

Swim Team Competition

Competition for boys and girls is in the following Age Group Divisions:

- 6 & Under
- 7 - 8 years
- 9 - 10 years
- 11 - 12 years
- 13 - 14 years
- 15 - 18 years
- 12 & Under Diving
- 13 & Older Diving

Swim Team Events

Age-specific events are as follows:

- **6 & Under**
Swim one half pool length freestyle and backstroke
- **7-8 yrs**
Swim one length freestyle, backstroke, butterfly and breaststroke (25 yards)
- **9-10 yrs**
Swim one length freestyle, backstroke, butterfly, and the individual medley (one length of each stroke)
- **11-12 yrs, 13-14 yrs, 15-18 yrs**
Swim two pool lengths in all strokes plus the individual medley
- **Relay: 12 & Under**
- **Relay: 13 – 18 years**
- **Medley Relay**
Each swimmer in the relay does a different stroke
- **Free Relay**
Everyone in the relay swims freestyle.

For more information, please contact Carol at:

Coachcarol@grotoncountryclub.com.

About Our Swim Team

The Groton Country Club Swim Team is open to members and non-members of the club.

A low-key summer activity for those interested in competitive swimming, we also participate in several home and away swim meets.

Participation is open to children ages 4 though 18. Summer Aquatic League rules dictate that swimmers can participate the summer after high school graduation, but not during college.

Team members receive a GCC swim cap. Long hair must be tied back or capped. Goggles are mandatory (available for purchase at the kick-off meeting). Team suits, t-shirts, and other team apparel can be ordered through the Team Moms at the kick-off meeting.

All participants are invited to join the GCCST Yahoo! Group via e-mail. This group is the primary way we communicate with the team, so it is important to join the group!

Swim Team season begins when schools close for summer break, and ends the second week of August. Exact dates will be confirmed via the Yahoo! Group.

Parent Volunteers

We welcome parent volunteers' help at swim meets. Don't worry- we'll show you what to do!

Groton

COUNTRY CLUB

2010 Swim Team Registration



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