

The Tracy Tritons Swim Club provides training and competitive opportunities for recreational swimmers of all abilities to reach their individual and team goals; emphasizing character, sportsmanship, team unity and family participation. Coaches provide challenging, positive, fun and rewarding experiences for swimmers and families.

The Tracy Tritons Swim Club is a competitive/recreational swim team that competes in the Mid-Valley Swim League.

The Tracy Tritons Swim Club is a registered 501c3 nonprofit recreational team that swims April 1st through mid-July. The goal of our team is to provide every member an opportunity to improve their swimming skills and achieve success at his or her ability from an individual as well as a team standpoint.



Required New Swimmer Skill Assessment (Must swim one lap - 25 yds. unassisted):

**Sat. March 23rd | 11:30-2:00pm
Tracy High School Pool**

TracyTritons.org

**Facebook:
Tracy Tritons Swim Club**



FEES

These fees include practices, coaching, and swim meets entries.

- 1st Swimmer - \$399
- 2nd Swimmer - \$199
- 3rd Swimmer - \$199
- High School Swimmer - \$125

**Come be a
part of a Tracy
tradition since
1965!**

**Join in the fun
for the 2019
Tracy Tritons
swim season!**



EVENTS

DATE	EVENT	TIME & LOCATION
2/21	Back to Swim Night	7p Grace Church
3/23	Swim Skill Assessment	11:30a-2p Tracy High
3/25-3/28	Swim Camp	6p-7:30p Tracy High
4/1	Practice starts	Time TBD Tracy High
4/13	Flapjack Fundraiser	8a-10a Moose Lodge
5/8	Blaze Fundraiser	4p-10p Blaze Pizza
6/11	Open Water Swim	TBA Discovery Bay
6/26	Got Laps Fundraiser	5:30p-7:30p Tracy High
8/2	Awards Night	6p-9p Dr. Powers Park

MEETS

DATE	LOCATION	OPPOSING TEAM / INFO
5/4	@Tracy	Tracy only/Pictures/Mini Meet @ Tracy
5/18	@Manteca	vs. Manteca
5/25	BYE WEEK	NO MEETS
6/1 & 6/2	@Tracy	vs. All Teams Tracy Invitational
6/8	@Modesto	vs. Modesto
6/15	@Tracy	vs. Discovery Bay Mustache Meet
6/22	@Turlock	vs. All Teams <i>Sea Dog Invitational</i>
6/29	@Tracy	vs. Turlock & Discovery Bay
7/6	BYE WEEK	NO MEETS
7/13	@Ripon	vs. Ripon
7/20	TBA	vs. All Teams **2019 MVSL Championships

**Swimmers must participate in 2 events/strokes at 4 meets prior to 7/20 in order to qualify for Championships.

EQUIPMENT REQUIREMENTS

REQUIRED:

Goggles, Swim suit*, & Swim caps**

*Swimmers are encouraged but not required to purchase Team suit. **For swimmers with long hair.

RECOMMENDED:

Towel, Sunscreen, Fins, & Practice suit



PRACTICES

There are two practice seasons:

SPRING: April 1st-May 16th

*SUMMER: May 28th-July 19th

*Practice times will be announced on our website **one week prior** to the start of each practice season. It is recommended that your swimmer attend at least three practices per week. Please contact a board member if you need practice accommodations.

*Possible practice times are:

*SPRING -

- 6:30-7pm | 4-8 years
- 7-7:45pm | 9-10 years
- 7:30-8:30pm | 11 years and up

*SUMMER -

- Morning | Mon - Fri | 7-9am
- Evening | Mon - Thurs | 5:30-8pm

*Summer practices are open (No age restrictions). However swimmers are limited to one 60 minute practice per day. Younger (8/under) swimmers may be limited to 30 minutes in the evening to ensure proper swim instruction based on skill level.

SWIM CLINICS

Swim Camp:

This will be offered just prior to the start of the Spring practice season for certain swimmers who DO NOT pass the New Swimmer Assessment. This clinic is by invitation only. Clinic is one week only, up to four 45 minute practice sessions. Cost is \$100.

Stroke Specific Clinic:

These will be offered during the season either before or after the team practice times. Clinic is one 30 minute instruction session. Cost \$10.

PARENT REQUIREMENTS

Each family is **required** to volunteer for a minimum of **two hours per meet** if your child(ren) is participating in the meet. This includes each day of all meets (home and away), invitationals and championships.