

STINGRAY SWIM TEAM

2007 TADPOLE PROGRAM



This program is designed for the swimmer between the ages of 4 and 6 1/2 years (as of April 30). It prepares them for the challenges of the swim team. The focus is on stroke technique, as well as starts and turns -- all in a fun-learning environment. The swimmers develop the four competitive strokes in preparation for moving to the next level of swim team. The TADPOLE Program is part of the Stingray Program. They begin March 5 and end July 22. On the first day, the Tadpole Coach will evaluate each swimmer. The swimmers will then be placed by skill level, not time preference, in the appropriate group.

To participate as a TADPOLE, swimmers must be able to swim the width of the deep end of the pool in a front stroke unassisted. Only the Head Coach/TADPOLE Coach will make exceptions to TADPOLE participation criteria.

The TADPOLE swimmers generally swim freestyle and backstroke at home meets. However, as a TADPOLE develops additional skills and with the coaches consent, they may sign up to swim additional strokes in the 8 and under heats and/or at away meets. We have three home meets this season plus time trials.

TADPOLE PARENT PARTICIPATION

The success of the swim team is dependent upon parent participation. Parents run all meets and related events. The TADPOLE families have the parent obligation to work a minimum of **four jobs per swimmer**. Sign up for these jobs are at time of registration.

If a TADPOLE swimmer swims at the Marin Swim Leagues Championship Meet, an additional work assignment may be required.