



Welcome to the 2010 Church Run Rockets season! The CRR Board invites all pool members with children ages 5 – 18 (as of 6/1/10) to become part of the Rockets' swim team family. We are looking forward to a great summer!

**Registration at the Church Run Pool
Sunday, May 3, 2010, 1:30 – 4:30 p.m.**

New for 2010:

Pre-Team: This year we are offering a Pre-Team for children not quite ready for regular Swim Team. Please note the following requirements for participation on the Pre-Team.

- There will be a maximum of 24 children on the Pre-Team, six swimmers in four groups.
- Child must be at least 5 years old as of June 1, 2010.
- Child must be able to float unassisted and exhibit some form of arm pulls and kicks, either on front or back.
- Swimmer will be promoted to the Swim Team once parent and coach agree that the child can meet Swim Team requirements.
- Parent will be required to volunteer at Swim Meets if and when the child is promoted to the Swim Team.
- The registration fee will be the same as for the regular Swim Team.
- Sessions will begin the week of June 7, for six weeks, on Mondays, Tuesdays, and Thursdays from 3:00 to 3:50 p.m. (This schedule will change for a child promoted to the regular Swim Team.)
- Our hope is that all Pre-Team members will be on the Swim Team by the last meet, if not before.

Swim Team: We will be offering our regular Swim Team for all swimmers aged 5-18. Please note the following.

- Swimmer must be 5 years old as of June 1, 2010.
- Swimmer must be able to swim a length of the pool unassisted.
- Swimmer may be promoted from the Pre-Team when the coach and parent agree on readiness.

What to bring to registration:

Registration Forms: Please bring completed registration/parent volunteer forms found on the CRR web site, www.churchrunrockets.com. Additional forms will be available at registration.

Checkbook: Registration fees are \$90 for each swimmer, with late fees of \$100 after May 17, 2010. Fees had remained the same for a number of years but are increasing this season due to the team's increased operating expenses. The team suit and Rocketwear will be available for sale as well.

Non-GRAL Top Times: If you child swam for the YMCA, NOVA, or another sanctioned USS team, or another summer league team in 2009/2010, please bring a **computer generated copy** from the team of your child's complete individual top times for events swum after June 1, 2009. ALL times must be submitted regardless of the distance. HAND WRITTEN TIMES WILL NOT BE ACCEPTED. Your swimmer cannot be registered without these times. Current or past teams can supply you with these times.

Emergency Care Information: Two emergency contact names/phone numbers (home and cell) are required on the registration form in the event a parent cannot be reached due to cancelled practice or medical need.

Your Calendar: Be prepared to sign up for snack bar contributions and 4 half-meet sessions for your volunteer duty. **We need certified/trained volunteers for a variety of positions.** Training is provided through the league and requires an hour or so of your time. Information for training classes is posted on the Church Run website and will be available at registration.

If you have questions prior to registration, contact Suzanne Ridgway at swmridgway@gmail.com. Please make every effort to attend registration on Sunday, May 2, as this is a great time to get information and ask questions. However, if you are unable to come to registration, please submit your registration form and payment to Suzanne Ridgway at 11513 Tottenham Place, Henrico, VA 23233 prior to May 17, 2010.



Church Run Swim Team – Practice Schedule 2010
Practice will begin Monday, May 17, 2010.

Sunday, May 2

Registration will be held from 1:30-4:30 p.m. at the Church Run Pool.

School Session Practice Schedule
Monday, May 17 until Thursday June 17

Monday, May 17 – Thursday, May 27: times below

Monday, May 31 – Memorial Day – No Practices

Tuesday, June 1 – Thursday, June 3: times below

Exceptions: Fridays, May 28, June 4, and June 11 – Practices will be 4:00 – 6:00 p.m. Group Division TBA

Friday, June 18 – Practice will be 1:00 – 5:00 p.m. Group Division TBA

Ages 5-6 ~ 4:00 – 5:00 p.m.

Ages 7-8 ~ 5:00 – 6:00 p.m.

Ages 9-10 ~ 6:00 – 7:00 p.m.

Ages 11-18 ~ 7:00 – 8:00 p.m.

Remember, you **MUST** practice with your age group. Exceptions for swimmers may only be made by the head coach.

Remember to check our Hotline: 1-888-301-5909 for practice changes and meet updates. Do not leave messages on the hotline; it is not checked.

Summer Practice Schedule
Monday, June 21 - July 21, 2010

Monday through Friday Mornings

8:00 - 9:00 a.m. - ages 5, 6, and 7

9:00 - 10:00 a.m. - ages 8, 9, and 10

10:00 - 11:00 a.m. ages 11 and up

Monday, Tuesday, and Thursday Afternoons

4:00 - 5:00 p.m. – 5, 6, and 7

5:00 - 6:00 p.m. - ages 8, 9, 10

6:00 - 7:00 p.m. - ages 11 and up

* **Fun Practice** is usually held the morning after a meet combined with the regular practice. Practice times are 9:00 - 10:00 a.m. for Mites and Midgets and 10:00 - 11:00 a.m. for Juniors, Intermediates, and Seniors. Any changes would be announced at the meet prior to practice.

Champs Practice Times
Thursday, July 22 - Friday, July 30

Mornings

9:00 - 10:00 a.m. - ages 10 & under

10:00 - 11:00 a.m. ages 11 and up

Afternoons of Thursday, 7/22; Monday, 7/26; Tuesday, 7/27; and Thursday, 7/29

6:00 - 7:00 p.m. - all ages for those who cannot attend morning practices

The team practice schedule is available on-line at www.churchrunrockets.com. Please note that during practices, 4-6 lanes will be used by the team and therefore be unavailable for recreational swimming.