

25. Swim Team

Swim Team Important Notes

- Once assigned, coaches reserve the right to move swimmers to different practice groups at their discretion. If a child is moved to a different practice group before 11/15, you will be required to pay the difference or a partial refund will be issued.
- Practices begin early October and conclude in February (USA extends through Mid- March).
- Practices are held at Glastonbury High School. For Junior 1, 2 and Senior practices, there are also practices held at Trinity College in Hartford.
- Recreation swim meets (approximately 4/season) are held in the Hartford Vicinity and take place on a Saturday or Sunday November-January. Championship meets take place in Mid-February.
- Swim meets are run with the help of parents and parents will be asked to assist at swim meets in the form of timing as an example.
- The Glastonbury Swim Parents Organization (GSPO) requires a separate annual fee of \$40 paid in October to support the program and meets.

Practice Group, Activity Code + Price	Typical Age Range	Projected Practices (Oct-Feb)	# of Meets	Swim Proficiency (1 length of pool = 25 Yards)
Developmental 224030-AA \$277	7-10	GHS Mon, Wed, Sat	4 Meets Must swim 3 to participate in Championships	Swim 1 length Freestyle with head down and rotating breathing without stopping and 1 length Backstroke; demonstrate fundamental breaststroke or butterfly for 1 length.
Junior 1 224030-BB \$362	9-12	GHS Wed, Sat, Sun Trinity Tues, Thurs	4 Meets Must swim 3 to participate in Championships	Perform all 4 strokes, swim continuously for 300 yards (12 lengths) and practice continuously for up to 1.75 hours.
Junior 2 224030-BC \$362	9-12	GHS Wed, Sat, Sun Trinity Tues, Thurs	4 Meets Must swim 3 to participate in Championships	Perform all 4 strokes for at least 2 lengths, Swim continuously for 300 yards (12 lengths) and practice continuously for up to 1.75 hours
Seniors 224030-CC \$430	13/Up	GHS Sun, Tues, Thurs, Fri Trinity Mon, Wed	4 Meets Must swim 3 to participate in Championships	Perform all 4 strokes for at least 4 lengths (100 yds), swim continuously for 600 yds (24 lengths) and practice at a high level for up to 2 hours.
HS Girls 224030-EE \$319	High School Girls	Senior 1 Schedule	4 Meets Must swim 3 to participate in Championships	Girls competing on fall high school team and will compete on the recreation team at the completion of their high school season.
HS Boys 1 224030-FF \$232	High School Boys	Senior 1 Schedule	Boys competing on the high school team and will compete on the recreation team until the start of the high school season	
HS Boys 3 224030-FH \$338	High School Boys	Senior 1 Schedule	Boys competing on the high school team and will compete on the recreation and USA short course teams until the start of their high school season. Additional USA meets (after the high school season starts) will depend on the high school schedule and high school restrictions. (Includes Pro-Rated Recreation and USA swim team).	
<ul style="list-style-type: none"> • Proficiency in freestyle means a swimmer can swim with head down and rotating breathing without stopping. • Proficiency is determined by coaches. • Fundamentals of Fly and Breast Stroke are determined by coaches. 				