

Splash Swim Team

Suburban Swim League

Overview:

The Splash Sharks is a summer swim team for children of all ages up to 18 years old. All children are welcome to join our team regardless of experience. Our different age groups will be able to learn about the sport, train hard to become strong, competitive swimmers, and have fun while doing so.

Our season will be 9 consecutive weeks from the End of May until the beginning of August. We will be competing in a summer swim league which includes swimming against other swim clubs in our league. Meets will be broken into JV Meets for our younger swimmers and Varsity for all age groups on our varsity team. There will be approximately 4-5 JV and 4-5 Varsity meets throughout our season. The last week of July will be Championships.

Schedule:

Tuesday May 28th – June 14th (Tentative Last day of School)

- 4:30pm-5:30pm Middle/High School Students
- 5:30pm-6:30pm Elementary School Students

Summer Practice Schedule:

Group 1: 8:00am - 8:45am

Ages 8 and under. The swimmers will be learning to swim all 4 strokes, IMs, starts and turns. The practice will concentrate on swimming with great technique. Swimmers will continue to build endurance through kicking and games. This group will continue to develop the understanding of swimming terminology.

Group 2: 8:45am - 9:45am

Ages 12 and Under. Swimmers will continue to focus on technique. They will build endurance through kicking, technique work and training sets. Swimmers will be introduced to training sets that last 20 to 30 minutes. The swimmers will learn to read the pace clock.

Group 3: 9:45am – 11:00am

Ages 18 and under. Swimmers will focus on conditioning and performance. The Platinum swimmer will complete training sets of 45 minutes to an hour. Training sets' intensity will increase. Swimmers will develop team leadership skills including but not limited to supporting younger swimmers.

Make up afternoon practices will be offered from 5pm to 6pm on Mondays and Thursdays for all groups

Pre-team:

We will test all swimmers 10 years and younger on the first day of practice. If they are able to swim 1 full length of the pool and tread water for 30 seconds they will be placed in a group. If not, we will conduct two weeks of free lessons and then reevaluate before placing your child in a practice group. If your swimmer is still not able to complete the swim test, they will still be a part of our team but they will be part of our mini team.

Meets:

JV Meets will be Tuesday mornings throughout our summer season.

Varsity Meets will be on Wednesday evenings throughout our summer season.

Championship meets will take place at the end of the season.