



### Registration

Registration begins on March, 15th 2008 at 9:00am. Regular registration times will be from 9am-6pm on Monday, Wednesday & Friday; from 12-6pm and on Tuesday, Thursday & Saturday; from 11am-5pm.

### Dates

The Patriot Summer Swim League will dive into action starting May 5th at the Lake Brantley Aquatic Center. Kids ages 5-12 may join their neighborhood team for practice 2 times per week. Competitions will be held on Saturdays and on July 26th the five teams will meet to determine the Patriot Summer Swim League Champion.

### Cost

Cost is \$159 for the first child. Each additional child is \$ 139. Free team t-shirt is included with registration!

#### Practices

Mon & Wed  
Tues & Thurs  
Mon & Wed  
Tues & Thurs  
Tues & Thurs  
7p-8p

#### Teams

Sweetwater  
Sabal Point  
Wekiva  
Bear Lake  
Longwood/  
Altamonte Springs

Go to [www.PatriotAquatics.com](http://www.PatriotAquatics.com) for more information.

Phone: 407-862-2207

Patriot Aquatics  
P.O. Box 916286  
Longwood, FL 32791

## Patriot Aquatics

**PATRIOT SUMMER  
SWIM LEAGUE**



Lake Brantley Aquatic Center

Tel: 407-862-2207



## **Practices**

Children are placed in groups according to age and ability. We have eight different training levels and have between ten and twelve coaches on the deck at all practices.

### **Practice Goals**

Please keep in mind that this is not meant to be a swim lesson. Although most of the practices are meant to be instructional, they are applied in a large group setting in which swimming fast and racing are encouraged.

The use of swimming drills and equipment such as kick boards, fins and noodles are used to aid in the learning process in a fun atmosphere.

### **Team Competition**

One of the goals of this program is to promote a sense of community as we compete on teams that are made up of the other families that live in our neighborhood. In that effort we would like for all swimmers to have the same team suit and wear their team t-shirts at competitions.



## **Swim Meets**

We have two kinds of swim meets. The first series of competitions are dual or tri meets in which two or three teams compete. These meets are low key and meant to introduce the swimmers to competitive swimming. Swimmers are grouped in heats according to their best time. The faster swimmers are in the later heats. All swimmers receive ribbons each time they race according to the place in which they finish.

At the end of the season we have the championship meet in which all teams compete. This meet is run in a more formal manner with officials and automatic timing equipment. In addition, team scores are kept and the League Champion is determined.

A trophy is awarded to the League Champion and kept in the home elementary school of the winning team. After four years we have had three different League Champions.

### **Awards**

All children are awarded a participation trophy. At all of the Dual and Tri meets ribbons are awarded for every swimmer in every race. At the Championship meet we not only award heat ribbons for every race but we also award top 8 awards for each event.



## **Parent Involvement**

We ask for help from parents at all meets. We need timers and parents helping to distribute awards at each meet. We may need help at other times and we will let you know.

### **Team Outfitting/Pictures**

We will schedule team outfitting as well as a picture day for each team.

### **No Practice**

As you know, here in Florida we have unpredictable weather events. Please always plan on attending practice as the inclement weather usually passes quickly.

There will be no practice on Monday-Memorial Day, May 26th.

