

Aquatics 2023/24 Swim Team Registration

The CAC - Pine Lake swim team, The Piranhas, is a school year non competitive swim team. The CAC Swim Team gives your child an opportunity to swim year round while still allowing time for other activities. Workouts are designed and led by our experienced Coaches to help your swimmer work on technique as well as push them to build their strength and endurance, both in and out of the water.

To register submit a complete registration form to plcactivities@columbiaathletic.com.

Registration opens: August 28 - Current and returning Swimmers, August 31 - New swimmers

Tryouts: Monday, August 21 - Thursday, August 24, 4-6pm

Contact Annag@columbiaathletic.com for more information, or to schedule a 15 minute tryout. Practice times and rates are shown below:

PRACTICE TIMES AND SWIM SCHEDULE

MON./WED.	TUES./THURS.	Start/End Dates	Cost (per month) Oct., Nov., Jan., Feb., Mar., May	Cost (per month) Sept., Dec., Apr., Jun.	Holidays
Group 1 (8 & under) 4-4:45pm	Group 1 (8 & under) 4-4:45PM	Starts Sept. 11th Ends June 13th	Group 1 \$98M/\$130NM	Group 1 \$74M/\$98NM	10/31 11/23 12/18 - 1/1 1/15 2/19 - 2/22 4/8 - 4/11 5/27
Group 2 (9 - 10) 4:45 - 5:30pm	Group 2 (9 - 10) 4:45 - 5:30pm	Starts Sept. 11th Ends June 13th	Group 2 \$98M/\$130NM	Group 2 \$74M/\$98NM	
Group 3 (11 - 12) 5:30 - 6:15pm	Group 3 (11 - 12) 5:30 - 6:15pm	Starts Sept. 11th Ends June 13th	Group 3 \$98M/\$130NM	Group 3 \$74M/\$98NM	
Pre Group 4 (12 - 13+)* 6:30 - 7:30pm	Pre Group 4 (12 - 13+)* 6:30 - 7:30pm	Starts Sept. 11th Ends June 13th	Pre Group 4 \$120M/\$146NM	Pre Group 4 \$90M/\$110NM	
Group 4A (Teen) 6:30 - 7:30pm	Group 4A (Teen) 6:30 - 7:30pm	Starts Sept. 11th Ends June 13th	Group 4A \$120M/\$146NM	Group 4A \$90M/\$110NM	
Group 4B (Teen) 7:30 - 8:30pm	Group 4B (Teen) 7:30 - 8:30pm	Starts Sept. 11th Ends June 13th	Group 4B \$120M/\$146NM	Group 4B \$90M/\$110NM	

*Limit of 10 swimmers. Must be coached approved.

PRINT CLEARLY AND GIVE COMPLETED FORM TO ACTIVITIES DESK OR EMAIL TO PLCACTIVITES@COLUMBIAATHLETIC.COM.

Circle one

Circle one

Swimmers Name: _____ D.O.B: _____ Gender: M/F M or NM

Group: _____ Circle Days: Mon./Wed. or Tues./Thurs.

Swimmers Name: _____ D.O.B: _____ Gender: M/F M or NM

Group: _____ Circle Days: Mon./Wed. or Tues./Thurs.

Parent Name: _____ Phone: _____ Alt Phone: _____

Address: _____ City: _____ Zip: _____

Email: _____ **Team communication is done through email**

Emergency Contact: _____ Phone: _____

Once enrolled your swim team registration will be billing monthly.

Contact us at plcactivities@columbiaathletic.com to change your enrollment. _____ (Please initial)

Please read, review and sign the CAC policies section on the back of this sheet. ➡

PAYMENT METHOD

Swimmer must be a member to get the member rate. A credit card on file is required at the time of registration.

Member Account Charge _____ (Swimmer must be a member to use this form of payment.)

Credit Card on File _____ (Activities Desk or Front Desk staff can add a credit card on file for your swimmer)

SWIM TEAM REQUIREMENTS

Those new to the CAC Swim Team must first try out with a Coach. Those who have been enrolled in our summer or previous school year swim team do not need to try out. These tryouts will be roughly 15 minutes and swimmers will be asked to demonstrate each discipline for at least 50 yards. Tryouts must be scheduled in advance by contacting or emailing plactivities@columbiaathletic.com

Placement in the proper group will be based on completion of the requirements listed below, ability of the swimmer to understand swimming etiquette, and ability to complete the workouts of a certain group. If your swimmer does not make the swim team then swim lesson recommendations will be suggested. Practice times will be dedicated to increasing endurance and improving skill sets.

- Group I:** will swim roughly 1,375 – 1,475 yards per class
- Group II:** will swim roughly 1,475 – 1,575 yards per class
- Group III:** will swim roughly 1,575 – 1,775 yards per class
- Group IV:** will swim roughly 1,775 – 2,000 yards per class

At the most basic level, each swimmer must complete:

- 50 yards of Freestyle. Should be able to side breathe and knowledge of flip turn and arrow.
- 50 yards of Backstroke with rotation.
- 50 yards of Breaststroke. Should exhibit legal breaststroke kick with pointed toes to the side.
- 50 yards of Butterfly (25 yards if 8yrs & under).
- 100 IM (25 yards Fly, 25 yards Back, 25 yards Breast, 25 yards Free continuous).
- Flip turns and open turns.

COLUMBIA ATHLETIC CLUBS AT PINE LAKE - NON-MEMBER PARTICIPATION

Enrollment into swim team does not give the swimmer, or any other family member, access to other areas of the Club including the exercise facility, sauna, steam room or locker room access.

MONTHLY ENROLLMENT AND BILLING

Only one registration form is needed for enrollment. Once enrolled billing will be continuous. Billing is monthly and will occur during the first week of each month. Our Swim Team is often full with some groups having a waitlist of swimmers. If a swimmer would like to take a particular month off, this needs to be received in writing prior to the first of the month. This will also open up a spot for a swimmer on the waitlist. Monthly payment is the only way to secure placement on the roster.

LIABILITY WAIVER

I accept full responsibility for my use of any and all apparatus, appliances or facility privilege or service whatsoever, owned and operated by this Club at my own risk and shall hold the Club, its shareholders, directors, officers, employees, representatives, and agents harmless from any and all loss, claim, injury damage or liability sustained or incurred by me resulting therefrom.

I have read, understand and agree to the above waiver, usage and registration policy

Initials _____

DATE OF TRY OUT:		<i>Admin Use Only:</i>	
Free	Back	Breast	Fly
Good fit for swim team (rank 1 – 5, 5 being best fit):			
Notes:			
Recommended Placement:		Coach:	
Compete Acct. Created:		Web Acct. Created:	