

RED ROCK ROCKETS SWIM TEAM

JOIN THE ROCKETS, IF YOU WANT TO HAVE A BLAST THIS SUMMER!

Join the summer swim team to become a better swimmer, make new friends, and have lots of fun over the summer!!!

Our team promotes good sportsmanship, teamwork, friendship, while improving swimming skills in all 4 strokes: Freestyle, Backstroke, Breaststroke and Butterfly.

Registration, Volunteer positions, Meet Coaches and Try on Swim Suits:
(Please remember to bring your calendar & checkbook.)

Sunday, **April 19th** 3:00 – 5:00pm at the LARR pool house
(LARR residents & past team members)

Sunday, **April 26th** 3:00 – 5:00pm at the LARR pool house
(LARR residents, past team members & outside residents)
(Spaces are limited and available on a first come, first serve basis.)

Coach's Evaluation at Ida Lee's Pool:

Sunday, **May 3rd** 3:00 – 5:00pm, Admission fee required to enter Ida Lee Center
Our coaches will give evaluations **ONLY** to old and new mini team swimmers and any new swimmers to Red Rock Rockets.

RED ROCK ROCKETS – BASIC TEAM INFO

- Swimmers age 5 to 18 (*who can swim the length of the pool*) are welcome to join.
- Third year of Mini team available. You must be 5 (6/15/09) and evaluated by the coaches. For further information please contact Stacy Horenberger at stacy.horenberger@gmail.com.
- The registration fee of \$100 (\$50 additional fee, if outside community) includes 9 weeks of swim coaching, a team t-shirt, team swim cap, a ribbon for every race you swim, a trophy, awards party and lots of FUN. If you have 3 or more children participating, you are entitled to a 10% discount on your registration.
- We offer other fun activities such as ice cream socials, pancake breakfast, pot luck dinner, etc. Just think of the ROCKETS as the coolest and closest camp around.
- Our team is part of the Old Dominion Swim League!
- The swim season goes from **May 26th to July 25th** (most kids will miss a week or two due to family vacations, camps, etc). We encourage kids to attend as many practices and meets as possible but we don't expect them to attend everything.
- The swimmers are grouped by swim ability at practices to allow for individualized coaching. Beginning **May 26th**, practice will be held from 4:00 to 5:00 for younger swimmers and 5:00 to 6:00 for older swimmers. Once summer break begins on **June 22nd**, practices will be in the mornings from 8:00 to 9:00 for the older kids and 9:00 to 10:00 for the younger kids.
- Mini Team starts on June 23, 2009, Monday, Wednesday, & Thursday, except for the first week-Tuesday, Wednesday, & Thursday.
- Attendance at two practices/ week is required to swim in the meet that week.
- Parent volunteers are required to run the swim meets. This is a great way for you to get to know your neighbors while cheering for your kids.

Questions? – Contact Dawn Dann: dawnmdann@verizon.net or 703 779 0443.
"Swimming is an important skill your children will use their entire life."