

JCC KARISHIM SWIM TEAM (Spring 2010)



PURPOSE: We are committed to developing strong values, building self-esteem, and enabling each swimmer to meet his/her competitive potential. On Karishim, every swimmer is a champion. Swimmers celebrate goals through teamwork and sportsmanship. Emphasis is on doing one's best!

COACHES: A team of USS experienced, enthusiastic coaches are prepared to help each and every swimmer grow, learn and have fun.

TEAM GROUPINGS: Karishim Swim Team is a competitive swim team open to boys and girls ages 6-18. As a swimmer's skills improve, the child will move up a team level. Team grouping must be approved by a coach.

The team is grouped as follows:

- **Novice Team:** Requires 25 yards freestyle with breathing non-stop. Focuses on 85% teaching and 15% training.
- **Silver Team:** Requires all four legal strokes to swimming stroke standards. Focuses on 80% teaching and 20% training.
- **Gold Team:** Requires swimmers to show proficiency in training. Focuses on 70% teaching, 10% race training and 20% conditioning.
- **Advanced Gold Team:** Focuses on 40% teaching and 60% training.
- **Seniors:** Focuses on 15% teaching and 85% training.

THE GOALS OF THE KARISHIM SWIM TEAM ARE:

- To emphasize values, education and personal development.
- To aide in skill development.
- To promote teamwork and good sportsmanship.



SPRING KARISHIM SWIM TEAM TRIAL:

Try the swim team from March 22 to March 25. For ages 10 and under, practice is from 5-6:30pm. For ages 11 and older, practice is from 6:30-8:15pm. Cost for the trial is \$40. Experience in swimming is necessary and knowledge of freestyle, backstroke and breaststroke are required.

Please call 617-558-6490 to attend the swim team trial.

KARISHIM SPRING SWIM TEAM TRAINING:

Team members receive extensive instruction in swimming techniques and engage in a comprehensive dry-land exercise program. The spring season will concentrate on developing strokes, conditioning sets, and preparing the team for USS meets. The swim team trains at the Leventhal-Sidman JCC pool and Town of Brookline pool. All swim meets are USS meets. The swim meets take place in Olympic size swimming pools (which are twice as long as the indoor pool at the JCC). The spring season is a great chance for swimmers to try competing at a higher level.

It is recommended that all swimmers who sign up for the spring season register for US swimming so they have an opportunity to compete in meets.

US SWIMMING: Karishim Swim Team will participate in a wide range of competitive programs that provide appropriate challenges for team members of all abilities, from novice to elite.

Currently the Karishim program includes:

- **US Swimming League:** Swimmers on the team participate in the United States Swimming League. These meets are held in the New England region, mostly local. As part of the regular season, we schedule several USSL meets. It is an incredible experience for all swimmers to participate in this league.
- **US Championships:** Additionally, there are championship competitions in the US Swimming League: (12 & Under Age Group Championships and New England Open Championships). The swimmers must qualify for these meets based on times achieved during the season.

Please see opposite side for registration form.

Open to the entire community

JCC
BOSTON

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PARTNERSHIP

SWIM TEAM PRACTICE SESSIONS: The spring season runs from the end of March through the middle of July.

Group	Day	Time	# practices required
Novice/Silver	Mon-Thurs	5-6pm	3 hrs/week
	Sun*	4-5:30pm (Brookline pool)	
Gold	Mon-Thurs	5-6:30pm	2-4/week
	Sun*	4-5:30pm (Brookline pool)	
Adv. Gold/Seniors	Mon-Thurs	6:30-8:15pm	3-5/week
	Friday	4-5:45pm	
	Sun*	4-5:30pm (Brookline pool)	

*Sunday practices will be held at Brookline Town Pool (*during weekends when meets are scheduled, there will be no practice*).

**Dry land training is Tuesday and Thursday (6-6:30pm) and Friday (4-4:45pm) for Adv. Gold/Seniors swimmers. Please wear comfortable shoes and clothing and bring a water bottle. There will be no dry-land training the first week of the spring season.

SWIM TEAM FEES:

Group	Mid Mar-Mid Jul
Novice & Silver	<input type="checkbox"/> \$325
Gold	<input type="checkbox"/> \$425
Advanced Gold	<input type="checkbox"/> \$475
Seniors	<input type="checkbox"/> \$525
High School*	<input type="checkbox"/> \$525
High School**	<input type="checkbox"/> \$525

*Only if swimmer is on high school swim team. **High school swimmer not participating on swim team.

Fees include practice sessions. US Swimming registration fee is an additional \$60. Additional escrow of \$100 will be needed to cover entry fees and championship meets.

JCC membership is required in order to participate on the Karishim Swim Team. Please call 617-558-6411 for membership information.

TEAM KARISHIM REGISTRATION FORM: (Please print clearly)

Name: _____

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

Telephone: _____

Email: _____

Date of Birth: _____ Male: _____ Female: _____

Age after November 1st: _____

Swim Team Group: _____ Session: _____ Session Cost: \$ _____

Check Mastercard Visa Credit Card Number: _____

Expiration Date: _____ Name on Credit Card: _____

Signature: _____

Team grouping must be approved by coach only.

Families with two or more swimmers will receive a discount of \$30 per swimmer.

To register, please mail form to Aquatics Department, Leventhal-Sidman JCC, 333 Nahanton St., Newton, MA 02459

For more information, call 617-558-6490 or email karishim@jccgb.org