

ACC Summer Swim Team

2010

The Armfield Civic Center Summer Swim Team is an excellent way to introduce your child to the great sport of swimming. Kids ages 4-18 may participate and the only requirement is that you can swim one length of the pool.

Practices will be available in the morning and the evening, and you may choose which to attend. Generally we will not have practices on swim meet days. The team will compete approximately one time per week and the season will culminate with a championship meet on July 24, 2010.

All swimmers will be taught what they need to know. You do not need to worry if your child can not swim all four strokes. Coaches will teach what is appropriate for the child's age and ability level.

Most away meets are in the North Winston-Salem and King areas. If you are on vacation or just cannot make it to a meet, no problem. You must compete in at least three meets to be eligible for the championship meet.

Parents are required to volunteer at 3 meets per season. This is a condition to your child participating. Many volunteers are needed to run each meet and therefore parent help is necessary. Many different jobs are available, so keep an open mind and try something new. If your child is 15 or older, they were charged a special rate and therefore are expected to earn community service hours by volunteering for jobs at meets or helping younger swimmers during practice.

If this is your first time, swim meets are chaotic. Just remain clam and after a few times you will get the hang of them. As we move through the summer, things will run smoother and be easier for all involved.

Remember summer swimming is all about fun for the kids!!