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# GROWING STRONGER AS A TEAM

## Casco Bay Stripers Winter Swim Team

### SEASON SCHEDULE

**Two Week Free Trial:** 9/24/18–10/5/18

**Regular Season:** 9/24/18–3/4/19

Season may extend into April (dates TBA) for USA registered swimmers or those who qualified for Y New England Championships or Y Nationals. All swimmers who have not qualified for MSI Winter Championships, Y New Englands or Nationals will finish their season at the state meet. Swimmers not participating in the State Meet will finish their season on 2/8/19.

### PRACTICE SCHEDULE

#### Ages 8 & Under:

Tuesday, Thursday, Friday, 4:30–5:30pm

#### Ages 9 & 10:

Monday, Wednesday, Friday, 5:30–6:30pm

#### Ages 11 & 12:

Monday, Wednesday, 6–6:30pm: dryland, 6:30–7:30pm: swim

Tuesday, Thursday, 6:30–7:30pm: swim

#### Ages 13 & Over:

Monday, Wednesday, Friday, 4:15–5:30pm: swim

Tuesday, Thursday, 4:30–5:30pm: dryland, 5:30–6:30pm: swim

#### High School Option:

Monday, Wednesday, 4:15–5:30pm: swim

Tuesday, 4:30–5:30pm: dryland

Swimmers may be moved to a different group on a case by case basis.

For dryland, all swimmers need to bring sneakers, shorts, and t-shirts for cross-training.



### COST

**10 & Under:** \$362

**11 & Over:** \$479

**High School Option:** \$311

Payments must be complete by February 1<sup>st</sup>. Financial assistance and payment plans available, please ask.

### REGISTRATION OPENS AUGUST 1<sup>ST</sup>

Y Membership is required 30 days prior to first competition. Must be 6 years old, and be able to comfortably swim 25 yards freestyle with basic rotary breathing and 25 yards backstroke prior to joining the team.

#### Questions? Contact:

Suzi Boccanfuso, Head Swim Coach  
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#### Casco Bay Branch

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