

Northern TRIBS Swimming:

Age Group Practices and Competitive Team

Head Coach: Joshua Jock

Held at: Maxcy Hall Pool, SUNY Potsdam

Age Group Practices are for ages 5 - 12 learning to swim from any level.

The swimmer may need to learn swimming safety and the fundamentals of swimming like floating or going under water. Skill progression develops the swimmer's knowledge of the sport and their ability to accomplish goals such as kicking for distance, breathing correctly while swimming, diving, and wall turns.

Age Group Requirements: *Ages 5–12 & cannot swim 25yds on own. Groups of eight or less will be organized by age and ability the first night of practice. Use of 1-piece swim suit, swim cap for long hair, and goggles are required.*

Age Group: registration deadline is July 15th for 12 practices.

July 18th – August 25th Monday & Thursday 6:30 – 7:15pm \$74.00



Swimmers are advised to arrive 5 minutes early for practice. Register early to secure a spot because space is limited. There will be a \$5 surcharge for late registrations. All participants will need to register with USA Swimming at an extra charge of \$40 and will receive a subscription to Splash magazine, a club t-shirt and swimming cap. (Price shown does not include cost for new USA-S membership.)

Competitive swimmers can swim 25yds without stopping & are training to race.

Skill progression develops the swimmer's knowledge of the sport and their ability to accomplish goals such as kicking for distance, breathing correctly while swimming the four competitive strokes: freestyle, backstroke, breaststroke, and butterfly; diving from a block and learning wall turns.

Practice Requirements:

Aqua Swimmers must be able to swim at least 25yds of freestyle without stopping.

Platinum Swimmers - swimmer can complete 200yds freestyle and the 100yd Individual Medley.

Use of 1-piece swim suit, swim cap for long hair, and goggles is mandatory. New club members need to register with USA swimming at an additional \$40.00. Check our website for additional information:

www.goTRIBS.org or send questions to jjock@goTRIBS.org

Competitive Team: meet at Maxcy Pool July 18th at 6pm for 12 total practices.

Aqua or Platinum \$79 (Price shown doesn't include the registration cost for new USA-S membership.)

-----CUT HERE TO MAIL IN REGISTRAION FORM-----

Swimmer's Info: (please use one form for each swimmer)

Go to www.goTRIBS.org for info

Last Name _____ Legal First Name _____ M.I. _____

Birth Date ____/____/____ Age _____ Gender: M / F

A copy of birth certificate or passport must be included with form.

Legal Guardian's Info:

Last Name _____ First Name _____

Mailing Address _____

Home Phone (____) _____ Email Address: _____

Age Group Practice: \$74 plus additional \$40 if not USA-S registered

Competitive Team: \$79 plus additional \$40 if not USA-S registered.

T-shirt Size (circle one)

YL S M L XL

SAVE 10% WHEN REGISTERING 2 CHILDREN AT THE SAME TIME, SAVE 15% FOR 3

Enclosed check amount _____

Mail payment and form to: Northern TRIBS Swimming; P.O. Box 222; Massena, NY 13662