

## **Stow Wellness Center & Kent Roosevelt Pool High School Preseason**

*Open to any High School Swimmers wishing to practice at the Stow Wellness Center & Kent Roosevelt Pools*

**When:** September 8<sup>th</sup> – October 31, 2014

**Coach:** Dan Reese

### **Practice Options & Locations:**

Wellness Center - M, T, F 3:30-5:30

Kent Roosevelt – Thursdays 4:00-6:00

Senior Tigershark Practices – times and days as listed on the practice schedule of [www.cfyntigersharks.com](http://www.cfyntigersharks.com)

### **Cost:**

Includes all Tigershark YMCA pre & Post season meets.

- \$125 for the first swimmer
- \$100 for each additional swimmer (this discount is also applied if you have a sibling in the Tigershark age group program).
- YMCA memberships are required for all swimmers. This should be set up at the YMCA.
- USA swimming is available. You will need to be USA registered plus pay the \$25 team USA registration fee. See our website for more info.

### **Meet Requirements:**

- All swimmers participating in this program are expected to participate in the the Rocktober Pentathlon which will be held at the University of Akron on October 19, 2014. Swimmers are encouraged to participate in any YMCA meet prior to your first High School meet.
- Swimmers wishing to participate in post season meets such as YMCA Zones or YMCA Nationals must compete in a minimum of 3 YMCA meets. National swimmers must participate in Zones.

**Volunteering:** Parents are required to volunteer for at least one Tigershark hosted meet.

### **Team Apparel:**

- All participants signed up prior to the first practice will receive a Tigershark team shirt. We cannot guarantee t-shirts to people who signed up late, but will provide them based on availability when possible.
- Tigershark team suit is optional for High School Preseason swimmers.