

Are you looking for a fun outdoor activity for your kids this summer? Worried that summer camps will be virtual or limited? Wondering how to get your kids some more Vitamin D after a year in lockdown? We've got your solution: **Sundance Hills summer swim team!**

We hold outdoor practices every morning, Monday through Friday (weather permitting), and we have meets on Saturdays. Start your day by getting the kids up and out of the house! We put the emphasis on having fun, spending time with friends and making new ones, getting better and faster in the water, and being part of a team.

We have swimmers from age 4 to 18, and we have the best, most enthusiastic coaches around. See below for some answers to questions you might have, and visit our website for more information: sailfish.swimtopia.com. Join us and see why summer swim team really is all that!

Information Meeting: April 28, 2021 7:00pm - 8:00pm

This meeting will attempt to answer any questions you might still have about the swim team. Please check out our website sailfish.swimtopia.com for information and the link to the zoom meeting.

Swim team registration: May 2, 2021

Morning practices beginning on June 1 (no afternoon/evening practices in May)

Home virtual meets on Saturdays in June

Limited social events, depending on restrictions

Sundance merch: T-shirts, pins, swim caps, ribbons

Fantastic coaches, as usual!

Fun in the pool for all swimmers!

Mudskippers for all ages

Pirates' Cove

Individual pictures

Here are some questions we've been getting:

My kids haven't been in a pool in more than a year--can they still join swim team?

→ Yes! Everyone can join swim team! Most likely all kids will need to find their groove back in the pool. Remember, our emphasis for swim team is fun, learning something new, and community. If your child is hesitant to do a typical swim team, then they can start with the Mudskippers (this group has coaches in the water helping kids swim) until they feel confident to move to their age group for practice. If they want to stay in Mudskippers, that's okay too.

What if we have never been on a swim team before? Is this too weird of a year to start?

→ Actually, this might be the perfect year! Although we won't be able to have all of the social activities we normally have for a swim season (which can be a huge incentive for parents and kids), the swim meets themselves will likely be smaller and less overwhelming for new athletes and families. We also anticipate having fewer members on the team, and with some possible Covid restrictions, this might mean that kids get more attention and may feel less crowded around the pool (but not a guarantee, of course; we hope everyone returns to swim team this season!). The season itself will also be a little shorter, since we are not doing any May practices. So this might be the perfect year for new families to get a feel for swim team on a smaller, shorter basis.

Are all the meets going to be virtual?

→ At this point, given the Covid restrictions, we are planning on having all virtual meets. This may change as the season progresses.

What are virtual meets?

→ For each meet, we will be competing against another team in the Rocky Mountain Swim League, but we will run a meet for our swimmers at our pool and our opponents will run a meet for their swimmers at their pool. The system we use for scoring the meet will compare times and declare winners for each event. This will allow us to have fewer people at the meet and therefore meet the numbers for Covid restrictions. We think our virtual meets might be a little shorter because only our swimmers are swimming each event at our pool.

Are the volunteer hour requirements going to change?

→ We can't answer this question quite yet. While it is true that we need fewer volunteers for our limited concessions and social events, we will need more volunteers doing actual meet stuff (timing, etc.), since we aren't sharing those duties with another team. We might also have more shifts for Covid protocols. So while we know that we won't increase our volunteer hour requirement, we can't promise to reduce it.

Can anyone join swim team?

→ Yes, anyone can join swim team, so long as you join the pool. A Sundance Hills pool membership is required for participation in swim team. Our youngest swimmers are usually four years old, and we go all the way to age eighteen.

I've never been a member of Sundance swim team! I'm so confused--what is required?

→ Please go to our website: <https://sailfish.swimtopia.com/>. We haven't been able to update everything due to things constantly changing, but you can see how things have been done in years past. Read through the Sundance handbook, located on the first page of the website. This will explain the whole concept very well. Click on the Practices tab to give you all the information you need to know about practice times per age group. Read through the Volunteers tab to find out about volunteer requirements for each family. If you still have questions, then go to the Contact Us tab and reach out to anyone on the board. We are happy to answer your questions. If you have never been on a swim team, all of the information can be very overwhelming! Just remember that the highlights of swim team are to get out of the house, spend time with friends and make new ones, learn how to get better and faster in the water, be part of a team, and have fun!

Thanks, all --

The Sundance Sailfish Board