

Rollingwood Seals Swim Team 2017 Season

General Information

The swim team program provides a fun and competitive atmosphere for swimmers of all ability and runs from the end of May through the end of July with daily practices on Monday through Friday and five dual meets scheduled on Saturdays throughout the season. The Seals bulletin board is located between the men's and women's bathrooms and will contain updated swim team information and announcements throughout the season. In addition, swim team information, including meet information, individual times, coach's announcements, and practice schedules is posted and maintained on the Rollingwood website.

Coaching Staff

Head Coach: Joe Miller

Assistant Coaches: Sarah Hurly, Megan Lehane, Katlyn Martin, Maggie Stein, Sophie Szarko, Tyler Szarko

Contact: swimcoach@rollingwoodpool.org

Swim Suits

2017 team suits are available from Cy's Swim Shop (on Frederick Road in Catonsville). This is the second year of a two year suit. The suit is "Bravo" from Tyr and the prices are listed below. Cy's will be at Rollingwood on May 29th for fittings and suit purchases from 1:00pm to 3:00pm. If you need to purchase additional swim gear, please stop by Cy's and tell them you are a Rollingwood Swim Team member and receive a 10% discount.



Suit (Size)

Price*

Female (22-40)

\$56.00

Male Jammer (22-38)

\$38.50



** Prices do not include tax.*

Team Gear

Latex swim caps are provided to each swimmer by the team and Silicone swim caps are available for purchase from Bill Protzman.

Practice Schedule

Rollingwood provides both morning and evening swim practices. Please note that evening practices during the regular season are intended for those families that cannot attend the morning sessions and as lanes will be limited, we ask that you please attend the morning practices if you are able.

PreSeason Practice Schedule (May 30 - June 13th)

The preseason practice days/times are below (please refer to the preseason schedule posted on the web site for any changes):

Ages 8 and Under:	Mon, Tues, Thurs: 5:45 pm - 6:15 pm
Ages 9-10:	Mon, Tues, Thurs: 6:15 pm - 6:45 pm
Ages 11/12:	Mon, Tues, Thurs: 6:45 pm - 7:15 pm
Ages 13+:	Mon, Tues, Thurs: 7:15 pm - 8:00 pm

Regular Season Practice Schedule (June 14th - July 28th)

Regularly scheduled practices will commence on Wednesday, June 14th and will run through the end of the season. Both morning and evening practices schedules will be observed in accordance with the following schedule.

Daily Practice Schedule

Practices will be held daily Monday through Friday as follows:

Ages 8 and Under:	Mon - Fri: 9:45 am - 10:25 am
Ages 9-10 & 11-12:	Mon - Fri: 9:00 am - 9:45 am
Ages 13+:	Mon - Fri: 8:00 am - 9:00 am

Evening Practice Schedule

Practices will be held Monday, Tuesday, and Thursday evenings, utilizing two lanes of the pool. Practice times are as follows:

Ages 8 and Under:	Mon, Tues, Thurs: 6:00 pm - 6:30 pm
Ages 9-10 & 11-12:	Mon, Tues, Thurs: 6:30 pm - 7:15 pm
Ages 13+:	Mon, Tues, Thurs: 7:15 pm - 8:00 pm

Practice is an important part of improvement and as the season is short, we respectfully ask that parents try their best to make sure that their children attend practices as scheduled. Practices will be held rain or shine.

Meet Schedule

Date	Opponent/Meet Location		
June 17th	Time Trials	at	Rollingwood
June 24th	Hammond Park	at	Rollingwood
July 1st	Rollingwood	at	Crofton Aquatics
July 8th	Rollingwood	at	Watermont
July 12th	Andover Novice Meet	at	Andover
July 15th	Roland Run	at	Rollingwood
July 19th	Rollingwood 21228 Invitational	at	Rollingwood
July 22nd	Rollingwood	at	Wynnewood
July 26th	Straehle Invitational	at	Four Seasons
July 29th	Division Championships	at	Hammond Park

Rollingwood Seals Swim Team 2017 Registration

Only **Active** members are eligible to swim on the Rollingwood Swim Team. The registration fee is \$75.00 per swimmer for first three swimmers (fee is waived for 4th+ swimmers) and must be submitted with this completed application. Please make checks payable to "Rollingwood Pool Inc."

Returning Seals Family New to the Seals Team

General Information

Child's Name (First, Middle, Last): _____

Birth Date: _____

Gender: _____

Phone Number: _____

Address: _____

Email Address: _____

Does applicant have personal health insurance? _____

AAU Registration (Note: items above are required by AAU): The applicant agrees to be bound by the AAU code, including all AAU Policies (see www.aausports.org). In addition, by registering my swimmer with CMSL I am agreeing to abide by the CMSL Code of Conduct and all stated policies in CMSL Rules for Swimming (see www.centralmarylandswimleague.org).

Parent Signature: _____

Volunteers and Donations

Volunteers and donations for home meets are needed to ensure that meets run smoothly and to provide a pleasant experience for our swimmers. Please identify an area(s) that you would be willing to assist for home and away meets.

Timer _____

Table Worker/Ribbons _____

Clerk of Course _____

Stroke and Turn Judge _____

Runner _____

Food/Kitchen _____

Open – As Assigned _____

Registration may be mailed to Bill Protzman, 7109 Altford Court, Elkridge, MD 21228