** Age 8-18, able to swim 50 yards AND committed to a more rigorous, competitive season. Participate in meets with a goal of swimming in Championships. Practice 50 minutes, four times a week.

Fees:

\$285 Jewish for Good Health & Wellness Members (All-inclusive or Summer)

\$335 for Guests

Practice Groups: Emerald (Mon, Tues, Weds, Thurs 6pm/7am)

PRACTICE SCHEDULES

MAY 6-JUNE 9: AFTERNOONS			
Mondays	Tuesdays	Wednesdays	Thursdays
4:30-5:20pm ONYX	4:30-5:20pm QUARTZ	4:30-5:20pm ONYX	4:30-5:20pm QUARTZ
5:30-6pm SCALES	5:30-6pm TALONS	5:30-6pm SCALES	5:30-6pm TALONS
6-6:50pm SAPPHIRE	6-6:50pm GARNET	6-6:50pm SAPPHIRE	6-6:50pm GARNET
6-6:50pm EMERALD	6-6:50pm EMERALD	6-6:50pm EMERALD	6-6:50pm EMERALD
JUNE 10-JULY 5: MORNINGS			
Mondays	Tuesdays	Wednesdays	Thursdays
7-7:50am SAPPHIRE*	7-7:50am GARNET*	7-7:50am SAPPHIRE*	7-7:50am GARNET*
7-7:50am EMERALD*	7-7:50am EMERALD*	7-7:50am EMERALD*	7-7:50am EMERALD*
8-8:50am ONYX*	8-8:50am QUARTZ*	8-8:50am ONYX*	8-8:50am QUARTZ*
9-9:30am SCALES*	9-9:30am TALONS*	9-9:30am SCALES*	9-9:30am TALONS*

* Swimmers who want staff to bring them to Camp Shelanu should enroll in Talons, Quartz, Onyx, or Emerald group (Emeralds must be responsible enough to wait on the pool deck for an hour). Scales, Sapphire, and Garnet swimmers in camp will need a guardian to pick them up from swim team and bring them to camp.

ASSESSMENT DAYS

- The first day of each practice group (May 1 + 2) will be an assessment day to ensure that all team swimmers meet the minimum requirements and to enable coaches to group like swimmers in lanes within their practice group. If for any reason your swimmer does not meet our minimum requirements, your registration and deposit will be refunded.

MEETS

- Swimmers are not required to swim in meets. If your swimmer plans on swimming in out DSSL Championship Meet, your swimmer is required to participate in 3 out of 5 meet to qualify

FAMILY VOLUNTEER EXPECTATIONS

- Family involvement is essential to the team's success! All families of swimmers

participating in swim meets are expected to volunteer at least two meets in the summer. More details and sign ups will be provided at our Family Meeting.

FINANCIAL INFORMATION

- Fees include a Water Dragon swim cap, league registration, and Champs fees. Any additional gear (shirts, swim suits, etc) are available for purchase on our team store.
- \$50 deposit is due at time of registration.
- Refunds are available -- minus \$50 deposit -- until Monday April 17 (one week after the info meeting).
- After this deadline, no refunds are available for withdrawal from the program.
- Financial aid is available - please contact us at aquatics@jewishforgood.org

FREQUENTLY ASKED QUESTIONS

How well does my child need to swim to join?

- Swimmers in the Competitive Program (4 day per week program) should be at least 8 years old AND able to swim 50 yards AND want to commit to 4 days a week in a more competitive program, meaning they want to focus on improving their strokes and times with the aim of swimming in Championships.
- The Main program is best for swimmers 5+ who can already swim at least 50 yards (Green band level), but are not interested in a more competitive season. This may include swimmers ages 5-7, those who can swim at least 50 yards, or strong swimmers who prefer a less competitive experience (want to swim two days instead of four and are not focused on meet performance).
- Junior Dragons are ages 4+, comfortable in the water, and able to follow a group plan. Must be able to swim 25 yards (one length of the pool)

What if I am not sure which group to sign up for? Can I switch groups?

Feel free to contact us before registering if you are not sure which group is right for your swimmer! Within each practice group, swimmers will be grouped by ability, so there is room for differentiated instruction within each group. Each practice group will also improve together over the course of the season! Switching practice groups after the season has started is only possible if space is available, and would be done in consultation with the coaches.

How does registration work?

Registration is online at www.jewishforgood.org/register. When you register, you will choose your swim practice group. If you have friends you want to be in a practice group with for carpooling or other reasons, please coordinate ahead of time to register for the same practice group. Switching after registration may not be possible. Plan for about 15 minutes to register including health forms and payment. You will need contact info for emergency contacts and medical providers, and your credit card or bank draft info.

Who are the coaches?

You will meet your coaches at the April Family Meeting! This year, we will have a Senior Coach handling overall coaching strategy and most meets, a Head Coach overseeing daily practices, and Assistant Coaches working with swimmers in

each lane. Junior Coaches are volunteers who are typically also on the team and are interested in learning about coaching and supporting other swimmers.

What is family volunteering like?

For any swimmer participating in meets, families are expected to volunteer. There will be trainings provided at the beginning of the season for roles such as Meet Director, Stroke and Turn Judge, Starter, and Timer. We need about 16 volunteers for each of our home meets! Volunteering is a great way to role model for your child, meet other swim team families, learn more about the team and the league, and to be close by to cheer on your swimmer and their friends!

How can I order swim team suits and other gear?

This year swimmers will be able to order swim team gear (Water Dragons swim suits as well as spirit wear and accessories like goggles) online. Information will be provided to registered swimmers in April. One swim cap is included in registration.

What if I have more questions?

Contact Aquatics Manager, Andria Bishop, at abishop@jewishforgood.org or call 919-354-4939.