

# Epping Forest Swim Team 2010

**For:** All Epping Forest swimmers age 4-18

**What:** We are a recreational summer swim team, built on the principles of teamwork, character building and fun. It is our goal to compete in the River City Swim League as a swimming "family" with the utmost integrity and enthusiasm. In 2007, Epping finished 13 out of 19 teams. In 2008, Epping improved to 9<sup>th</sup> and in 2009, we were 5<sup>th</sup> overall!

**When:** Afternoon practices will begin Monday, May 10<sup>th</sup> and run Mon-Fri. Swimmers are encouraged to make 2-3 practices a week.

**6 & Under** 4:30-5:00 PM

**8 & Under** 5:00-5:45 PM

**9 & UP** 5:00-6:00 PM (6:30 when school is out)

Morning practices will begin Monday, June 14<sup>th</sup> on Mondays, Tuesdays and Wednesdays only. Mornings are only for the 7&Ups. Afternoon practices will continue as usual Mon- Fri except on meet days.

**7 & Up** 9:00-10:00 AM

**Coaches:** Josh Pearson (419-1009), Steve Lazaraton, and Allison Palmer are all returning for another great summer!. New coaches this summer are Blair and Haley Hakimian, and William Hartje to help us with the many 6&Unders. We also have the best junior coaches in the league!

**Volunteers:** Needed at every meet! Swim team is not a 'drop off' sport. We will need 25 people per meet to make it run efficiently. There will be 2 shifts at each of the 6 meets. Parents will be asked to work a minimum of **2 shifts per child** in the following areas:

**Hospitality:** Arrive early to the meet to welcome parents and sell heat sheets. Distribute drinks to other workers and coaches during the meet. (Home meets)

**Timers:** Use a stopwatch to time swimmers and write times on cards. Each team will provide 6 timers per shift. (All meets)

**Runners:** Takes the time cards from the timers after each event and runs them to the computer area to be recorded. (All meets)

**Ribbons:** Places the computer generated labels on the appropriate ribbon for each event and files the ribbons in the box. (All meets)

**Computer:** This person will enter all the times from the event cards as the races finish. They keep track of the score & generate the labels for the ribbons.

**Stroke and Turn Judges:** Watch swimmers for rule violations while swimming. This is a job for parents with prior swimming experience. You must be trained and certified. (All meets)

**Clerk of Course:** Calls swimmers to the clerk area, passes out cards and arranges swimmers in their respective heats. (All meets)

**Starter:** Announces and starts the races. (Home meets only)

**Cost:** \$130 includes River City League fee, practices and team t-shirt. Make checks payable to the Epping Forest Swim Team. This fee cannot be billed to your account. You will need to purchase a suit, cap and goggles.

**Team Suit:** **TYR Eternal Flame.** Purchase suits through **Bakers Sporting Goods** at the registration meeting. Prices include tax.

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|----------------------|-------------|
| <b>Female:</b>       | <b>\$51</b> |
| <b>Male Jammers:</b> | <b>\$32</b> |
| <b>Male Brief:</b>   | <b>\$26</b> |

**Swim Meets:** The meets are scheduled as follows:  
Thursday, May 27<sup>th</sup> at **Deerwood** 4 warm up/4:30 start  
Thursday, June 3<sup>rd</sup> at **San Jose** 4 warm up/4:30 start  
Monday, June 7<sup>th</sup> at **Timuquana Yacht Club** time **TBA**  
Thursday, June 10<sup>th</sup> **JCA at Epping** 4 warm up/4:30 start  
Saturday, June 19<sup>th</sup> at **Baymeadows (JCDS)** 8:00 warm up/9:00 start  
Thursday, July 1<sup>st</sup> **BAC at Epping** 4:00 warm up/4:30 start  
Thursday, July 8<sup>th</sup> at **Episcopal** 4 warm up/4:30 Start

**River City Championships** will be held at **Cecil Field**  
**6 & Under** Thursday, July 22<sup>nd</sup>  
**7 & Up** Friday, July 23<sup>rd</sup> -Sunday, July 25<sup>th</sup>

Swimmers must compete in 3 meets to be eligible for the River City Championship meet. Swimmers will need to swim at the Championship meet in order to receive a trophy at the banquet.

**Awards:** Ribbons for all 6 & under swimmers who finish their race  
Ribbons for 1<sup>st</sup>-8<sup>th</sup> place finishers in the other age groups. Age groups consist of swimmers 6&U, 8&U, 9-10, 11-12, 13-14 and 15-18 years old as of May 1, 2007.

**Social Activities:**  
Swim Team Registration Party: Saturday, April 24<sup>th</sup> 11-1:00  
Itchetucknee Springs: Saturday TBA  
Pizza/Carbo Loading night: Wednesday, July 21<sup>st</sup>  
Banquet: Tuesday, July 27<sup>th</sup>

**Updates:** Please check out the Epping Forest web site at [www.efyc.com](http://www.efyc.com) for new information.