

JCC KARISHIM SWIM TEAM (SPRING 2012)



PURPOSE: The JCC Karishim Swim Team is committed to developing strong values, building self-esteem, and enabling each swimmer to meet his/her competitive potential. On Karishim, every swimmer is a champion. Swimmers celebrate goals through teamwork and sportsmanship. Emphasis is on doing one's best!

COACHES: Karishim is proud to offer incredible coach to swimmer ratios. Each lane has its own USS certified and experienced coach leading practice. Karishim's experienced and enthusiastic coaching staff makes time for every child on the team.

TEAM GROUPINGS: JCC Karishim Swim Team is a competitive swim team open to boys and girls ages 6-18. As a swimmer's skills improve, the child will move up a team level. Team grouping must be approved by a coach.

The team is grouped as follows:

- **Novice Team:** Requires three legal strokes. Focuses on 90% teaching and 10% training.
- **Silver Team:** Requires all four legal strokes to USS swimming stroke standards. Focuses on 80% teaching and 20% training.
- **Gold Team:** Requires swimmers to show proficiency in stroke technique. Focuses on 70% teaching, 10% race training and 20% conditioning.
- **Advanced Gold Team:** Focuses on 40% teaching and 60% training.
- **Seniors:** Focuses on 15% teaching and 85% training.

THE GOALS OF THE KARISHIM SWIM TEAM ARE:

- To emphasize values, education and personal development
- To promote teamwork and good sportsmanship
- To develop technically sound swimmers

KARISHIM SWIM TEAM TRIAL: Swimmers may try the Karishim Swim Team from March 26-29. This is a great opportunity for swimmers and families to see if they like the Karishim Swim Team and a competitive, fun atmosphere.

All swimmers must try out with the Head Coach prior to the start of the season. For ages 10 and under, trial practice is from 5-6:30pm. For ages 11 and older, trial practice is from 6:30-8:15pm. All swimmers should be able to perform three out of the four competitive strokes: freestyle, backstroke, breaststroke, and butterfly. Cost for the four-day trial is \$50. Please call 617-558-6490 to learn more and to register for the trial.

Please call 617-558-6490 or email karishim@jccgb.org to arrange a tryout.

KARISHIM SWIM TEAM TRAINING: Team members receive extensive instruction in competitive swimming techniques and engage in a comprehensive dry-land exercise program. The season will concentrate on developing stroke technique and efficiency. The swim team trains at the Leventhal-Sidman JCC indoor pool and at Regis College.

SWIM MEETS: JCC Karishim Swim Team will participate in a wide range of competitive programs that provide appropriate challenges for team members of all abilities, from novice to elite.

Currently the Karishim program includes:

- **US Swimming League:** Swim meets are held in the New England region, mostly local. There are generally one to two USS meets per month. USS swimming is a very competitive league that can be a great experience for any interested swimmers. Karishim has had multiple top ten New England swimmers in the past two years.
- **US Championships:** Additionally, there are championship competitions in the US Swimming League: (*12 & Under Age Group Championships and New England Open Championships*). The swimmers must qualify for these meets based on times achieved during the season.

*Please see opposite side for registration form.
Open to the entire community*



JCC
BOSTON

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SWIM TEAM PRACTICE SESSIONS: The spring season runs from the middle of March until the end of July.

Group	Day	Time	# practices required
Novice/Silver	Mon-Thurs	5-6pm	3 hrs/week
	Sun*	4-5:30pm (Regis College)	
Gold	Mon-Thurs	5-6:30pm	2-4/week
	Sun*	4-5:30pm (Regis College)	
Adv. Gold/Seniors	Mon-Thurs	6:30-8:15pm	3-5/week
	Friday	4-5:45pm	
	Sun*	4-5:30pm (Regis College)	

*Sunday practices will be held at Regis College.

**Dry land training is Tuesday, Thursday and Friday for Adv. Gold/Seniors swimmers. Please wear comfortable shoes and clothing and bring a water bottle.

SWIM TEAM FEES: (Fees include practice sessions)

Group	Mid Mar-End of Jul
Novice	<input type="checkbox"/> \$375
Silver	<input type="checkbox"/> \$425
Gold	<input type="checkbox"/> \$475
Advanced Gold	<input type="checkbox"/> \$525
Seniors	<input type="checkbox"/> \$550
Swim Team Trial	<input type="checkbox"/> \$50

TEAM KARISHIM REGISTRATION FORM: (Please print clearly)

JCC membership is required in order to participate on the Karishim Swim Team. Please call 617-558-6411 for membership information.

Name of child: _____

Address: _____ City: _____ State: _____ Zip: _____

Telephone: _____ Email: _____

Date of Birth: _____ Male: _____ Female: _____

Swim Team Group: _____ Session Cost: \$ _____

Would you like to carpool? Y [] N [] May a parent representative of Karishim contact you regarding carpooling? Y [] N []

[] Check [] Mastercard [] VISA Credit Card Number: _____

Expiration Date: _____ Name on Credit Card: _____

Signature: _____

Team grouping must be approved by coach only.

Families with two or more swimmers will receive a discount of \$30 per additional sibling.

To register, please mail form to Aquatics Department, Leventhal-Sidman JCC, 333 Nahanton St., Newton, MA 02459

For more information, call 617-558-6490 or email karishim@jccgb.org

Photo Permission Yes, you may use my child's/my photo or video in JCC promotional materials, communications, on the JCC website or in cooperation with media outlets and other organizations without consent. Children and teens 18 and under must have parent's permission.

Waiver of Liability

I hereby unconditionally release the Jewish Community Centers of Greater Boston, Inc., and Combined Jewish Philanthropies, Inc., and any of their officers, directors, executives, employees, agents, volunteers and anyone working under, through or in connection with any of them with respect to any incident, claim, occurrence, loss, injury, or damage whether known or unknown, present or future, foreseeable or not, that could or may arise out of such participation in any and all programs and activities, including Karishim Swim Team provided travel to and from, in which my child(ren) participate(s) at the Jewish Community Centers of Greater Boston, Inc.

Signature _____ Printed name _____

Date _____