



Verona Waves Swim Team

General Information Sheet

About the Team: The Verona Waves is a competitive summer swim team which competes in the North Jersey Summer Swim League. The goal of the Verona Waves is to develop the sport of swimming in an environment that encourages sportsmanship, leadership and achievement. The team competes in 8 dual meets during the season (4 Home / 4 Away) and a Championship meet. The season runs from June 19th - July 27th.

Each swimmer is expected to be able to swim 25 yards of the pool using the freestyle stroke before the season begins. Swimmers are assessed for this skill during tryouts (see below). During the season the coaches will work with the swimmers to develop proper racing techniques and stamina for all four strokes.

The B Team: If your child is 10 or under and is interested in a non-competitive environment, then the B team is an option. The B team follows the same practice schedule as the travel team but will focus on stroke development. The young swimmers will have an opportunity to race in a non-competitive atmosphere throughout the month of July with dates to be determined. It is not required for B team swimmers to attend tryouts but it is recommended so that the coaches can determine their level of readiness for the program. Sign up does not guarantee readiness, this will be determined by the coaches.

Sign Up: Interested swimmers should sign up through the Recreation department using Community Pass. The sign up is available under Verona Community Pool.

Try Outs: Each swimmer needs to attend a tryout session on either June 9th or June 10th at the Verona Pool during the times below.

10 and unders : 8:30 - 9:30

11 and over: 9:30 - 10:30

Practice Times: Practice is held Monday - Friday, starting June 20th (no practice July 4th)

8/under: 8:30 - 9:15

9/10: 8:30 - 9:30

11/12: 9:30 - 10:30

13/ over: 10:30 - 11:30

Competitive Team Calendar: The following is the meet schedule for the 2018 season. Please note meets begin at 6:00pm and swimmers are expected to arrive at the pool by 5:15pm for check -in. Each swimmer is responsible for their own transportation to the meets.

6/25 at Cedar Grove

6/28 vs. Madison @ Verona

7/2 at East Hanover

7/3 vs. Cedar Grove @ Verona

7/9 vs. East Hanover @ Verona

7/12 at Millburn (Note 5:45 start)

7/17 at Madison

7/19 vs Millburn @ Verona

7/23 Divisionals (Note : AM MEET with check in around 6:45 am)

7/26 Meet of Champions (Qualifying swimmers ONLY - am meet)

MEET THE COACHES and SWIM SUIT SALE: New this year, the parents association will be holding a coaches meet and greet as well as our team swim suit sale and clothing sale. Each swimmer will need a competitive team suit.

Date: June 13th

Location: Verona Community Center / Fireman's Room

Time: 4:00 - 5:45 pm

PARENT INVOLVEMENT: Parent involvement is essential to the success of this summer program. Parents will be asked to volunteer their time in various areas to allow for the meets to run smoothly including timing, scoring, ribbon writing and bake sale volunteers. Opportunities to sign up will be available on June 13th. All parents will be asked to volunteer in some capacity and any necessary training is provided.

QUESTIONS: If you have any questions please feel free to email the parents association at: **General team information email: veronaswimparents@gmail.com**

