



Covington Swim Team

Spring and Summer 2010

Covington Swim Team: Swim Programs for Youth and Teens!

History

Covington Swim Team is for Youth ages 4-18 years. The team has been in existence for over 40 years, and we are proud to be able to continue to offer this popular summer program for youth and teens. Through our program, swimmers develop strong friendships on the team and a love of the sport. Despite the lack of a home pool for the past ten seasons, Covington Swim Team has enjoyed fun-filled summers. Join the fun in 2010! Swimmers must be comfortable in the pool to join.

Groups are broken down as follows:

Critters (formerly PreComp): water safe, some lesson experience

White Group: must be able to swim 25 yards freestyle and backstroke

Red Group: knowledge of all 4 strokes & willingness to improve starts & turns

Black Group: proficient in all strokes, legal starts & turns. Understanding of pace clock & previous swim team experience a plus.

The summer season consists of five dual meets, a relay meet, and a championship meet. Parents are expected to volunteer at swim meets: helping with timing, coordinating swimmers, running concessions, and most of all, cheering for the kids.

2010 West Bay Swim League (WBSL) Meet Schedule

Menlo Park	June 24, (Thursday)	3:30 pm at Menlo Park
PCA	June 29, (Tuesday)	3:30 pm at Sequoia High School
Ladera	July 8, (Thursday)	3:30 pm at Mountain View High School
Relay Meet	July 10, (Saturday)	7:30 am at Woodside High School
RWC	July 14, (Wednesday)	3:30 pm at Redwood City Pool
PACA	July 20, (Tuesday)	3:30 pm at Pacific Athletic Club
Championships	July 24, (Saturday)	7:30 am location TBD
Team Dinner and Awards Banquet, July 24 - following Championship Meet 5:30 pm		

Spring Practice begins Monday, May 24 at Mt. View High School

Summer Practice begins on Monday, June 14 at Mt. View High School

2010

Practice Schedules May 24th – July 24th Mt. View High School

SPRING 5/24 – 6/11

Afternoons (M-F)

Swim Team

Critters, 4:00 - 4:30 or

Critters, 4:30 - 5:00

White Group, 4:00 – 4:45

Red Group, 5:00 – 6:00

Black Group, 4:45 – 6:00

**NO PRACTICE MONDAY,

MAY 31 and FRIDAY,

JUNE 4**

SUMMER 6/14 - 7/24

Mornings (M-F)

Swim Team

Black Group, 8:30 -10:00

Red Group, 10:00 -11:00

White Group, 11:00 -11:45

Critters, 11:00 -11:30

**NO PRACTICE FRIDAY,

JULY 2**

SUMMER 6/14 - 7/24

Afternoons (M-F)

Swim Team

Critters, 3:00 - 3:30 or

Critters, 3:30 - 4:00

White Group, 3:45 - 4:30

Red Group, 4:30 - 5:30

Black Group, 4:30 - 6:00