

The Christian Community Seahawks Summer Swim Team at TAC

June 8 - July 30, 2009

919-404-4948 • Christiancommunitysports.com

Seahawks Swim Team

The Seahawks are currently enjoying their twelfth year of competitive swimming and their seventh summer as a neighborhood club. As a summer club, we are official members of the Tarheel Swimming Association (TSA). 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. Members of the summer Seahawks Swim Club will be eligible to compete in any or all of the Seahawks' six scheduled TSA meets and the championship meet in July.

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.

Membership Requirement

We're looking for families who desire to raise their children under a Christian influence and believe that membership in The Christian Community Swim Club at TAC would be beneficial for their children's spiritual protection, growth and maturity. If you'd enjoy fellowship with like-minded families who share these same hopes for their children, then we invite you to consider our swim team for your family this summer.

Location

Practices are held at the new Triangle Aquatic Center (TAC) 275 Convention Drive in Cary, just behind the Sears at the Cary Town Center mall.

Swim Meets

Every Tuesday night, 6:00, at a participating swim club in the Triangle area, beginning June 16 and ending July 28.

Swim Club Tryouts, Monday, June 8, 12:30

Tryouts and lesson evaluations will be on Monday, June 8, at the Triangle Aquatic Center at 12:30. Tryouts for swim team are mandatory for any new swimmers and recommended for lessons if you are not sure of your child's abilities. You may register at the tryout or you may preregister by sending payment with the included registration form. Your prepayment will be refunded if your child does not qualify for the team. Swimmers unable to tryout on June 8, may tryout at the beginning of any swim practice or swim lesson.

Blue Team Requirement: Ages 6-18 as of June 1, 2009. Participant must be able to swim 25 yards (one length) of rhythmic breathing freestyle and 25 yards of legal backstroke and breaststroke.

Silver Team Requirement: Ages 7-18 as of June 1, 2009. Participant should be able to: 1) swim the 200 meter individual medley without disqualification and, 2) do a swim set of 10 consecutive 50 yards of freestyle on the 60 second interval, and 3) make 25 yards dolphin kick underwater without breathing.

Platinum Team Requirement: Ages 7-18 as of June 1, 2009. Participant should be able to 1) swim the 400 meter individual medley without disqualification, and, 2) do a swim set of 10 consecutive 50 meters longcourse of freestyle on the :55 second interval, and 3) make 25 yards underwater dolphin kick on their back without breathing.

Parents/Masters Club

This will be our second summer to host a masters swim team. We will run the master practice format to develop proper stroke technique and build up speed and endurance. Participants should have a rudimentary understanding of swimming strokes and be able to make 25 meters without stopping.

Water Polo League

This summer we are going to have a co-ed water polo league on Thursdays from 1:30 to 3:00. Ages 10 & up. Swimmer must be able to complete the 200 yard individual medley without disqualification, swim 10 x 50 freestyle on the :60, and be able to tread water with hands up for 3 minutes. Tryouts for water polo will be on Thursday, June 11, at 1:30, and are mandatory for any new members.

The water polo league will run from June 11 to July 30.

Summer 2009 Swim Schedule (Begins June 8)

Our season begins Monday, June 8, and runs through our Family Meet on Tuesday, July 28.

Blue Team Hours

Monday	1:45 -3:00
Wednesday	1:45 -3:00
Thursday	12:30 - 1:30

Silver Team Hours

Monday	1:30 - 3:00
Wednesday	1:30 - 3:00
Thursday	12:30 - 1:30

Platinum Team Hours

Monday	1:00-3:00
Wednesday	1:00-3:00
Thursday	12:30 - 1:30

Water Polo League Hours (Begins June 11 and ends on July 30)

Thursday	1:30 - 3:00
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Masters Swimming (Begins June 8)

Monday	1:30 - 3:00
Wednesday	1:30 - 3:00
Thursday	12:30 - 1:30

SEAHAWKS 2009 TSA LEAGUE MEET SCHEDULE

TUE-06-16	Lakemon	@Lakemon	6:00 p.m.
TUE-06-23	Hawthorne	@HAW	6:00 p.m
TUE-06-30	Crabtree	@TAC	6:00 p.m
TUE-07-07	Jewish Community Center	@Jewish Comm. Center	6:00 p.m
SUN 07-12	TSA CHAMPIONSHIPS	@TAC	All Day
TUE-07-14	Heddingham	@HEDI	6:00 p.m
TUE-07-21	Black Horse Run	@BHR	6:00 p.m
TUE-07-28	Seahawks Family Meet	@TAC	6:00 p.m

THE CHRISTIAN COMMUNITY AT TAC
2009 SUMMER SWIM TEAM, WATER POLO & MASTERS
JUNE 8, 2009
MEMBER COSTS

SWIM TEAM FEES
1ST CHILD \$150
2ND CHILD \$75
ADDITIONAL CHILDREN \$35

MASTER SWIM FEES
1ST SPOUSE \$80
2ND SPOUSE \$40

WATER POLO
1ST CHILD \$80
ADDITIONAL CHILDREN \$40

FAMILY PACKAGE DEALS
SWIM TEAM PLUS MASTERS OR WATER POLO
\$325 PER FAMILY

ALL THREE PROGRAMS
\$375 PER FAMILY

The Christian Community at TAC Summer 2009 Swim Team, Masters, & Water Polo Signups

Child _____ Age _____ Date of Birth _____

Team: Blue Silver Platinum • Desired Days: Mon Wed Thu • Water Polo: Yes No

Child _____ Age _____ Date of Birth _____

Team: Blue Silver Platinum • Desired Days: Mon Wed Thu • Water Polo: Yes No

Child _____ Age _____ Date of Birth _____

Team: Blue Silver Platinum • Desired Days: Mon Wed Thu • Water Polo: Yes No

Child _____ Age _____ Date of Birth _____

Team: Blue Silver Platinum • Desired Days: Mon Wed Thu • Water Polo: Yes No

Any health problems? _____ Please explain: _____

Parents/Guardian Names _____ Masters: Yes No

_____ Masters: Yes No

Address _____ City _____ Zip _____

Home phone _____ Work _____ Cell _____ e-mail _____

Whom should we contact in case of an emergency? _____

Name _____	Relationship _____	Phone _____
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Seahawks Swim Practice Costs \$ _____

Seahawks Water Polo Costs \$ _____

Masters Swim Practice Costs \$ _____

Family Package swim team plus Masters OR Water Polo \$325 \$ _____

Family Package: all three programs \$375 \$ _____

Total Due \$ _____

Amount Paid (Minimum \$75) \$ _____

Total Due (may divide into two payments, June 10 & July 8) \$ _____

The Christian Community Seahawks Summer Swim Lessons at TAC

June 15 - July 29, 2009

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SWIM LESSONS

The Christian Community offers beginning and competitive stroke swim lessons each Monday or Wednesday, beginning June 15. Each child registered for lessons will receive instruction once per week for seven weeks. Final placement verification for new members and first-time sign-ups will be decided by the head swim coach.

Beginning Lessons (ages 3 & up)

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

Competitive Stroke Lessons

Child will be taught the basics for the three competitive strokes: freestyle, backstroke, and breaststroke. Participants are also taught the proper techniques for an effective racing dive. **Requirement:** Child should be able to front float and back float for at least 10 seconds with no limb movement. They must also be able to propel themselves in the water, head down, while alternating to breathe by rolling on their backs without stopping for 15 yards. Child should have no fear of jumping into deep water.

Cost: \$65 per child, \$55 for second child and \$45 for third child. Additional children are \$25 each.

Swimming Lessons Schedule

June 15 to July 27

Mondays (seven once-a-week lessons)

12:00 - 12:30 Beginning

12:30 - 1:00 Stroke

June 17 to July 29

Wednesday (seven once-a-week lessons)

12:00 - 12:30 Beginning

12:30 - 1:00 Stroke

Adult and Private Lessons available on request.

It's just no good if Mom and Dad can't swim. Learn the basics of swimming in the friendly environment of TAC. Or if you're an experienced swimmer get some professional help in fine tuning your strokes. For times and fees, please contact Matt Finneran at 404-4948.

The Christian Community at TAC Summer 2009 Swim Lesson Signups

Child _____ Age _____ Date of Birth _____ \$65

Level Beginning Stroke; Day: Mon Wed Thu

Child _____ Age _____ Date of Birth _____ \$55

Level Beginning Stroke; Day: Mon Wed Thu

Child _____ Age _____ Date of Birth _____ \$45

Level Beginning Stroke; Day: Mon Wed Thu

Child _____ Age _____ Date of Birth _____ \$25

Level Beginning Stroke; Day: Mon Wed Thu

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 _____

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June 17 to July 29

Wednesday (seven once-a-week lessons)

12:00 - 12:30 Beginning

12:30 - 1:00 Stroke

Cost: \$65 per child, \$55 for second child and \$45 for third child. Additional children are \$25 each.

Program Costs \$ _____

Total Due: \$ _____

Amount Paid: \$ _____

Balance Due: \$ _____