



# Padonia Park Club's



## 2018 SWIM AND DIVE TEAM



### SWIM & DIVE TEAM REGISTRATION

Information and registration opportunity for both **Swim and Dive Team**

Thursday May 24, 2018 at 7pm

Lakeside Room

(Poolside registration is also available at practices)

### Central Maryland Swim League (CMSL) Club Membership Requirement for Swim Team participants:

The Padonia swim team is part of The Central Maryland Swim League (CMSL). The CMSL requires that all participants of the Padonia Swim Team be on a full family Full Season 7 Day Membership Plan to include all hours of Club's operation and all adults and persons age 18 & under residing at the same address. We thank you for your cooperation on this policy.



### SWIM TEAM PRACTICES

*\*Practice Schedule through June 15 pending BCPS\*:*

Mon thru Fri  
5/29 – 6/15  
Pending BCPS

11 years and older: 4:30 pm to 5:30 pm  
10 years and under: 5:30 pm to 6:30 pm

#### *Morning Practice after schools out:*

Mon, Wed & Fri  
As of 6/18  
Pending BCPS

11 years and older: 8:30 am to 10 am  
10 years and under: 10 am to 11 am

&

#### *Afternoon Practice after schools out:*

Mon thru Thurs  
As of 6/18  
Pending BCPS

7 years and under: 3:30 pm to 4:30 pm  
8 to 10 years of age: 4:30 pm to 5:30 pm  
11 years and older: 5:30 pm to 6:30 pm

\* May vary by ability level

### SWIM TEAM DATES

- ◆ **Meets:** Saturdays 6/23, 6/30, 7/7, 7/14 & 7/21.  
Locations on the Padonia Park Club calendar.
- ◆ **June 15<sup>th</sup> (Friday) at 6 pm** - Swimmers and Parents are invited to a **"Kick off Party"**. Bring your own hot dogs and hamburgers and *Padonia Park will supply the rest!* Swim Team meets at the West Picnic Area.
- ◆ **June 16<sup>th</sup> at 8:30 am** – Red and Black Meet (Time trials for all swimmers) on **Swim Team**.
- ◆ **June 26<sup>th</sup>** - Team Picture Day (rain date June 27<sup>th</sup>)
- ◆ **July 25<sup>th</sup>** – Straehle Invitational Swim Meet
- ◆ **July 26<sup>th</sup> (Thursday) at 6 pm** – Willow Tree. Swimmers and parents are invited to an **"End of Year Party"** for the **Swim Team**. Details of event to be announced.
- ◆ **July 28<sup>th</sup>**- Divisional Swim Meet for qualified swimmers

Lakeside Day Camp will escort your child to Swim or Dive Team practice if they are enrolled in camp.



### SWIM TEAM

*Parent participation + great coaches  
+ dedicated & spirited swimmers  
= Team Victory, fun & new friends too!*

- Swimmers must have completed Level II of ARC Lessons or equivalent.
- Parents are required to help with swim meets - no experience required and it is fun!
- Every level swimmer is counted on to add points to each meet toward victory. Go Team, Go!
- Swimmers required to swim at all swim meets (unless vacation is submitted as required by coach in advance)
- Meet participation is required to be able to attend practices and benefit from our **great** coaching staff lead by **Mary Ellen Barrett since 1977!**

*Anyone can be a champion on our Team!!!*

**Swim Team Fee:** \$90.00 per child

Parent must also register and pay the AAU Fee of **\$14** for each child \*\*. Swim Team Rep will provide instructions.

\*\* If registering for both swim & dive teams, only one AAU fee is required to participate.



# Padonia Park Club's



2018 SWIM AND DIVE TEAM and more . . .

## DIVE TEAM REGISTRATON & Meeting

Thursday May 24, 2018 at 7pm  
Lakeside Room  
(Poolside registration is also available at practices)

### DIVE TEAM

*Welcome back Lisa Lagator as our dive coach since 2010!* For ages 5-18, the Dive Team excels in incredible spirit and camaraderie, so come join the fun!

**Beginners to advanced level divers are welcome.**

**Fee:** \$108.00 per child – Parent must also register and pay the AAU Fee of \$14 for each child \*\*. Dive Team Rep will provide instructions.

\*\* If registering for both swim & dive teams, only one AAU fee is required to participate.



**Practice:** Evening workouts will begin Wednesday, May 30th and continue on Mondays & Wednesdays throughout the dive team season.

5:30-6:30pm Beginners (age 10 & under or as assigned)

OR 6:30-7:30pm Advanced (age 11 & up or as assigned)

**Morning Practices** will be held Monday through Friday mornings, beginning Monday, June 18<sup>th</sup>. Pending BCPS schedule. Diving levels will be assigned to the following times:

9:00-10:00 am Beginners (age 10 & under or as assigned)

OR 10:00-11:30 am Advanced (age 11 & up or as assigned)

## DIVE TEAM DATES



- ♦ June 9<sup>th</sup> Saturday (9am-noon)- CMDL Rep Meeting & Judges Clinic
- ♦ Meets: 6/19, 6/21, 6/26, 6/28, 7/10 & 7/12
- ♦ July 15<sup>th</sup> – CMDL Dunleavy Novice Meet
- ♦ July 22<sup>nd</sup> – CMDL Championships
- ♦ July 22<sup>nd</sup> (Sunday) at 6 pm – Divers and Parents are invited to an "End of Year Party"

## CENTRAL MARYLAND DIVE LEAGUE

Padonia's dive team is part of The Central Maryland Dive League (CMDL). The CMDL requires all participants of the Padonia Dive Team to be of a family membership defined as: The diver and at least one (1) parent or legal guardian (may also include other family members living at the same address). Membership must include access to The Club on practice days.

## GROUP SWIM LESSONS

**Who:** Children of all ages and skill levels! (must be at least age 3 and potty trained)

**What:** Group swim lessons with groups of 3-5 children (student to teacher ratio differs with enrollment and level)

**When:** Monday- Friday June 18-August 11  
Morning Lessons: 11:15am-12:00pm  
Evening Lessons: 6:15pm-7:00pm (on select weeks)

**Where:** Meet by the colored umbrellas on the picnic deck. Pool location will be determined by the instructor. Talk to your child's instructor about pool location requests.

**How:** **Pre-registration required** - Sign up online, in the office or during registration events on Wednesdays and Fridays

## Also offering Private, Semi-Private and Parent Infant Toddler Lessons.

See more details on our blue swim lesson flyer!



## SCUBA LESSONS

Instruction by Aquatic Connection  
Mr. Steve Dean  
410-458-8881  
Certified PDIC Course  
Personal Equipment Required

**Classes offered at Padonia:** Begin June 18th and will run every two weeks (two evenings each week, Monday and Wednesday) all summer depending on enrollment. Each Class requires a minimum of 2 students enrolled.

Children 12-14 years old must have a parent in attendance.



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