

THE CHRISTIAN COMMUNITY

Seahawks

TWO WEEK AUGUST PRE-SEASON SWIM CLASSES & WATER POLO

Beginning Tuesday, Aug. 3 through Thursday, Aug. 13, 2009

August Pre-Season Programs

Our August sessions and practices are designed to keep you in shape and get you ready for our fall season. We have programs ranging in ages 3 to masters. Pre-season runs the first two weeks of August. (Fall Seahawks swim team begins Sept. 8).

All activities are at the Triangle Aquatic Center located at the Cary Towne Center. You do not need to be a member of the Seahawks Swim Club to participate in the August sessions.

The Seahawks are currently enjoying their twelfth year of competitive swimming. The team is coached by Matt Finneran, homeschool dad of six children. Matt has 21 years age group swim coaching experience and also served as the head coach of the NC State men's water polo team for 7 years. The focus of the summer program is to develop confident Christian swimmers who are skilled in all strokes and gain the benefits of disciplined training.

Why a Christian Swim Club?

The Christian Community Swim Club is designed to provide a wholesome foundation for families who desire a swim club guided by Christian values. We believe children are our most important investment. And, as parents, if we're not careful with our children's choices and influences we may reap negative results regarding their character and spiritual growth. Today's youth are being led down a path that fosters immorality, immodest dress, and a lack of respect for parents and authority. Our answer to this ever-growing crisis is to encourage honor, modesty and purity among the children in all our activities at the swim team.

Video Stroke Analysis

This is an excellent opportunity to fine tune your strokes. The video sessions run for 90 minutes with about 45 minutes in the water and 45 minutes of video analysis. Drills and instruction will be given to help improve flaws in the individual strokes. Each class is limited to 6 swimmers (4 minimum). The video sessions are held at the Triangle Aquatic Center in Cary. Flippers required.

The cost for EACH video class is \$40 per swimmer, \$30 for the second child and \$20 for each child thereafter.

Tuesday, August 4:

1:00 to 2:30 Freestyle video instruction
2:30 to 4:00 Starts video instruction

Tuesday, August 11

1:00 to 2:30 Breaststroke video instruction
2:30 to 4:00 Butterfly video Instruction

Thursday, August 6:

1:00 to 2:30 Backstroke video instruction
2:30 to 4:00 Free & Back Flip Turn video instruction

Thursday, August 13

2:30 to 4:00 Fly, Breast & I.M. Turns video instruction

Beginning Lessons (ages 3 & up)

In these four classes child will be taught the basics of beginning swimming: front float, back float, kicking on stomach and back, simple crawl and back stroke movements and jumping or diving into deep water.

Monday & Wednesday; August 3, 5, 10, 12

1:00 to 1:30

Cost: \$40 first participant, \$30 second, \$20 additional

Competitive Stroke Instruction Class (ages 5 & up)

These four classes are designed to prepare a younger or inexperienced swimmer for the demands and skills of the regular homeschool swim team. The instruction will concentrate on a thorough teaching of rhythmic-breathing freestyle and the beginning basics of backstroke, breaststroke and the underwater dolphin kick.

Monday & Wednesday, August 3, 5, 10, 12
1:30 to 2:00

Cost: \$40 first participant, \$30 second, \$20 additional

Requirements: Child should be able to front float (face down) and back float with no limb movement for at least 5 seconds and propel themselves in the water, head down, without stopping for at least 15 yards. Child should have no fear of deep water.

Stroke & Turns and Club

A must for those swimmers who want to smooth out their strokes and sharpen their turns. Drills will be given to break down the various components of each stroke. Flippers required.

Qualifications: Ages 6 & up (including masters) who have had some swim team experience.
Four practice sessions: Monday & Wednesday August 3, 5, 10, 12
2:30 to 3:30

Cost: \$40 first participant, \$30 second, \$20 additional

Sprinters Club

A great way to help shave your 50-yard times by developing a sprinters mentality for that competitive edge. Swimmers will work on an effective turn-over and explosive starts off the blocks. Flippers required.

Qualifications: Ages 6 & up (including masters) who have had some swim team experience.

Four practices: Tuesday & Thursdays, August 4, 6, 11, 13
4:30 to 5:30

Cost: \$40 first participant, \$30 second, \$20 additional

Family Water Polo

Enjoy the break from the routine of swim practice with the fast-paced thrills of water polo. Learn the game that combines the endurance of swimming with the team skills of basketball and the throwing strength of baseball. Ages 11 through adult who are strong swimmers are invited to play.

Qualifications: Ages 11 & up (including masters) who have had water polo or swim team experience.
Four nights: Tuesday & Thursdays, August 4, 6, 11, 13
6:00 to 7:30 at TAC

Cost: \$40 first participant, \$30 second, \$20 additional

Long Distance Club

Take the challenge only tough-as-nails swimmers can endure with sets like 10 x 100 meter butterfly or a 2000 meter freestyle swim. These four practices will provide you with extra conditioning and stroke technique for improving your ability to swim long distances at a strong pace. Flippers required.

Monday & Wednesday, August 3, 5, 10, 12
3:30 to 4:30

Qualifications: Ages 9 & up (including masters) who have had some swim team experience.

Cost: \$40 first participant, \$30 second, \$20 additional

Pre-Season Schedule at a Glance

Monday, August 3

1:00 to 1:30 Beginners Lessons
1:30 to 2:00 Competitive stroke class
2:30 to 3:30 Stroke and Turn Club
3:30 to 4:30 Long Distance Club

Tuesday, August 4

1:00 to 2:30 Freestyle video instruction
2:30 to 4:00 Starts video instruction
4:30 to 5:30 Sprinters Club
6:00 to 7:30 Family water polo

Wednesday, August 5

1:00 to 1:30 Beginners Lessons
1:30 to 2:00 Competitive stroke class
2:30 to 3:30 Stroke and Turn Club
3:30 to 4:30 Long Distance Club

Thursday, August 6

1:00 to 2:30 Backstroke video instruction
2:30 to 4:00 Free & Back Flip Turn video instruction
4:30 to 5:30 Sprinters Club
6:00 to 7:30 Family water polo

Monday, August 10

1:00 to 1:30 Beginners Lessons
1:30 to 2:00 Competitive stroke class
2:30 to 3:30 Stroke and Turn Club
3:30 to 4:30 Long Distance Club

Tuesday, August 11

1:00 to 2:30 Breaststroke video instruction
2:30 to 4:00 Butterfly video Instruction
4:30 to 5:30 Sprinters Club
6:00 to 7:30 Family water polo

Wednesday, August 12

1:00 to 1:30 Beginners Lessons
1:30 to 2:00 Competitive stroke class
2:30 to 3:30 Stroke and Turn Club
3:30 to 4:30 Long Distance Club

Thursday, August 13

2:30 to 4:00 Fly, Breast & I.M. Turns video instruction
4:30 to 5:30 Sprinters Club
3:30 to 4:30 Family Water Polo

Radical Wednesday:

Your world will never be the same!

The Christian Community Midweek Fellowship Meetings

What is The Christian Community?

The Christian Community is a fellowship of believers in the Raleigh, North Carolina, area. As a homeschooling dad for over 13 years, my family has come to cherish the closeness and relational discipleship that is nurtured in a homeschool setting. It has been my passion and vision to pastor a fellowship that fosters relationships of this quality between other believers and their families.

We see as our mission a fourfold purpose for fellowship:

1. A faithful endeavor to pray. We believe corporate prayer should be the life and breath of all church activity (1 Tim 2: 1-2). Church meetings, programs and outreaches without much prayer indicate our reliance on human means to an end rather than the power of God to further the Kingdom.

2. A church built on strong marriages. We believe in the institution of marriage as sacred to the church. Because the holy relationship of a man and woman is a vital part of their sanctification (Eph. 5: 22ff), a church is no more stable than the marriages within. When a man and woman are determined to have a godly marriage, they will not only provide a spiritual covering for their children, but also develop in themselves the spiritual maturity and emotional stability that will strengthen others in the church.

3. A community in the shadow of the cross. We believe in the words of the 19th century pastor/author Andrew Murray who said, "Even the regenerate man has nothing good in himself." We preach the cross as the only hope for salvation and sanctification (Phil. 3:8-9). This awareness of the need for God's grace on a daily basis not only keeps the believer in a humble state toward God, continually relying on His power for spiritual growth and the attaining of holiness, but also motivates a humble, reconcilable state toward his brother without the contempt and prideful attitude that festers from the false belief that righteousness comes from meritorious acts and a lengthy list of do's and don'ts (Eph. 4:32).

4. A light in the darkness. We believe the responsibility to expose evil in the government falls on the believer (Luke 3: 19-20), and the Church becomes a non-factor when it capitulates that burden to the media and the politicians. To radically bring about needed reform in our government, our churches must address in the public meetings the political ills of our nation as well as the spiritual with the same fervor as when the Church heroically stood up to the tyranny of the British Empire.

We call our Wednesday night meeting Radical Wednesday because we are trying to get away from the habitual obligation to go through the routines of traditional church functions while serious issues and sin within our families and country are being ignored. Radical Wednesday is for those who long to escape the shallowness of a busy Christian life with little time to pray, who desire more meaningful relationships with their spouse and children, who seek a brotherhood with other believers that goes beyond the cursory fellowship of attending meetings and events together, and who desperately hope to see the Lord bring repentance and revival within their own lives, the church and this nation.

**The Christian Community Seahawks
2009 August Pre-Season Classes and Water Polo Signups**

Participant's Name _____, Age _____ Birthdate _____
 Beginning Lessons Competitive Stroke Lessons Stroke & Turn Club Sprinters Club Distance Club
 Evening Water Polo Video Class Freestyle Video Class Starts Video Class Back Video Class Flip Turns
 Video Class Breast Video Class Fly Video Class Breast, Fly & IM Turns

Participant's Name _____, Age _____ Birthdate _____
 Beginning Lessons Competitive Stroke Lessons Stroke & Turn Club Sprinters Club Distance Club
 Evening Water Polo Video Class Free Video Class Starts Video Class Back Video Class Flip Turns
 Video Class Breast Video Class Fly Video Class Breast, Fly & IM Turns

Participant's Name _____, Age _____ Birthdate _____
 Beginning Lessons Competitive Stroke Lessons Stroke & Turn Club Sprinters Club Distance Club
 Evening Water Polo Video Class Free Video Class Starts Video Class Back Video Class Flip Turns
 Video Class Breast Video Class Fly Video Class Breast, Fly & IM Turns

Participant's Name _____, Age _____ Birthdate _____
 Beginning Lessons Competitive Stroke Lessons Stroke & Turn Club Sprinters Club Distance Club
 Evening Water Polo Video Class Free Video Class Starts Video Class Back Video Class Flip Turns
 Video Class Breast Video Class Fly Video Class Breast, Fly & IM Turns

Participant's Name _____, Age _____ Birthdate _____
 Beginning Lessons Competitive Stroke Lessons Stroke & Turn Club Sprinters Club Distance Club
 Evening Water Polo Video Class Free Video Class Starts Video Class Back Video Class Flip Turns
 Video Class Breast Video Class Fly Video Class Breast, Fly & IM Turns

Any health problems? _____ Please explain: _____

Parents/Guardian Names _____

Address _____ City _____ Zip _____

Home phone _____ Work _____ e-mail _____

Whom should we contact in case of an emergency? _____

Name _____ Relationship _____ Phone _____

Costs per program:
\$40 for first participant, \$30 second participant, \$20 each additional

Discounts:
Sign up for two programs and all additional programs are 1/2 price (\$20, \$15, \$10)

Total Due \$ _____

Bring forms and payment to first day of class or practice. You must pre-register by e-mail (finneranmc@aol.com) or phone (919-404-4948) for video classes, beginning swim lessons, & competitive stroke lessons. All other classes have no pre-registration requirement.

Payable to:
The Christian Community • 45 Pilot-Riley Rd., Zebulon, NC 27597 • 919-404-4948
www.christiancommunitysports.com