

The Christian Community Seahawks Summer Swim Team at TAC

June 6 - July 28, 2011

919-404-4948 • Christiancommunitysports.com • finneranmc@aol.com

Seahawks Swim Team

The Seahawks are currently enjoying their fourteenth year of competitive swimming and their 9th 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 20 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.

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 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 and Practices

Practices are held at the Triangle Aquatic Center (TAC) 275 Convention Drive in Cary, just behind the Sears at the Cary Town Center mall. The season runs from Monday, June 6 through July 28. Practices run in the afternoons on Mondays, Wednesdays and Thursdays. Meets are on Tuesday nights at various locations in the Triangle.

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 and Swim Suit Orders, Thursday, June 2, Lessons, Blue and White Team Trouts, 1:00 Silver & Platinum Tryouts, 2:00

Tryouts and lesson evaluations will be on Thursday, June 2, at the Triangle Aquatic Center at 1:00. Tryouts for swim team are mandatory for all 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 2, may tryout at the beginning of their first swim practice or swim lesson.

White Team: Ages 5 & up as of June 1, 2011. This team designed to prepare a younger or inexperienced swimmer for the demands and skills of swimming with the Blue Team. The instruction will concentrate on the proper mechanics of all four competitive strokes: freestyle, backstroke, breaststroke and butterfly. Child will also learn the proper starts and turns. **Requirements: Child must be able to complete 25 yards of rudimentary crawl, back and breaststroke and meet the minimum skills to pass the competitive stroke class (see page 4).**

Blue Team Requirement: Ages 6-18 as of June 1, 2011. Participant must be able to swim 8 x 50 yards freestyle on the :60 second interval and the 100 Individual medley without disqualification. Swimmer must also make 25 yards freestyle without breathing. Swimmer must also be able to successfully complete a freestyle and backstroke flip turn as well as the racing dive.

Silver Team Requirement: Ages 7-18 as of June 1, 2011. Participant should be able to: 1) swim the 200 yard individual medley without disqualification, including the breaststroke pull down and free and back flip turns, and, 2) do a swim set of 10 consecutive 50 yards of freestyle on the :50 second interval, and 3) make 25 yards dolphin kick underwater without breathing.

Platinum Team Requirement: Ages 7-18 as of June 1, 2011. Participant should be able to 1) swim the 400 meter individual medley without disqualification, including the breaststroke pull down and free and back flip turns and, 2) do a swim set of 10 consecutive 50 yards shortcourse of freestyle on the :40 second interval, and 3) make 25 yards underwater dolphin kick on their back without breathing.

Parents/Masters Club

This will be our third 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 11 & up. To qualify swimmer must meet the silver team requirement. Water Polo will begin on Thursdays beginning June 9 and run through July 28.

Summer 2011 Swim Schedule (Begins June 6)

Our season begins Monday, June 6, and runs through our Family Meet on Tuesday, July 28. Meets begin at 6:00 p.m. Costs for meets are \$5.00 per family. This will be collected on the deck of the swim meet.

White Team/Blue Team

Monday 1:30 to 2:30

Wednesday 1:30 to 2:30

Thursday 12:30 to 1:30

Silver Team/Platinum Team/Masters

Monday 1:30 to 3:00

Wednesday 1:30 to 3:00

Thursday 12:30 to 1:30

Water Polo

Thursday 1:30 to 3:00

SEAHAWKS 2011 TSA LEAGUE MEET SCHEDULE

Tue-06-14	TCC at Durant Trails
Tue-06-21	TCC Manchester
Tue-06-28	Wakefield Plantation at TCC
Tue-07-05	Lakemont at TCC
Tue-07-12	TCC at Heddingham
Tue-07-19	Planters Walk at TCC
Tue-07-26	Family Swim Meet at TCC Awards dinner to follow

THE CHRISTIAN COMMUNITY AT TAC
2011 SUMMER SWIM TEAM, WATER POLO & MASTERS
JUNE 6 TO July 28, 2011

MEMBER COSTS

SWIM TEAM FEES

1ST CHILD \$175

2ND CHILD \$75

ADDITIONAL CHILDREN \$35

MASTER SWIM FEES

1ST SPOUSE \$80

2ND SPOUSE \$40

WATER POLO FEES

1ST CHILD \$80

ADDITIONAL CHILDREN \$40

FAMILY PACKAGE DEALS

SWIM TEAM PLUS MASTERS OR WATER POLO \$395 PER FAMILY

ALL THREE PROGRAMS \$445 PER FAMILY

The Christian Community at TAC Summer 2011 Swim Team, Masters, & Water Polo Signups

Child _____ Age as of June 1, 2011 _____ Date of Birth _____

Team: White Blue Silver Platinum • Water Polo: Yes No

Child _____ Age as of June 1, 2011 _____ Date of Birth _____

Team: White Blue Silver Platinum • Water Polo: Yes No

Child _____ Age as of June 1, 2011 _____ Date of Birth _____

Team: White Blue Silver Platinum • Water Polo: Yes No

Child _____ Age as of June 1, 2011 _____ Date of Birth _____

Team: White Blue Silver Platinum • Water Polo: Yes No

Any health problems? _____ Please explain: _____

Parents/Guardian Names _____ Masters: Yes No

_____ Masters: Yes No

Whom should we contact in case of an emergency? _____

Name _____ Relationship _____ Phone _____

Seahawks Swim Practice Costs \$ _____

Seahawks Water Polo Costs \$ _____

Masters Swim Practice Costs \$ _____

Family Package swim team plus Masters OR Water Polo \$395 \$ _____

Family Package: all three programs \$445 \$ _____

Total Due: \$ _____

Amount Paid: (Minimum \$75) \$ _____

Total Due: (may divide into two payments, June 13 & July 11) \$ _____

Mail to: The Christian Community, 45 Pilot Riley Rd. Zebulon, NC 27597

The Christian Community at TAC
Summer Swim Lessons
June 6 - July 27, 2011

919-404-4948 • Christiancommunitysports.com

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

Mondays	June 6 to July 25	12:30 to 1:00	(no lessons July 4)
Wednesdays	June 8 to July 27	12:30 to 1:00	(no lessons July 6)

Competitive Stroke Class Schedule

Mondays	June 6 to July 25	1:00 to 1:30	(no lessons July 4)
Wednesdays	June 9 to July 27	1:00 to 1:30	(no lessons July 6)

Adult and Private Lessons available on request. \$20 per half hour, per person. \$10 additional person.

The Christian Community at TAC Summer 2011 Swim Lesson Signups

Child _____ Age _____ Date of Birth _____ \$65

Level Beginning Stroke Day: Mon Wed

Child _____ Age _____ Date of Birth _____ \$55

Level Beginning Stroke Day: Mon Wed

Child _____ Age _____ Date of Birth _____ \$45

Level Beginning Stroke Day: Mon Wed

Child _____ Age _____ Date of Birth _____ \$25

Level Beginning Stroke Day: Mon Wed

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 _____

Swimming Lessons Schedule

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Program Costs \$ _____

Total Due: \$ _____

Amount Paid: \$ _____

Balance Due: \$ _____

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