

# Windsor Water Rats Express Swimming

## TRYOUTS WINTER 2009-2010

*Windsor Residents:*

***Tue Sep 22<sup>nd</sup> & Thu Sep 24<sup>th</sup>***

*All other league approved Towns:*

***Tue Sep 29<sup>th</sup> & Thu Oct 1<sup>st</sup>***

***6:00 PM - 7:00 PM***

***@ the Windsor High School Pool***

All new swimmers should bring a suit and a towel to one of the tryout days

## REGISTRATION

Returning Swimmers: Due **September 14<sup>th</sup>**

New Swimmers: Due **October 9<sup>th</sup>**

By mail. See team web-site for forms & info

[www.windsorwaterrats.org](http://www.windsorwaterrats.org)

## PRACTICE

Practice begins **October 19<sup>th</sup>**  
at the Windsor High School Pool.

Advanced swimmers practice on  
Mon, Wed, Fri 5:00 – 6:00 pm

Intermediate swimmers practice on  
Thu 5:00-6:00 pm, Sat 9:30-10:30 am

USS swimmers practice : TBA

Children will be assigned practice schedules based on their ability and commitment.

## TEAM MISSION

The mission of the Windsor Water Rats eXpress Swim Team is to

- Promote competitive Swimming
- Promote Sportsmanship
- And further the interest of swimming

## RECREATIONAL TEAM

The recreational team is open to all swimmers between the ages of 5 and 18. Although new swimmers are not expected to be highly experienced racers, certain skills are expected depending on age.

**5 - 7 Years old** - Child should be very comfortable in the water and be able to swim 25 yards in the pool using Freestyle and Backstroke

**8 Years old** - Child should be able to swim 25 yards in the pool using Freestyle and Backstroke with proper stroke and breathing techniques.

**9 - 12 Years old** - Child should be able to swim 50 yards in the pool using Freestyle and Backstroke without stopping for any rests.

**13 and older** - Child should be able to swim 100 yards in the pool using Freestyle and Backstroke techniques without stopping for any rests.

## UNITED STATES SWIMMING (USS) TEAM



Membership to this group is offered to those swimmers who are committed to a higher level of swimming and it is a joint decision between the WWRX Coaches, Parents and Swimmer.

USS swimming is a national competitive swimming program which has a separate fee for membership. The competition is more individualized and time-based for the seriously competitive swimmer.

Swimmers from around the state compete in time staggered heats. Meets occur in area towns. Long Course (LC) metered competition is offered in the summer season.

### **Contacts:**

**USS Coach**  
Neil Beaulieu  
(860) 285-8285

**9-18 Recreational Coach**  
Candice McVeigh  
(860) 219-3418

**8 & Under Coach**  
Steve Wild  
(860) 418-0027

***DREAM BIG – SWIM HARD***