



Dolphins Winter Middle School And Community Swim Team

The Valders Dolphins Winter Swim Team is designed for MIDDLE SCHOOL STUDENTS in the Valders School District to improve their competitive swim skills, compete in five area meets, and a conference meet. (Meet times and dates TBD) All swimmers must be able to swim a minimum of 50 yards of front crawl (freestyle), and commit to attending all practices and meets.

Swimmers younger than middle school age are welcome to participate to improve their competitive skills, and possibly Swim "UP" at the middle school meets. Elementary swimmers will need to be able to swim at least 25 yards of front crawl and back crawl non-stop, commit to practices and meets, with the hopes of meet participation based on skill. (Possible fun meet for all)

****SWIM TEAM IS NOT A LAP SWIM PROGRAM nor A SWIM LESSON PROGRAM****

PRACTICES: Monday – Thursday (4:00-5:15)

DATES: November 28, 2022 - January 28, 2023

NO PRACTICES or MEETS over the winter break!

FEES: Middle School Swimmers \$75

FEES: Elementary School Swimmers \$50

****To register, please fill out the form below and return it to the Elementary School Office by Nov. 21, 2022.**

*****ALL MIDDLE SCHOOL STUDENTS MUST have an Emergency Card and Physical/Alternate Year Card on file in order to practice.** Forms can be found in school offices, or district web site (www.valders.k12.wi.us)

NAME: _____ **SEX:** F M

ADDRESS: _____ **PHONE NUMBER:** _____

PARENT(S) NAMES: _____

EMERGENCY CONTACT: _____

AGE (as of Nov. 18, 2022): _____

GRADE: _____

RED CROSS SWIMMING LEVEL: 1 2 3 4 5 **YEARS OF SWIM TEAM EXPERIENCE:** _____