

ELMHURST SWIM TEAM 2007 - 2008 INFORMATION

The Elmhurst Swim Team (EST) is a non-profit organization dedicated to teaching youth to swim and develop skills for amateur competition on a local and national level. The Elmhurst Swim Team offers both stroke clinics and competitive swim programs throughout the year. A stroke clinic is offered prior to each of the competitive swim seasons. The clinics and Swim Team are offered to anyone from age 5 to 18 who can swim at least the length of the pool (25 yards). Neither the clinics nor Swim Team are learn-to-swim programs. The clinics are designed to refine and/or develop skills in each of the four swimming strokes. The competitive seasons continue to develop a swimmer's skills in the four strokes as well as starts, turns, and finishes.

The EST participates in both dual meets and Illinois Swimming, Inc. (ISI) sanctioned meets. The dual meets are usually on Friday nights with EST competing against one other local team. The dual meets are free, open to any EST swimmer, lasting about three hours and are held at the York High School Aquatic Center. The ISI and Conference meets are held at York High School or another local aquatic facility. They are usually held over a weekend, from Friday through Sunday. These meets are larger in size with numerous teams competing. Swimmers are charged per event they swim in, and these fees are taken out of the ISI Escrow money accepted at registration (except for the EST December ISI meet held at York, which is our fund raiser and free to our swimmers). **If swimmers do not swim any of the dual meets, our ISI or Conference Meets they will not be allowed to swim for EST for the 2008 - 2009 season.**

In addition, the EST believes in offering opportunities for our swimmers to become well-rounded individuals. EST offers a variety of social activities throughout the year, including a Winter Pool Party, New Years Eve Countdown Swim and a Summer Pizza Party. The Elmhurst Swim Team develops swimming skills, teaches discipline, and encourages physical fitness, while our swimmers enjoy meeting new friends, continuing old relationships and having fun!

WHO: Ages 5-18, who can swim at least the length of the pool (25 yards)

WHEN: October 1, 2007 - February Conference Meets 2008

TIME: 5:30 - 6:30 pm, early practices for ages 10 & under
6:30 - 8:00 pm, later practices for ages 11 & older

WHERE: York High School Aquatic Center, 355 W. St. Charles Road, Elmhurst, IL

COST: \$355 (early practice) - \$380 (late practice)
\$185 (HS boys team) - \$245 (HS girls team)
Plus optional \$70 ISI escrow fee per swimmer

REGISTRATION: Walk-in registration will be accepted at York High School Aquatic Center on Wednesday, September 19th (5:30 - 7:30 pm), Monday, September 24th (5:30 - 7:30 pm), and Wednesday, September 26th (5:00 - 8:00 pm). All registration forms and fees must be completed by a parent/guardian and turned in before swimmer(s) will be allowed to swim!

QUESTIONS: Please call Coach Davis at (630) 617-2481 or e-mail him at estswim@mindspring.com

PLEASE FEEL FREE TO SHARE THIS FLYER WITH A FRIEND!