



## CHCCR SWIM TEAM 2011

<http://sports.groups.yahoo.com/group/ccrsharks>

Welcome back CHCCR swimmers and families, and welcome prospective CHCCR swimmers! We hope you are as excited as we are for the 2011 season to begin. We are thrilled to have Julie Neal and Liz Acker returning as head coaches and know this year will be another exciting swim season.

First, for the price. The cost of registration will again be a combination of swim team fees, and guest fees for our participation with the Chapel Hill Country Club (CHCC). The CHCC hosts all practices and meets for the CHCCR team, so Ridgewood members pay a partnership fee to cover these costs. Swim team fees are \$140 for the first swimmer, and \$130 for any children after the first. Guest fees for Ridgewood members are \$50 for the first child, \$35 for the second, and \$25 for each additional child.

Ridgewood members between the ages of 4 and 18 are eligible to join the CHCCR swim team provided they can swim the length of the pool. Never been on swim team before? You can give it a try risk-free for the first 2 weeks. Our coaches are friendly and knowledgeable and know how to make swimming fun.

There are two registrations scheduled in the weeks ahead (see below for dates). Registrations are due by April 30 for returning swimmers. **If you have returning swimmers, we will charge a late fee for registrations received after April 30<sup>th</sup> (\$15) or May 16<sup>th</sup> (\$30).** Please realize the difficulty the parent reps have in planning for the season as far as coaches' pay, social events, t-shirt orders etc, when registrations are late. **Plan to attend one of the registration events or get your form to a swim team parent rep in April.**

### Important Dates:

- April 6 (Wed): Registration/Suit Fitting Session #1 (6pm-8pm) @ CHCC in the Rosemary Room
- April 10 (Sun.): Registration/Suit Fitting Session #2 (4pm-6pm) @ CHCC Rosemary Room
- April 10 (Sun.): New CHCCR Family Orientation Session (5pm) @ CHCC Rosemary Room
- April 10 deadline for t-shirt orders to be guaranteed your size
- April 15 deadline to order swimsuits and guarantee delivery before the first meet
- April 30 (Sat) 1-3pm Swim Test #1 for new swimmers @ CHCC Pool (**note: new date**)
  
- May 15 (Sun) 2-3pm Swim Test #2 for new swimmers @ CHCC Pool
- May 15 (Sun) Season Kick-off Ice Cream social @ CHCC Pool 3-5pm to meet the coaches and kick off the season
- May 16 (Mon.): 1st day of practice for 2011 season @ CHCC Pool
  
- June 1 (Wed.) Mock Meet @ 5pm (CHCC) with 4:30pm warm-ups
- June 8 (Wed.): CHCCR vs. Hollow Rock/Sportsplex/Stoneridge @ HR
- June 18 (Sat.): CHCCR vs. Southern Village/Governor's Club (this date is still tentative)
- June 22 (Wed.): CHCCR vs. Exchange/Sunset Creek @ CHCCR
- June 25 (Sat.): CHCCR vs. Heritage Hills/Community Center @ CHCCR
- June 29 (Wed.): CHCCR vs. Chapel Hill Tennis Club @ TCST
  
- July 5 (Tues.): CHCCR vs. Farm/Meadowment @ the Farm
- July 10 (Sun): Swim for Smiles Wacky Relays at Koury Natatorium at UNC
- July 16 (Sat.): Championship Meet @ Koury Natatorium at UNC
- July 17 (Sun.): CHCCR Awards Banquet @ 5pm-8pm

*\*Weekday meets: home team warm-up 4pm, visitors 4:25, meet begins @ 5pm*

*\*Weekend meets: home team warm-up 8am, visitors 8:25, meet begins @ 9am*

Swimmers will again be able to participate in pre-season swim team tune-up sessions to begin in April. Swimmers must be 7 years of age or older and able to swim a 25 freestyle and a 25 backstroke. This year's preseason clinic will run for three weeks from April 25 to May 12. Cost is \$140 for all three weeks (\$130 plus \$10 guest fee). For the week of April 25 – 29, clinic will be from 5:15 – 6:00, and for the remaining two weeks it will be from 5:15 – 6:15. Pool will be heated! If interested, please contact Julie Neal at [jen400im@yahoo.com](mailto:jen400im@yahoo.com) or one of the parent reps.

If you are 13 or older, we offer the shark assistant program.

• **Shark Assistants** – The Shark Assistant program is a way to develop leadership skills for up-and-coming potential CHCCR coaches. If you're 13 or older, you qualify. It's work (a lot of it), but it's also a lot of fun. You'll learn what it takes to be a coach and may eventually be one for CHCCR! Shark Assistants will report to the Head Coach and will have similar responsibilities to the assistant coaches including stroke techniques for younger swimmers, leading land drills for the age groups and all the stuff that has to be done so we can practice (i.e. putting in and taking out lane lines, helping with meet signups, etc.). You can find the application on the CHCCR website (under files) or contact a swim parent if you are interested.

Registration forms and more detailed information are available on the team Web Site/message board located at <http://sports.groups.yahoo.com/group/ccrsharks/files/>. Please visit the site and join, or if you know any prospective families, direct them to the parent reps so they can join the group.

Need more information? Please email one of the Ridgewood swim team parent reps:

Karoline Nelson	929-1494	karoline.swimteam@gmail.com
Dawn Shohfi	240-5623	dshohfi@nc.rr.com