

YOU'RE INVITED! Brownell-Talbot School Raiders Swim Team

We want you. Join today! We swim for good times!®

- Who?** The Raiders team is open to all B-T students in grades K through 12 who can complete 25 yards each of freestyle and backstroke. If you aren't sure, give us a shout. We can help. We want every student on the swim team.
- What?** The Brownell-Talbot School swim team is sanctioned under the direction of USA Swimming, participating under the governance of the Midwestern Swimming, Inc, Local Swimming Committee, and operates under the daily direction of an experienced Head Coach with active parent involvement.
- Where?** We train at the B-T pool before and after school. We compete mostly in meets around the Omaha area, and offer several travel opportunities each year.
- When?** Grades K-4 have practices after school. B-T Aquatics staff will escort students to the pool after school, and upon request, to the Raider Zone after practice. Middle and Upper School students practice before school. There is plenty of time to dress and have some breakfast before heading to class. All students are offered bonus practices throughout the week - K through 4 before school, and older students after school. Bonus practices are called *Animal Lane* on the schedule. There are many opportunities to swim each week, and our schedule is built to allow for maximum participation in other school activities. Our typical schedule is shown below.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY*
	MS/US 6:15-7:30 AM K-4 Animal Lane 7:00-7:30 AM	MS/US 6:15-7:30 AM K-4 Animal Lane 7:00-7:30 AM	MS/US 6:15-7:30 AM K-4 Animal Lane 7:00-7:30 AM	MS/US 6:15-7:30 AM LS 7:00-7:30 AM
Grades 2, 3, 4 3:30-4:30 PM MS/US Animal Lane 3:30-4:30 PM	Grades K, 1 3:30-4:30 PM MS/US Animal Lane 3:30-4:30 PM	Grades 1, 3, 4 3:30-4:30 PM MS/US Animal Lane 3:30-4:30 PM	Grades K, 2 3:30-4:30 PM MS/US Animal Lane 3:30-4:30 PM	*Friday times updated on August 4.

We have no mandatory practice requirements. We will help you determine how to balance swimming goals and the attendance commitment required to meet those goals. We have room on the team for swimmers with many differing expectations and goals. That's one of the most attractive features of our sport!

Swim meets are mostly on weekends. Swimmers in grades three and up are required to attend a minimum of one session - not necessarily a whole meet, in one team meet each meet selection period. There are many meets from which to choose. We will help you find the right fit.

- Why?** Mostly because it's fun! Swimming is a physical activity that may be enjoyed for a lifetime. You are never too old or too young to swim. Swimming improves stamina, flexibility, strength, balance, and posture that are needed for any sport. Swimming is an exciting individual *and* team sport. Swimming is relatively injury free in comparison to other youth sports. Swimmers learn the valuable lessons of the relationship between goal setting and achievement. Swimmers practice focus as well as physical techniques and conditioning skills. Swimming cultivates a positive mental attitude that leads to high self-esteem. And swimming fast is fun! Not everyone becomes a world record holder or an Olympic champion, but everyone gains from their swimming experience. Join us!

- How?** It's easy to join. Use the JOIN THE SWIM TEAM button on the B-T Aquatics website, or just shoot us an email telling us you want to join. We will send you more information. aquatics@brownell.edu

- How Much?** Training Fees are \$320 for the Fall Session, and are charged to your account. That includes all practices and team events from September 14 through January 3. There is a \$100 registration fee due upon joining and every September thereafter. So, it's time for returning members to pay this fee as well as new swimmers. The registration fee covers your membership to USA Swimming. In addition, each swimmer will receive a team t-shirt and two team caps. Meet fees are extra. Your account will be billed each time you register for a meet.

- What Else?** More information about the team is available online at b-taquatics.org. The upcoming competitive swimming season starts in September and runs through March. We divide the season into two sessions for registration and billing purposes. The fall session described on this page is the first half of the swimming season. Plan to stick around for the exciting second half beginning in January! Swimmers are required to wear a solid navy competitive style suit, cap, and goggles for all practices and meets. By joining our team, swimmers get so much more than just exercise. You get to be part of a community of 400,000 dedicated beginners, competitors, and Olympic swimmers who all share the same passion. Education. Motivation. Confidence. Good times - both fun times and fast! This is a great time to join the team. We are less than a year out from the Olympic Swimming Trials being hosted in Omaha again, followed by the excitement of the Olympics in Rio. Share this Olympic year with us...*on the inside*, as part of the Raiders and TeamUSA.

This should be plenty enough information for you to know that swimming is the right choice of sport, and this fall session is the right time to join the team. Join the Raiders, and get a classmate to join, too!

Questions? Ready for even more information? Jeanie Neal 402.312.1012