

Mantarays Swim Team

Alpine's member-only summer swim team, the Mantarays, has a long history of bringing swimmers and their families together for a summer filled with healthy fun, team building, exciting competition, excellent coaching and great memories.



The 2017 season is comprised of a six week **Spring Season** (May 1-June 9) and a six week **Summer Season** (June 13-July 24).

The **Spring Season** will be a time for establishing a strong base of stroke knowledge and an appropriate level of fitness in preparation for the Summer Season. It begins **Monday, May 1**. Practices will be held Monday through Thursday, no Friday practices. Practice times: **6 & Under** 4:30 - 5:15pm, **7-8** 3:45-4:30pm, **9 & Older** 5:15 - 6:15pm.

During the **Summer Season** the coaches turn their attention to sprint training and racing strategies. The Summer Season begins **Monday, June 12**. The tentative practice schedule will be Mondays, Tuesdays, Thursdays and Fridays at similar times of day. **6 & Under** 3:30-4:15pm, **7-8** 4:00-4:45pm, **9-12** 4:30-5:45pm, **13-18** 5:30-7:00pm. On Wednesday afternoons during the summer the whole team will come together for exciting swim meets against local rivals.

Season Schedule

Wednesday, June 14 – Ladera Oaks at Alpine Hills

Wednesday, June 21 – Fremont Hills at Alpine Hills

Saturday, June 28 – Alpine Hills at Univ. Club

Wednesday, July 12 – Alpine Hills at Foothills

Saturday, July 15 – Relay Meet at SCRA

Wednesday, July 19 – SCRA at Alpine Hills

Sunday, July 23 - Championship Meet at Gunn High School

Team Structure

Swimmers usually practice with others in their same age group. Age groups are: **6 & under, 7-8, 9-10, 11-12, 13-14, 15-16** and **17-18**. A swimmer's age-group is determined by his/her age on June 1st.

Meet Information

Our competitive season is comprised of five Dual Meets, a Relay Meet and the Championship Meet. Swim meets give our swimmers the opportunity to test the skills they've developed in practices, and to have fun supporting their team mates in a competitive environment.

Parent Participation

Parental involvement is a must – and can be fun. We anticipate that each family will be needed at two meets and 1/2 of the Championship Meet. Our parent coordinators will help to communicate parent responsibilities during the season.

T-Shirts, Caps and Swim Suits

Each swimmer will receive a team shirt and a swim cap with registration. Families can purchase team suits when registering online. Swim suit orders placed by May 2 should arrive in time for the first meet in mid-June.

Fees

Spring Season	1 st Child \$250 / 2 nd Child \$230 / 3 rd Child \$210
Summer Season	1 st Child \$275 / 2 nd Child \$245 / 3 rd Child \$215

Registration: Online at <https://alpinehills.swimtopia.com>.

Questions? Contact Head Coach Caleb Fenner (caleb@alpinehills.us) for more information on Summer Programs at Alpine!