

SWIM TEAM GUIDE

WHICH SESSION WOULD BE APPROPRIATE FOR MY CHILD? **Ages 5 - 18**

A coach may recommend a specific level based on the individual being registered.

Will your child be able to practice at 9am or 10:15am?	YES	Novice
Is this your child's first year doing Swim Team?	YES	Novice
Can your child swim a lap without assistance?	YES	Novice
Is your child in grades K - 5th?	YES	Novice
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Will your child be able to practice at 9am or 10:15am?	YES	Intermediate
Has your child participated in Swim Team previously?	YES	Intermediate
Can your child swim at least two competitive strokes effectively?	YES	Intermediate
Is your child willing to come to a majority of the practices?	YES	Intermediate
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Will your child be able to practice at 7am?	YES	Advanced
Is your child in grades 6th - 12th?	YES	Advanced
Does your child think of swimming as a sport more than a hobby?	YES	Advanced
Does your child have multiple years of experience on Swim Team?	YES	Advanced
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Will your child be able to practice at 7am?	YES	Elite
Is your child in grades 9th - 12th?	YES	Elite
Does your child enjoy competing at a high level?	YES	Elite
Can your child swim all four competitive strokes effectively?	YES	Elite

EQUIPMENT NEEDED

All equipment must be purchased and brought to practice daily.

