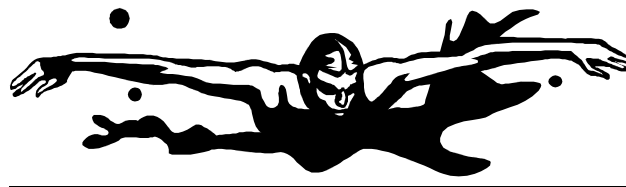


ITALIAN CENTER OF STAMFORD



REGISTRATION INFORMATION 2011-2012

The Italian Center of Stamford **ORCAS** swim team program encompasses all ages and levels of ability and is structured to provide careful development and steady progression through the stages of competitive swimming. The program is composed of athletes and their families from Stamford and communities throughout southwestern Connecticut. The **ORCAS** swim team is a family oriented swimming program. The strength of the volunteer parent organization together with the excellence of the coaching staff and the support of the IC have resulted in a highly successful swim program at all levels.



[Italian Center Orcas Club - 203 322 6941 ext 124](tel:2033226941)

Orcas_swim@yahoo.com

<http://www.eteamz.com/orcasswimclub1>

SEASON

The season begins with the first practice on **September 12th** and culminates with the USA Regional and Age Group Championships in March. Swimmers will be given the opportunity to participate in USA sanctioned meets. The ORCA swim program is divided into 7 different levels mostly by ability.

PRE - ORCA

The pre-ORCA is a level designed for the younger swimmer who has progressed through the Italian Center's instruction program and learned the four basic strokes. The emphasis is on improving the swimming ability and water sense already developed by the child as well as teaching more advanced skills in the four competitive strokes. Conducted by the swim team coaches, the program is ideal for those swimmers who wish to prepare for team swimming or competition swimming and entry into the Italian Center ORCA Swim Team. **Children must be able to swim 25 yards or one length of the swimming pool at least Freestyle, Backstroke, Breaststroke and some Butterfly to enter this program level.**

BRONZE

The Bronze are nine and under swimmers of the ORCA Swim Club. **The requirement to participate in this level is to swim 25 yards (1 length of the pool) of four basic strokes and be able to perform a racing dive.** This group will learn the concept of team and be introduced to instruction in concentrated stroke mechanics, competition starts, turns, and swimming efficiency. The instructions are presented in a relaxed yet exciting manner with an emphasis on the fun and rewards of team swimming and competitive swimming. The overall objective of **ORCA BRONZE** is to provide **individual attention** and a positive experience in swimming.

AGE GROUP

SILVER and BLUE

The Age Group program level is open primarily to swimmers ages 9 through 13 who have demonstrated to the coaches an enthusiasm toward swimming and who wish to experience the challenge of competitive training and the excitement of participating in swim meets sanctioned by USA swimming. Age Group teams involve a yearlong commitment on the part of the swimmer. The program develops team skills and discipline while refining and honing stroke mechanics, racing starts and turns, endurance and swimming efficiency. **Age Group swimmers will be assigned according to age and ability to the proper practice group, either the silver or silver-advanced of 9 to 11 years old or the more advanced blue of 11 to 13 years old.**

GOLD

Gold Swimmers begin to focus their training on distance and individual medley swimming. Swimmers receive individual attention on advance stroke mechanics. Competition philosophy, mental training and nutritional awareness are important subjects stressed with this group. Gold swimmers are trained and prepared for Connecticut Age Group championships and select higher level USA competitions.

SENIOR

This is the elite of training for the ORCA Swim Club and requires dedication to the sport. The program is a serious regimen that includes stroke mechanics, endurance work, dry land strength and flexibility conditioning, goal setting and an emphasis on team dynamics and mental conditioning. Swimmers train for regional meets and USA Junior and Senior Nationals.

PRACTICE SCHEDULE

FIRST PRACTICE IS SEPTEMBER 12TH!

LEVEL	MON	TUE	WED	THUR	FRI
PRE-ORCA	4:00-4:30 pm	-	4:00-4:30 pm	-	-
BRONZE	4:00-5:00 pm	-	4:00-5:00 pm	-	4:00-5:00 pm
SILVER	4:00-5:00 pm	-	4:00-5:00 pm	-	4:00-5:00 pm
BLUE	5:00-6:30 pm	5:30-7:00 pm	5:00-6:30 pm	5:30-7:00 pm	5:00-6:30 pm
GOLD	5:00-6:30 pm	5:30-7:00 pm	5:00-6:30 pm	5:30-7:00pm	5:00-6:30pm
SENIOR	5:00-6:30 pm	5:30-7:00 pm	5:00-6:30 pm	5:30-7:00pm	5:00-6:30pm

FEE SCHEDULE

LEVEL	member	non-member	USA swimming	Team operating fund
PRE - ORCAS	\$ 360	\$ 450	-	\$ 35
BRONZE	\$ 525	\$ 600	\$ 200	\$ 35
SILVER	\$ 525	\$ 600	\$ 200	\$ 35
BLUE	\$ 720	\$ 840	\$ 250	\$ 35
GOLD	\$ 720	\$ 840	\$ 250	\$ 35
SENIOR	\$ 720	\$ 840	\$ 250	\$ 35

- Second/third child 15% discount!
- The Orca Swim Club is a certified member of USA SWIMMING, the national governing body of the sport. In the winter all team members are required to become a USA Swimming member. All meets require pre-payment of entry fees by participating teams. Entry fees are charged for individual events and relays. In order to pay for these meets the Orca Swim Team will collect \$200 or 250 from each swimmer depending on their swimming level.
- The Orca Parents Association is a vital support organization for the Orca Swim Club. All parents are members of the Orca Parents Association and each family is required to pay the \$35.00 per family Seasonal dues are to be paid at registration.

To become a USA SWIMMING member you must bring a copy of your birth certificate with a USA registration form and the fee of \$200 or \$250.

WINTER REGISTRATION FORM 2011-2012

TRYOUTS AND REGISTRATION FOR NEW SWIMMERS
WILL BE HELD ON FRIDAY, SEPTEMBER 9TH.
10 & UNDER 4:30 TO 5:15PM
11 & OVER 5:15 TO 6:00PM

PLEASE NOTE: THERE WILL BE NO WALK-IN'S ACCEPTED ON THE FIRST DAY
OF PRACTICE. IF YOU MISSED TRYOUTS AND REGISTRATION, ON FRIDAY
SEPTEMBER 9TH, PLEASE CALL THE HEAD COACH TO SCHEDULE AN
APPOINTMENT AT 203-322-6941 EX 124.

Swimmer Name: _____ Home Phone: _____
Last First Middle

Address: _____ City: _____ State: ___ Zip: _____

Birth Date: _____ Age: _____ Sex: (F/M) _____ Level: _____

Mother's Name: _____ Father's Name: _____

Email address: _____

New Orcas – Have you previously swum for a USA or other swim team? (Y/N)

Team name: _____

2nd

Swimmer Name: _____ Home Phone: _____
Last First Middle

Address: _____ City: _____ State: ___ Zip: _____

Birth Date: _____ Age: _____ Sex: (F/M) _____ Level: _____

Mother's Name: _____ Father's Name: _____

Date: _____ Amount paid: _____ Check# _____ Cash _____

Return this form to Orca Swim Club

Please write the USA Swimming check to:
The Italian Center Swim Team

All other fees are payable to:
The Italian Center

Italian Center Of Stamford
Orca Swim Club
1620 Newfield Avenue
Stamford, CT 06905-1597

Please note that all fees are non-refundable