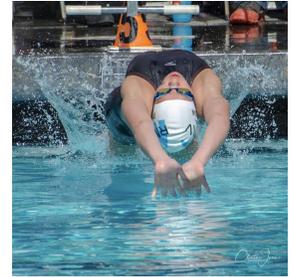


2022 Wave Fall Swim Team

www.RocklinSwimTeam.org



Join us to practice swim stroke mechanics, starts, turns, race strategies, speed work (not a learn to swim program). Priority will be given to returning swimmers who have fulfilled their competition requirement and families who have fulfilled their volunteer requirement during the summer 2022 season. Thereafter priority to returning swimmers then new swimmers.

If spots are still available and you have NOT participated in a 2022 Wave, Splash or Mavericks Program, please email coachmichael@rocklinswimteam.org for a tryout appointment.

DATES: Monday-Thur, 8/15-10/27*

LOCATION: Whitney HS Pool, 701 Wildcat Blvd, Rocklin. Secondary location: Rocklin HS Pool, 5301 Victory Ln, Rocklin

GROUPS: 4:00-4:45pm Ages 6-8** (Bronze: learning breast and fly, proficient at free/back)
4:45-5:30pm Ages 9-11** (Silver: intermediate level)
5:30-6:30pm Ages 12+** (Gold: advanced level)

FEE: \$310 (separate fee payable to USA Swimming for \$20 USA Swimming Flex Membership for those participating in swim meets).

The last day to request a refund from Rocklin Swim Team (minus \$25 processing fee) is August 12th. Please email registrar@rocklinswimteam.org for more information.

* Practice at Rocklin High on 9/20, 10/4, 10/20 and if there are additional dates due to home hosted Whitney High water polo games an email with practice make-up days will be sent. Last practice on Oct 27 will be a halloween theme practice!

** Coaches may reassign swimmers to different Fall group based on skill level. The minimum swim requirement for the Bronze group is 2 laps of freestyle and a lap of backstroke unassisted. Coaches will not be in the water with swimmers. Swimmers need to be able to swim consistently for the entire practice. Wave Fall Team is NOT a learn to swim program.

Rocklin Swim Team also offers a Winter Team session November thru January including water polo and high school swim conditioning.