

# Swim Team

**CCL Swim Team**  
 1066 Barr Road  
 Lexington, SC 29072  
 (803) 359-8838

## News

**Volume 2, Issue 2**  
**May 18 2009**

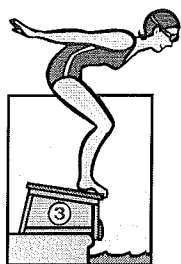
### INTERSQUAD MEET

Wednesday, June 10 during morning practice age group sessions. All swimmers should be at practice as we will be getting times for all events. Parents should plan on staying as we will need timers for all lanes.

### FUN FRIDAY'S

Each Friday following Thursday meets we will have a Fun Friday. Kids 11 & up should be at the pool at 8 and will swim until 8:30. All other age groups come at 8:30 and we'll end at 9:30. We need volunteers to sign up to bring breakfast goodies to be enjoyed during this time. The dates for fun Friday are June 12, June 19 and June 26.

### STROKE & TURN CLINIC



These will be held on Tuesdays during the month of June from 7:30-8:30 at the CCL Pool. Cost is \$10/child. You must register your child in advance. Registration is available at the pool during your practice schedule.

June 9, 16, 23 and 30

### VOLUNTEERS

In order for our swim season to be successful we are counting on each and every parent to volunteer to work at swim meets and other areas as needed. Sign up sheets are at the pool.

### AFTERNOON PRACTICES

Week of May 11 – 15 (Wednesday – Friday) NO MONDAY OR TUESDAY PRACTICE <i>1st and 2nd year swimmers only</i>		Week of May 18 – 22 (Monday – Thursday) NO FRIDAY PRACTICE <i>All swimmers report to practice for duration of season</i>	
6 and under	3:30 – 4:00	6 and under	3:30 – 4:00
7 and 8	4:00 – 5:00	7 and 8	4:00 – 5:00
9 and 10	5:00 – 6:00	9 and 10	5:00 – 6:00
11 and 12	6:00 – 7:00	11 and 12	6:00 – 7:00
13 and up	6:00 – 7:00	13 and up	6:00 – 7:00

Week of May 25 – 29 (Tuesday – Friday) NO MONDAY PRACTICE		Week of June 1 – 5 Monday – Friday	
6 and under	3:30 – 4:00	6 and under	3:30 – 4:00
7 and 8	4:00 – 5:00	7 and 8	4:00 – 5:00
9 and 10	5:00 – 6:00	9 and 10	5:00 – 6:00
11 and 12	6:00 – 7:00	11 and 12	6:00 – 7:00
13 and up	6:00 – 7:00	13 and up	6:00 – 7:00

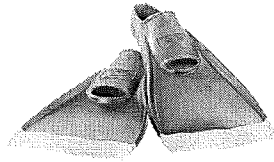
*All year round swimmers are encouraged to attend their year round practices unless discussed otherwise.*

### MORNING PRACTICES

**Week of June 8-12 and for the duration of the season.**

Age Group	Practice Times
13 and up	7:45—9:15
11 and 12	7:45—9:00
9 and 10	8:45—10:00
7 and 8	9:30—10:45
6 and under	9:45—10:45

## Why should I purchase fins for my child?



Fins from Wal-Mart, Dicks, etc. are too hard making it difficult for the child to receive any benefit and could cause their legs and ankles to hurt.

The head coach has asked for swimmers to have fins, **this is not optional**, for a few very important reasons. Some are listed below.

- Helps build strength in your legs
- Helps conserve energy
- Helps build strength in your legs
- Helps conserve energy
- Helps build your stroke and technique
- Builds stamina

Make sure to get your fins from

Augusta Swim Supply. Let them know you are with the CCL Swim Team.  
888-799-SWIM

## STROKE & TURN JUDGES

This is an integral part of running a meet and we need volunteers who can commit to attending one of the below clinics.

5/19	Edenwood	7 pm	Will Glenn
5/23	Wildewood	9 am	Renee' Bland
5/26	Topspin	7 pm	Andy Rutledge
5/28	Quail Hollow	6:15 pm	
5/30	NE YMCA	9 am	Bill Bunting
5/31	Governors Grant	3 pm	Bruce Campbell
6/6	Hunting Creek	9 am	Will Glenn

## TSHIRTS & SPONSORS

Final order date for t-shirt will be Wednesday, May 27.

The Team is still accepting sponsors to be displayed on the back of all CCL T-shirts

## COLUMBIA SWIM LEAGUE SCHOLARSHIP

The Columbia Swim League also has scholarship applications for Jr. and Sr. swimmers. Ask for an application if your child would like to be considered for the scholarship. Deadline to turn in completed application to the Columbia Swim League is June 15, 2009

### SEVERE WEATHER 359-2011

Messages will be posted on the above phone number should a practice or a meet schedule be affected by severe weather. This phone number is also used in conjunction with swim lessons so please listen only for the swim team message, if any, and hang up after finished.

This number is **NOT to be used for leaving voice messages**. If there are voice mail messages left then there is potential that the weather announcement message will **NOT be functional**. This number will not be checked for messages by the swim team. Meets are rarely, if ever, cancelled in advance; please plan on the meet taking place and plan on arriving on time, rain or shine.