

Irvington Club Swim Team Information Sheet

Team Registration:

The Irvington Club welcomes members and non-members to join our Manta Rays Swim Team. The Manta Rays swim team is geared towards recreational swimmers age 6-18. There are 3 training groups, practicing from 7:45 am – 10:30 am Monday through Friday. The season begins June 21st –and ends August 14th.

Open Registration: May 8th at The Irvington Club 9:00 Full Club Members, 10:00 Swim/Associate Members, 10:45 Non Members

Cost: 200.00

Practices Monday through Friday for all level swimmers. Times are as follows.

Advanced Swim Team – Practice Time: 7:45 – 9:00 A.M. Age 12+ (or coach recommendation) 7:45-8:45 swim, 8:45-9:00 dryland

Advanced swimmers have had prior competitive swimming experience. They must be able to adequately perform all 4 competitive strokes as well as starts and turns. Swimmers will fine tune their technique; build endurance and gain racing experience.

Intermediate swim team – Practice Time: 8:30 – 9:45 A.M. Age 9-12 8:30-8:45 dryland, 8:45-9:45 swim

Intermediate swimmers should have a general understanding of all 4 competitive strokes, butterfly, breaststroke, backstroke and freestyle. Swimmers will build endurance and work on improving all four strokes. Intermediate swimmers should be able to swim a continuous 400 freestyle, and be able to perform both starts and turns.

Beginner Swim Team – Practice Time 9:30 – 10:30 A.M. Age 6-10 9:30-9:45 dryland 9:45-10:30 swim

Beginning water safe swimmers will be introduced to the four competitive swim strokes, freestyle, backstroke, breaststroke and butterfly. Swimmers will learn flip turns and competitive starts. Beginning Swimmers will be required to swim 2 consecutive lengths of the pool.

Pre Swim Team- Practice Time: 10:40-11:10 A.M. M, T, Th, F

Pre-swim team is geared to swimmers who are at the intermediate lesson level. Swimmers who are not quite ready for the beginner swim team group. Pre-swimmers may advance to the beginner group, with coach's approval. Pre-swimmers will be able to participate in swim meets (also with coach's approval)

Swim Meets

4 swim meets will be held on Saturdays throughout the season. Irvington will host 1-2 meets, and 2-3 meets will be at other pool in the Portland area. The season starts June 21st and ends August 14th. The Championship meet will be held on Saturday August 14th at The Mt. Hood Community College outdoor pool.

Irvington Club Swim Team Information Sheet

What Happens at a Swim Meet

Swimmers will be competing with other swimmers of the same age group (6 years and under, 7-8 years, 9-10 years, 11-12 years, 13-14 years, 15 & older). Most team members will compete in 3 individual events (butterfly, breaststroke, backstroke, free style, or Individual Medley,) and two relay events.

Ribbons are usually awarded to places first through eighth. Also, Participation Ribbons are given by coaches either the day of the meet, or at practice the following Monday. Regular meets will last between three and four hours, depending on the size of the teams competing. The Championship Meet will be longer, around six hours, because of the number of teams competing.

Swim Suits

Team suits will be available to order through JD Pence. You may choose a solid black suit or a suit with the Manta Ray logo.

Girl's suits: Logo- 40.10 no logo-33.60 Boy's suit: Logo-31.30 no logo-24.80

Goggles: Speedo Vanquishers-16.19 Jr. Vanquishers 14.40

Optional equipment (advanced swimmers) Speedo paddle: 11.70, Pull Buoy 6.30

Orders received by May 15th will be available for June 21st. If necessary a second order can be placed. To order call (503) 292-2346 or stop by the store:

Take Highway 26 West (from downtown) to Exit 69B Barnes/Park Way exit

Follow the signs to Park Way and the DMV (left off of exit) JD Pence is three doors down from Harbor Freight in the same shopping center as the DMV

Team Shirts and Caps

Coaches will pass out swim caps and team shirts the week of the first meet. All team members receive a complimentary t-shirt and cap. Additional caps and t-shirts will be available for purchase.

Team Sweatshirts

We will place a sweatshirt at the end of our first week of practice. You will receive information on sweatshirts by email and on the first day of practice.

Team Roster

A phone list of all swimmers names and numbers will be distributed to each team member. If you do not want your swimmers phone number included on the list, please email Laura coachlaura@irvingtonclub.com

Attendance

All team members are required to attend two regular meets and all swimmers are required to attend the Championship Meet. NOTE: If you are unable to attend the Championship Meet, please contact Coach Laura.

Dawn to Dawn Fundraiser

We will be having our dawn to dawn swim again this summer Date: TBA

End of Season Celebration

At the end of the season, the team will get together for one last "Hoorah". The date and time will be made available later in the summer.

I'm looking forward to a fun-filled summer of fast swimming! Coach Laura