

Key info for Spirit Swim Team – Summer 2024

- All swimmers must be members of Club One. If your swimmer already has a membership, nothing further is required. If not, Club One offers a Junior Membership for the swim season as follows. **ALL SWIMMERS MUST BE ENROLLED AS JR MEMBERS AT CLUB ONE BEFORE THE SEASON STARTS!** Get the membership form through this link and you can pay on-line! You can email the form to Missy @ missy@clubonefit.com or drop it off at the front desk.
 - <https://www.clubonefit.com/>
 - Click on Aquatic Center then click Pay Online and select the option you want
 - \$60 Junior Membership for the summer swim season for the first swimmer
 - \$20 Junior Membership for the summer swim season for each additional swimmerOR
 - \$199 Family Membership (up to 4 people) for the winter swim season
- Please email us at spiritswimparents@gmail.com for all questions and concerns
- Practice begins Tuesday, May 28th and will end on July 27th
- **There will be no refunds after the first week of practice – NO exceptions!**
- Registration will be \$240 for the first swimmer and \$230 for each additional swimmer. You must register all swimmers together to receive the \$10 discount.
- Swimmers are placed into two groups for practices. Adjustment times will be made by the coaches only – NO changes will be made for parental preference to practice times.
 - Ages 10 and under will practice from 6:00-7:00 pm
 - Ages 11 and up will practice from 7:00-8:00 pm
- Practices will be Monday through Thursday evenings. Meets will be on Mondays and Thursdays once Meets start.
- The coaches have requested that all younger swimmers have fins for practice. Please write your swimmer's name on their fins in case they get misplaced! You can get them from Metro Swim, Amazon or Swim Outlet.
- We will be entering and exiting through the vestibule doors next to the pool. Please do not use the doors at the end of the pool.
- Do not leave anything in the locker rooms at Club One. All personal items should be set along the benches at the windows in the pool area. Make sure if your swimmer changes in the locker rooms that they collect ALL their belongings so nothing is left behind!
- All swimmers should be on their best behavior at all times in the locker rooms. Please change quickly if needed and leave the locker room with all your belongings. **The locker rooms close at 8:00. We will NOT be able to use them after this time. Any swimmer that wants to change after the second practice will need to use the family bathroom in the pool area.**

- We are scheduled for FOUR away meets at this time. We will post it on our website when the meet schedule is finalized. Check out www.delmarvaswim.org to see the preliminary schedule. Swim caps are required for everyone for all practices and meets. One latex Spirit cap for meets will be provided for each swimmer.
- Spirit team swimsuits and Spirit team swim caps are required for ALL swim meets, **including Championships**. If you are new to the team, you will need to buy the suit. We have a team store on-line through THIS LINK <http://www.swimoutlet.com/spiritswimteam>. The team suit is RED,WHITE&BLUE. You can get fins, suits, caps, goggles, etc. as well from our team store

Please contact us anytime with questions or concerns through email.

Thank you! Jen, Shaahin, Coach Scott, and Coach Matt