



2011

## Winter Swim Camp

# Information Packet & Registration Form

### General Summer Swim Camp Information

The UVRay swim team Winter Swim Camp is a two month program for youth ages 6 and up. Swim Camp is designed to help participants improve their stroke technique, increase strength and endurance, gain experience of being on a swim team, and have fun! It is designed for kids who have advanced in swim lessons (at least equivalent to American Red Cross level 4) and are able to swim at least one length of the pool. No swim team experience is needed.

During Swim Camp dedicated, USA Swimming certified, year-round swim coaches who have many years of personal competitive swimming experience, work with a limited number of participants leading them through the technique of the four competitive strokes: freestyle, backstroke, breaststroke, and butterfly and also help them prepare for meets. Additionally, participants receive a UVRay T-shirt and swim cap and have the opportunity to compete in fun beginner meets that take place during the scheduled Swim Camp time.

**Location:** Springville Pool (900 East 900 South)

**Cost:** New Swimmers (includes T-shirt and swim cap): \$110 (if registered by Jan. 7) OR \$120 (if registered after Jan. 7) This fee includes the USA annual registration fee that will cover your swimmer till Sept. 2011.

Returning Swimmers: \$90 (if registered by Jan. 7) OR \$120 (if registered after Jan. 7) The price is reduced because the USA annual registration fee has been already paid for.

**Swim Camp Session:** Jan. 10- March 11 (M,W,F) 5:00-5:45pm in Springville

**Tryouts and Registration:** Fri. Jan. 7 1 4:00-5:00 pm (Springville Pool)

**Tryout Information:** Come to either pool at designated time. Bring 1 pair of goggles, a towel, and be dressed in a swimsuit. Swimmers will be asked to swim across the pool on their stomachs and backside.

### Team Communication

Questions, may be directed to either Nichole, the UVRay Team Administrator, at:

[uvrays.admin@gmail.com](mailto:uvrays.admin@gmail.com) or check out our website [www.uvrays.org](http://www.uvrays.org)

- **E-mail:** E-mail is the primary form of communication from the team to parents. It is important that swim families **check e-mail at least twice a week.**
- **Website:** The team website address is: <http://www.uvrays.org>
- **Pool Reps:** Volunteer pool representatives (pool reps) are available at the swimming pools to help answer questions. Lorinne Morris is available at Springville Pool Monday & Wednesday 4:30-6pm. Her number is (801)489-3040.
- **Team Administrator:** If you need to contact the team administrator (Coach Nichole) her e-mail address is: [uvrays.admin@gmail.com](mailto:uvrays.admin@gmail.com)

## Equipment Information

**\*\*\* All equipment MUST Be LABELED to make reclamation easier in case it's left or lost \*\*\***

### Needed:

- Swimsuit (one piece for girls)
- Goggles
- Towel
- Team Cap
- Water Bottle
- Girls need to pull hair back
- Swim Fins

### Recommended:

- Back-up goggles
- Back-up cap

### Optional:

- Swim Team Quality Suit
- Mesh Bag

### Where to Find Equipment

Swimming equipment and suits are available at Poco Loco Swim Shop in Provo (1774 N. University Pkwy STE 26. *In the Brigham's Landing Shopping Center*) Mention that you are a member of the UVRays and you will receive a discount on some items. Suits and equipment are also available online.

## Meet Information

### SwimCamp Meets

Swim Camp meets are held during UVRay practice time and are designed to progressively prepare swimmers to participate in, and enjoy, USA Swimming sanctioned meets. See Summer Swim Camp Calendar on the website for meet dates. A nominal fee is charged for the Championship meet to help cover the cost of awards.

### Parent Volunteers Needed

Volunteers are needed to help run Swim Camp meets. No prior meet experience is necessary. Training will be provided. Twelve volunteers are needed to help time during the meet, others may be requested to help as needed.

### Other Meet Attendance

Swim Camp participants are welcome to participate in meets additional to the Swim Camp meets as they feel ready. Check with swimmer's coach and/or pool rep for more information. Not all UVRay team meets are appropriate for beginning swimmers.

