



Welcome 2019 Swordfish Swimming families! Our league considers swimmers ages 10 & under as part of the “Junior Varsity” teams, while those 11 and older are labeled as “Senior Varsity.” Please talk to Tony if you’re unsure which practice time is best for the swimmer. It is important to arrive early enough (about 15 minutes) to allow time to stretch, change, and do any scheduled “dry-land” exercises (pushups, squats, etc.) before hitting the water.

We realize there will be some weeks when this schedule conflicts with other summer activities, (like summer gym programs, camps, etc.) so we will provide a lap lane in the evenings for those swimmers who are unable to make their scheduled morning sessions but still wish to swim a few laps later in the day.

PRACTICE TIMES

- 9:00 AM – 10:00 AM: Levels 1 & 2— These groups are for the beginning swimmers with slight or no swim team experience. This is where we introduce the basics of competitive swimming to our athletes generally ages 4 - 8. (M, T, R, Sat.)
- 10:00 AM – 11:00 AM: Level Three— This group is mostly made up of upper-aged JV swimmers and younger Varsity swimmers (approx. ages 8-12). Starts, turns, and stroke techniques are refined through repetitive laps at this stage. Short sets also help begin to develop aerobic stamina. (M, T, R, Sat.)
- 11:00 AM – 12:45+/-: Level Four—These swimmers are made up mostly of varsity-aged swimmers and receive practices that are structured similar to those on a middle or high-school level. (M, T, R, F, Sat.)

This summer’s team fees are \$60 per swimmer. Please be prepared with goggles, caps, towels, water bottles, and a positive attitude at each & every practice. If possible, we would like swimmers to purchase a pair of mid-length fins for swim practice. You can find these at most sporting goods stores for around \$15-20, and online at swimoutlet.com. We have a few pairs at the pool, but quantities/sizes are limited. For a team racing suit, you can shop online at <https://m.swimoutlet.com/eastmoorswordfish/> Team caps are sold at meets for \$10,

PRACTICE DAYS

Practice will officially begin Saturday, June 1st, and will run each Monday, Tuesday, Thursday, and Saturday (with meets Wednesday evenings.) Check e-mails for make-up days/times due to weather and/or holiday cancellations. (Friday practices will take place 11-12:45 for Level 4 only.)

See you in the water!

Tony Phillips

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614-507-2160 cell. 614-817-1822 pool

2018 Eastmoor Swordfish Competition Schedule



DUAL MEETS:

Wednesday, June 5 -

**Meeting for parents who are interested in being a stroke/turn judge
7:00 @ New Albany Links.**

Wednesday, June 12 - Hunter's Ridge & LifeTime Easton @ Eastmoor

Weds. June 19 = Eastmoor & LifeTime Easton @ Foxboro

Weds. June 26th - New Albany Links @ Eastmoor

Weds. July 3rd - Bye-Week for League

Weds. July 10th - Eastmoor at Hunters Ridge

CHAMPS:

Weds., July 17 - All League Swimming Preliminaries @ Gahanna Swim Club (All swimmers)

JV warm ups at 12:00. JV Meet starts at 12:30 p.m.

Varsity warm ups at 4:30, Varsity meet starts at 5:00 p.m.

Thursday, July 18 - All League Swimming Finals @ Gahanna Swim Club (Top-8)

Warm-ups at 4:30 with the meet at 5:00 p.m.

Keep up with swim team news/results on our Website! <http://www.EastmoorSwimClub.com>