

# **Seahorse Swim Team**

## **Summer 2022 Information Sheet**

- I. All Swimmer Stroke Technique Sessions – May 2 to May 7**
- II. Advanced practice group – 15 & over; 3:45 to 5:15 PM**
- III. Black practice group – 12 & over; 4:00 – 5:30 PM;**
- IV. White practice group – 9 to 11; 5:15 – 6:30 PM**
- V. Purple practice group – 8 & under – 5:30 – 6:30 PM (Mon. Wed. Thurs.)**
  - A. Open to new swimmers and returning SST swimmers.
  - B. Stroke techniques in freestyle, backstroke, breaststroke, and butterfly.
  - C. Body alignment, hand entry and grab, arm drills. and kick drills.
  - D. Breath control and relaxation drills.
  - E. **All returning swimmers must complete a registration form and pay the \$50 administrative fee before attendance at the all swimmer stroke technique sessions will be permitted.**
  - F. **A three night Stroke Technique Session for new swimmers to try out for the Summer 2022 team will be held on April 26, 27, and 28. See the New Swimmer Stroke Technique Sessions information sheet.**
- VI. Program**
  - A. Practices**
    - 1. Practices will be geared to improve technique, endurance, and strength.
    - 2. Includes activities in all stroke areas including starts and turns.
    - 3. Various types of water conditioning to improve endurance and speed.
    - 4. Typical practice will include - warm-up activities, water drills and water conditioning activities
- VII. Meets** Five dual meets against other teams in the Capital Area Swim League
- VIII. Team fees**
  - A. Advanced practice group - \$300.00 (\$50 administrative fee plus \$250 team fee)  
Black practice group - \$275.00 (\$50 administrative fee plus \$225 team fee)  
White practice group - \$250.00 (\$50 administrative fee plus \$200 team fee)  
Purple practice group - \$175.00 (\$50 administrative fee plus \$125 team fee)
  - B. Each swimmer will receive 1 team t-shirt and one Seahorse silicone swim cap.
  - C. Please make payment using cash or check made payable to Seahorse Swim Team by due date. Place payment in an envelope with name and what payment is for written on the front. Envelope may be given to Coach Sterner, Coach Evelan or Coach Mindy.
  - D. **Full payment of team fee is due on Monday, May 9<sup>th</sup>. Monthly payments may be requested. Full payment and all monthly payments must be made by the due date or practice and meet participation may be suspended.**
- IX. Summer Coaches**
  - A. Coach Evelan - Head coach (13 & over age groups)
  - B. Coach Mindy - Head coach (12 & under age groups)
  - C. Coach Meckley - Assistant coach
  - D. Coach Dacheux - Assistant coach
- X. Swimmer registration by mail**
  - A. Complete Swimmer registration form**
  - B. Complete Team fee payment form indicating your choice of full payment or monthly payments**
  - C. Enclose check payable to SST for \$50 per registered swimmer. Full or monthly team fee payment may be enclosed.**
  - D. Complete Family Participation form and include with the two other forms.**
  - E. Mail envelope to Bill Sterner, 1918 Beck Mill Road, Hanover, PA 17331**
- XI. In person registration nights: EHMMS Pool Lobby 6:30 to 7:30 PM**  
**Monday, April 11, 2022; Tuesday April 19, 2022**