

Windsor Water Rats Express Swimming

TRYOUTS SUMMER 2010

All new swimmers:

Wed May 19th or Thu May 20th

5:00 PM - 6:00 PM

@ the Windsor High School Pool

New swimmers should bring a suit, cap, goggles and towel to one of the tryout days

REGISTRATION

Returning Swimmers: Due **May 14th**

New Swimmers: Due **May 20th**

By mail. See team web-site for forms & info

www.windsorwaterrats.org

PRACTICE

Practice begins **May 24th**
at the Windsor High School Pool.

Practice until school lets out:

Advanced swimmers: MWF 5 - 6 pm

Intermed: Th 5-6 pm, Sat 9:30-10:30 am

USS swimmers practice : TBA

Practice after school lets out:

Advanced swimmers: M-Th 5:30-6:30 pm

Intermed: M-Th 4:30-5:30 pm,

USS swimmers practice : TBA

Children will be assigned practice schedules based on their ability and commitment.

TEAM MISSION

The mission of the Windsor Water Rats eXpress Swim Team is to

- Promote competitive Swimming
- Promote Sportsmanship
- And further the interest of swimming

RECREATIONAL TEAM

The recreational team is open to all swimmers between the ages of 5 and 18. Although new swimmers are not expected to be highly experienced racers, certain skills are expected depending on age.

5 - 7 Years old - Child should be very comfortable in the water and be able to swim 25 yards in the pool using Freestyle and Backstroke

8 Years old - Child should be able to swim 25 yards in the pool using Freestyle and Backstroke with proper stroke and breathing techniques.

9 - 12 Years old - Child should be able to swim 50 yards in the pool using Freestyle and Backstroke without stopping for any rests.

13 and older - Child should be able to swim 100 yards in the pool using Freestyle and Backstroke techniques without stopping for any rests.

USA SWIMMING (USS) TEAM



Membership to this group is offered to those swimmers who are committed to a higher level of swimming and it is a joint decision between the WWRX Coaches, Parents and Swimmer.

USA swimming is a national competitive swimming program which has a separate fee for membership. The competition is more individualized and time-based for the seriously competitive swimmer.

Swimmers from around the state compete in time staggered heats. Meets occur in area towns. Long Course (LC) metered competition is offered in the summer season.

Contacts:

USS Coach

Neil Beaulieu
(860) 285-8285

9-18 Recreational Coach

Candice McVeigh
(860) 219-3418

8 & Under Recreational Coach

Rebecca Ruocco
(860) 805-1838

***** DREAM BIG – SWIM HARD *****