



TAC Torpedoes Summer league swim team helps swimmers build on fundamentals they have mastered in swim lessons and introduces them to swimming competitions in a low-pressure environment. Swimming truly is a team sport both for our athletes and their families. Key benefits for being a TAC Torpedo include our outstanding coaching staff, daily practices, and the best pool in North Carolina that promise no rain-outs for home meets and practices!

**Practice Start Date: Tuesday, May 15<sup>th</sup> 2018**

## Parents Pre-Season Meeting:

**Monday, May 14th 7:30pm – 8:30pm**

### Registration:

All swimmers are required to have a TAC pass

\*swimmers with valid annual pass only need to pay swimmer fee

- Youth Torpedoes Summer Pass: \$60
- Family Torpedoes Summer Pass: \$210
- Torpedoes Swimmer Fee: \$50 per swimmer

Free swim cap and team shirt for each Torpedoes Swimmer!

[www.triangleaquatics.org/programs/summer-swim-team](http://www.triangleaquatics.org/programs/summer-swim-team)

for swim meet schedule and additional information! Or contact [programs@triangleaquatics.org](mailto:programs@triangleaquatics.org) with any additional questions.

### Meet our Head Coach!



The Torpedoes are excited to welcome back Head Coach Lauren Frank! Lauren is a collegiate swimmer at Cleveland State University and has been a year-round swimmer since age 6. Locally she swam for New Wave Swim Team and the TAC TITANS. She has coached with New Wave and has extensive water safety training and experience. Most of all, Coach Lauren knows how to make swimming FUN for your kids!

# 2018 Practice Schedule

5/15/18 – 6/8/18: Evening Practice ONLY

**Monday – Friday**

**Entire Team**

6:45pm – 8:15pm

6:45pm – 7:00pm *Stretching/Dryland*

7:00pm – 8:00pm *Technique/Drills/Endurance*

8:00pm – 8:15pm *Team Meeting/Updates*

6/11/18 – 7/20/18: Morning AND Evening Practice

**Tuesday & Thursday**

**10&under**

10:00am – 11:00am

10:00am – 10:10am *Stretching/Dryland*

10:10am – 10:50am *Technique/Drills/Endurance*

10:50am – 11:00am *Team Meeting/Updates*

**11 & Up**

10:45am – 12:00pm

10:45am – 10:55am *Stretching/Dryland*

10:55am – 11:50am *Technique/Drills/Endurance*

11:50am – 12:00pm *Team Meeting/Updates*

**Monday, Wednesday, Friday**

**Entire Team**

6:45pm – 8:15pm

6:45pm – 7:00pm *Stretching/Dryland*

7:00pm – 8:00pm *Technique/Drills/Endurance*

8:00pm – 8:15pm *Team Meeting/Updates*

# 2018 Swim Meet Schedule

**June 12:** Home Meet vs. Crooked Creek

**June 19:** Away Meet vs. Brighton Forest

**June 26:** Away Meet vs. Renaissance Park

**July 3:** BYE WEEK (morning practice will be held)

**July 10:** Away Meet vs. Kitts Creek

**July 17:** Home Meet vs. Wellington Park

**July 21/22:** TSA Championship Meet at TAC

## About Our Swim Meets:

- Swim meets are held every Tuesday afternoon (with the exception of our Bye week)
- Swimmers and families should report to the pool by 4:30pm
- Warm-ups begin at 5:00pm for Home Meets, and 5:30pm for Away Meets.
- The Swim Meet begins promptly at 6:00pm
- We can't host our swim meets without great parent volunteers!
- Email [programs@triangleaquatics.org](mailto:programs@triangleaquatics.org) for ways to be part of your swimmers meet!
- Positions include: Stroke and turn judge, lane judges, place judges, ribbon writer, kid pusher, starter, and more!