

### **How do I join the swim team?**

All swimmers must be evaluated by Coach Mario before joining. This will allow for swimmers to be placed in the appropriate group before registering.

Swim tests are usually done from 4:00-4:45 PM or after 8 PM, before and after workouts. To schedule one, please call 860-707-5569.

### **What does my child need to do to join an Olympic Stroke level?**

Swimmers must swim one length of the pool freestyle with lateral breathing and over arm stroke and one length of the pool backstroke with over arm stroke.

The three Olympic Stroke levels are further arranged by age:

Olympic Stroke I – swimmers aged 8 or younger

Olympic Stroke II – swimmers aged 9-10

Olympic Stroke III – swimmers aged 11 years or older

### **What does my child need to do to join an Age Group level?**

To join the AG levels, swimmers must have mastered all four strokes. They also must have knowledge of IM, and all starts and turns. Additionally, they must demonstrate a level of fitness to keep up during a more difficult practice.

Age Group I – swimmers aged 9-10

Age Group II – swimmers aged 11-12

Age Group III – swimmers aged 13 years or older

### **My child isn't quite ready for swim team. Is there a class I can take that can prepare them for one of the Olympic Stroke levels?**

We are trying out a new swim team prep class, which can help swimmers interested in swim team get ready for practices.

We also offer private lessons, which allows swimmers to learn one-on-one rather than with a class. Some children learn faster or stay more focused without a group of swimmers learning alongside them.

For more information on the swim team prep class, please call our aquatics director, Meg Bonk, at 860-653-5524 ext. 118.

**What time is practice?**

Each group practices at a different time.

Olympic Stroke I practices from 4:45-5:45 on Tuesday and 9:15-10:15 on Saturday

Olympic Stroke II practices from 4:45-5:45 on Monday and Wednesday, and 9:45-10:45 on Saturday

Olympic Stroke III practices from 5-6 on Tuesday, Thursday, and Friday

Age Group I practices from 5:45 to 7:00 pm Monday , 5:45 to 7:00 pm Wednesday, 5:45 to 7:00 Thursday, and 7:45 to 9:00 Saturday

Age Group II practices from 4:45-6:15 Monday through Thursday, and 9:45-11:15 on Saturday.

Age Group III practices from 6:15-8:15 on Monday through Thursday, and 4:45-6:45 on Friday and 7:45-9:45 on Saturday. Dryland is also available 2x a week.

**Do I have to come to every practice?**

No. Many swimmers will come to most practices, but some, depending on age group and level, choose to only come only once or twice a week. However, if you do miss practice, there are no refunds and no make-up days.

**Do I have to come to all the meets?**

Again, no. Many beginning younger swimmers will choose not to go to meets, or will only go to a few home meets each season, but all swimmers are encouraged to go to meets. However, there are some meets over the course of the season that we prefer all swimmers attend, such as Yankee Cluster Championships. While meets are by no means mandatory, you are highly encouraged to attend as many of them as you can.

How is the swim team here?

Our swim team is very successful; however, we are very inclusive and have a group for swimmers of all levels and all commitment levels.