

Crestwood Cruisers Swim Team 2011

Objectives:

- To have all swimmers improve in all four competitive strokes
- To have all swimmers improve their personal best times
- To develop endurance while swimming

Requirements:

- Attend practices regularly. Practices are held five days a week. Attend meets.
- Arrive at meets 30 minutes early for warm ups.
- Keep open communication with coaches.
- Crestwood Lake Membership

Notes:

- Practices are held Monday-Friday.
- Practices will be held unless there is extreme weather, ie Thunder and lightening.
- If the weather is questionable, check your email or the bulletin board at the front gate of Crestwood Lake.
- If Crestwood Lake is closed then practice is cancelled.
- Practice is held to improve times and to communicate with coaches.
- If you do not attend practice, there is no communication between coaches and the swimmers.
- A swimmer's participation in a meet may be contingent upon his/her attendance at practices.
- "Fun Friday" practice will consist of games and relay races.
- Competitive heats will be determined by times, communication with coaches and participation in practices.
- Any parent unable to fulfill their obligation to work at a scheduled meet must find a replacement.
- Swimmers must remain in the designated waiting area during the meets.
- Swimmers may not leave a meet early unless they speak to a coach prior to the meet or have a parent speak to a coach during the meet.
- Children 13 and under must be accompanied by an adult at every practice or they cannot swim. This is a Crestwood Lake rule.
- Participation in all meets will be assumed unless you email Richard Levy within 24 hours of the meet. Please email as early as you know a swimmer will not be competing – richardl@highintensity.com.
- Should a swimmer become ill the day of the meet, please contact Richard Levy so that substitutions can be made.