

# WELCOME TO RED DEVILS SWIMMING 2011!



## Who can join?

Anyone between the ages of 5 & 18 who lives in White Meadow Lake **and** is able to swim at least 25 meters of one of the four competitive strokes – Freestyle (front crawl), Backstroke, Breaststroke, or Butterfly.

## Not sure if you want to join?

Try it for a week and then decide. You never know if you'll like it until you try!!



## GENERAL INFORMATION

**Head Coach:** Maggie Slezak

973-586-0848 or 973-960-6103

**Assistant Coach:** Kevin Growney

**Coach's e-mail Address:** [swimteam@whitemeadowlake.org](mailto:swimteam@whitemeadowlake.org)

**TEAM WEBSITE:** <http://www.eteamz.com/WMLREDDEVILS/>

**Practices:**



After school practices will begin the week of June 6<sup>th</sup>. Regular daytime practice groups will be assigned & posted by June 20<sup>th</sup>. This practice schedule will begin June 24<sup>th</sup>. Anyone (boys and girls) who does not have short hair is expected to wear a bathing cap to practice every day.

**Meets:**

**Our first meet will be Monday, June 28<sup>nd</sup>.** A meet schedule will be given out the first week of practice. During July, meets are Monday & Wednesday nights. Swimmers are expected to arrive at the meet at least 15 minutes before warm-ups. We would like to increase team spirit this year by having everyone wear either team attire or at least team colors (Red & Black or Red & White) to meets.

**NOTE: First year swimmers will not swim in a meet until coaches feel that they are ready.**

**All swimmers are expected to be available to swim Hub Lakes Championships on August 6<sup>th</sup> & August 7<sup>th</sup>.**

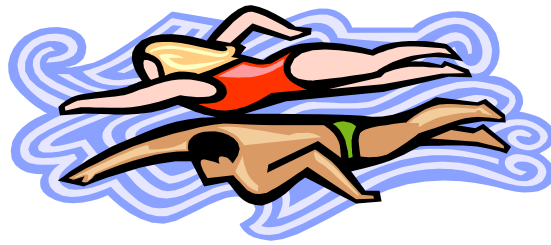


**Swim Team Suits:** We won't be ordering new suits this year, because our suits are 2-year team suits. Suits are available at California Beach Hut in Denville. This year's team suit is TYR's Eternal Flame. Team suits are preferred but are NOT mandatory (especially for new & younger swimmers). If you are unable to get a team suit, you should try to wear a red or black suit.



**Absences/Vacations:** We realize that it is summer & people go away for vacations, weekends, etc. We want everyone to have fun, however please let us know ahead of time. Please send an e-mail if you know of such absences in advance and indicate if he/she will be missing practices, meets, or both.

# WML SWIM TEAM



## Practice Schedule

|                    |  |               |
|--------------------|--|---------------|
| Mon 6/6, Wed 6/8   | 7/under  | 3:45 – 4:15   |
|                    | 8-11 yrs   | 4:15 – 5:00   |
|                    | 12/over  | 5:00 – 6:00   |
| Mon 6/13, Wed 6/15 | 7/under  | 3:45 – 4:15   |
|                    | 8-11 yrs   | 4:15 – 5:00   |
|                    | 12/over  | 5:00 – 6:00   |
| Saturday 6/18      | 7/under  | 12:00 – 12:30 |
|                    | 8-11 yrs   | 12:30 – 1:30  |
|                    | 12/over  | 1:30 – 2:30   |
| Mon 6/20, Wed 6/22 | 7/under  | 3:00 – 3:30   |
| *Times are earlier | 8-11 yrs   | 3:30 – 4:30   |
|                    | 12/over  | 4:30 – 5:30   |
| Friday 6/24        | Daytime practices begin                            |               |
| TBD                | Kick Off Party/Bring a friend to practice game day |               |

Check the website for updates & information

<http://eteamz.active.com/WMLREDDEVILS>