

## SWIM TEAM

The Anderson-Dean Marlins practice and compete in the summer. The Marlins are a part of the Bluegrass Swim Conference and compete against other teams in the Conference. The Marlins Swim Team offers a positive and encouraging environment while being competitive. Each member of the swim team is urged to be their own personal best. Even though the team competes against other teams, each swimmer's true opponent is his or herself.

Participants of the swim team will learn or refine correct techniques for the following strokes:

- Freestyle (Front Crawl)
- Backstroke
- Breaststroke
- Butterfly

## BENEFITS OF SWIM TEAM

Joining a swim team has many healthy benefits such as improving arm and leg strength, and increases cardio endurance. Swim team members are encouraged to cheer for teammates, boosting each other's confidence.

## WHO CAN BECOME A MARLIN

Any youth that is of age 18 or younger can join the swim team. Most importantly, swimmers must be able to swim above and under water. They should also be willing to follow the instruction of the coaches and have a positive attitude.

## TEAM FEES

The team fee is \$50.00 per swimmer, including any additional swimmers from the same family. Team fees are due no later than **May 22, 2009.**

## WHAT EACH SWIMMER WILL NEED

- **SWIM SUIT:** All swimmers are required to purchase a competitive swim suit. Girls need to wear a one piece suit and boys have the option of wearing jammers (recommended) or shorts. Please purchase a swim suit in **GREEN and BLACK** or **SOLID BLACK** to be uniform.
- **GOGGLES:** Goggles maximize swimming performance. Please purchase a quality pair that properly fit the swimmer's head.
- **SWIM CAP:** They can aid in making the swimmer faster in the water but are not required.

## **Recommended Websites**

[www.kiefer.com/](http://www.kiefer.com/) [www.swimoutlet.com/](http://www.swimoutlet.com/)

## SWIM TEAM REGISTRATION FORM

Please return this form with team dues to Anderson-Dean Community Park Office or mail by **May 22th.**

PARTICIPANT'S NAME(S) AND DATE OF BIRTH

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

PARENT(S) NAME

\_\_\_\_\_

ADDRESS

\_\_\_\_\_

CITY STATE ZIP CODE

\_\_\_\_\_

HOME PHONE EMERGENCY PHONE

( ) ( ) \_\_\_\_\_

E-MAIL ADDRESS

\_\_\_\_\_

INSURANCE PROVIDER

\_\_\_\_\_

### **FEE - \$50.00 for 1 child**

*Each participant will receive a free t-shirt.  
(swim team uniform will be the responsibility of the swimmer)*

Amount Paid: \_\_\_\_\_ Date \_\_\_\_\_

Received By(Anderson-Dean Staff): \_\_\_\_\_

*The above applicant assumes full responsibility and liability during participation on the Anderson-Dean Park Marlins Swim Team and to indemnify and save harmless the Anderson-Dean Park, City of Harrodsburg and the Mercer County Fiscal Court against any and all claims for loss, injury, to person during these activities.*

Parent or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Anderson-Dean Community Park  
1501 Louisville Rd Harrodsburg, KY 40330

# 2009 Swim Team Schedule and Dates

1<sup>st</sup> Official Practice:  
May 25<sup>th</sup> @ 4:00-5:30pm

Practices will be held every Monday,  
Tuesday, and Thursday. Practices on  
Fridays are voluntary.

## 2009 Meet Schedule

(subject to change)

June 10<sup>th</sup> against Dix River

June 17<sup>th</sup> against Lone Oak

June 24<sup>th</sup> against Lexington  
Polo and Falling Springs

July 8<sup>th</sup> against Green Brier

July 13<sup>th</sup> – Swim Conference  
Championship Meet

May, June, and July Swim Team  
Calendars are available at the Park  
Office

**!!GO MARLINS!!**

# ANDERSON DEAN COMMUNITY PARK

**SWIM TEAM 2009**

## ANDERSON DEAN MARLINS

**Improve your strength while  
making friends and having  
fun this summer!**



### CONTACT INFORMATION

#### **Anderson-Dean Park Office:**

Telephone: (859) 734-9167

Website: <http://www.andersondeanpark.com>

#### **Emily Shirley, Swim Coach:**

E-Mail: [ejshirley13@transy.edu](mailto:ejshirley13@transy.edu)