



S.E.C.A. SHARKS SWIM TEAM

S.E.C.A. SHARKS IN TRAINING PROGRAM



THE S.E.C.A. SHARKS IN TRAINING PROGRAM IS DESIGNED TO PREPARE SWIMMERS TO COMPETE IN THE LANCASTER COUNTY SUMMER SWIM LEAGUE. COACHES WILL INCORPORATE TECHNIQUE DRILLS TO ENHANCE BASIC SKILLS. UPON MASTERY OF THESE SKILLS, SWIMMERS WILL PRACTICE AND COMPETE WITH THE TEAM. PRACTICES WILL BE AT THE S.E.C.A. POOL IN QUARRYVILLE EVERY TUESDAY AND THURSDAY, *BEGINNING THURSDAY, JUNE 17TH* UNTIL THURSDAY, JULY 22ND. SWIMMERS ARE ASKED TO ATTEND AS MANY OF THESE PRACTICES AS POSSIBLE.

IF YOU ARE INTERESTED, PLEASE FILL OUT THE BOTTOM OF THIS FORM AND MAIL IT TO ROBIN CAPOFERRI OR BRING IT TO THE *TEAM MEETING ON MAY 12TH*.

THE FIRST PRACTICE WILL BE 9AM on JUNE 17TH AT THE SECA POOL. SWIMMERS MUST REGISTER BEFORE THIS PRACTICE.

IF YOU HAVE ANY QUESTIONS CALL:

ROBIN CAPOFERRI (HEAD COACH)	(717) 529-2826
CATHY PEIFER (ASSISTANT COACH)	(717) 786-4043
SHERRY ZELLERS (ASSISTANT COACH)	(717) 806-3066

FEE: \$50 FOR EACH SWIMMER
PRACTICE: THURSDAY, JUNE 17TH UNTIL THURSDAY, JULY 22ND AT S.E.C.A. POOL
TIME: 9 AM – 10 AM
AGE: 3 YEARS OLD AND UP

REQUIREMENTS

SWIMMERS MUST BE ABLE TO:

- PUT THEIR FACE IN THE WATER AND BLOW BUBBLES
- KICK WHILE HOLDING ONTO WALL
- SWIM APPROXIMATELY 5 FEET IN THE WATER
- LEARN STROKE FROM COACHES

THE **GOAL** OF THIS PROGRAM IS TO TRAIN THE SWIMMER TO BECOME A COMPETITIVE SWIMMER BY THE END OF THE SEASON.

RETURN THIS PORTION WITH FEE BEFORE MAY 7th TO:
 ROBIN CAPOFERRI • 768 KING PEN ROAD • KIRKWOOD, PA 17536
 AFTER MAY 7th BRING TO THE MAY 12TH MEETING

S.E.C.A. SHARKS SWIM TEAM REGISTRATION FORM

S.E.C.A. SHARKS IN TRAINING PROGRAM

SWIMMER'S NAME _____ DATE OF BIRTH _____

ADDRESS _____

PHONE # _____ E-MAIL _____ AGE _____ SEX _____ FEE _____

PARENT'S SIGNATURE _____ DATE _____ waiver (on other side) _____

