

ABOUT THE TEAM

Let the award-winning Cape May Waves Swim Team bring out the potential in your young swimmer. Designed for beginner through advanced skill levels, the team encourages participants to develop into the best swimmers they can be by focusing on individual needs. The experienced training staff promotes individual commitment and teamwork that will last a lifetime.

- Member of the South Jersey YMCA Swim League
- Competes with other League members
- Swim meets begin in October
- Between five and eight swim meets
- Meets are typically on Saturdays
- Home meets occur at the Special Services School District pool at the Crest Haven complex
- Some traveling throughout south Jersey is expected (car pooling is encouraged)

SWIMMER REQUIREMENTS

Ages 5 – 18

- **Cost: \$380 per child - \$40 Discount after 1st child**
- **High School student pre-season practice: \$80***

*High school students must be on a high school swim team.

*Pre season will end when high school swim practice starts.

* High School swimmers expected to participate in Waves Swim Team meets.

For more information, please call Cape May Recreation at 609-884-9565 or email recdept@capemaycity.com

Mail Payment and Registration Form (on the back) to:

Cape May Recreation
643 Washington Street
Cape May, NJ 08204

Or return form to Cape May Convention Hall
714 Beach Avenue

Please make checks payable to City of Cape May

RETURN BY SEPTEMBER 13 WITH PAYMENT
SEPARATE REGISTRATION FORM FOR EACH CHILD

IMPORTANT DATES

The Fall/Winter season begins in September and ends in February with the Championship meet and the awards banquet.

Practice Schedule:

September - February

Monday: U.S. Coast Guard Base Pool (9 & over) 4:30 - 6:00PM
Cape May Elem. School Pool (8 & under) 6:00 - 7:15PM

Tuesday: U.S. Coast Guard Base Pool (Everyone) 4:30 - 6:00PM

Wednesday: Cape May Elem. School Pool (8 & under) 6:00- 6:45PM
Cape May Elem. School Pool (9 & over) 6:45 - 8:15PM

Thursday: U.S. Coast Guard Base Pool (Everyone) 4:30 - 6:00 PM

Friday: U.S. Coast Guard Base Pool (Everyone) 4:30 - 6:00 PM

First practice:

Monday, September 24

US Coast Guard Base Pool 4:30 - 6:00pm

Swimmer Evaluation:

Wednesday, September 26

Cape May Elementary School Pool
6:30pm - 8:30pm

Mandatory Parents Meeting:

Wednesday, October 10

Cape May Elementary School Pool
6:15pm

POOL LOCATIONS

US Coast Guard Base Pool

1 Munro Avenue, Cape May, NJ 08204

Cape May Elementary School Pool

921 Lafayette St. Cape May, NJ 08204

Swim Meets: Crest Haven Pool

148 Crest Haven Drive,
Cape May Court House, NJ 08210

FREQUENTLY ASKED QUESTIONS

Must my child know how to swim before joining the team?

Yes, the ability to swim is a mandatory requirement.

We are a competitive team and all athletes must be able to swim at least 25 yards.

ALL SWIMMERS MUST SWIM IN 4 LEAGUE MEETS TO BE ELIGIBLE TO SWIM IN CHAMPIONSHIP.

Must my swimmer make all practices, five days a week?

While perfect attendance is not required, the purpose of joining the Waves is for the swimmer to improve and make the most of team involvement. Swimmers can choose to come to all practice sessions or pick days.

Coaches suggest:

- **9 years old and under at least two days per week**
- **10 and 11 years old at least 3 days per week**
- **12 years old and older at least 4 practices a week**

What expenses should I expect?

It is recommended your swimmer has:

- **2 good sets of goggles**
- **2 Swim Caps**
- **Set of Fins**
- **Competitive Swim Suit**

For more information about ordering swimwear please speak to the coaches.

Do parents have to get involved?

Yes, the cooperation of parents' is needed to help run and organize the swim meets. There are various jobs including: timers, stroke & turn judges, runners, ready bench, starter, score table, ribbon writing, and concession stand. All parents are asked to attend and help at all meets.



**Cape May Waves Swim Team
Registration Form 2018-2019**

| | | |
|---|------------|---------------------------------------|
| Swimmers Name: | | |
| DOB | Age | Gender |
| Parents/Guardians Name(s) | | Parents/Guardians DOB (M/D/Y): |
| Coast Guard Pickup: Please List Full Name & Date of Birth - Month/Day/Year: <i>*Only the names listed below will be allowed on USCG BASE to pick up child*</i> | | |
| Phone # | | |
| E-Mail: | | |
| Address: | | |
| City: | State: | Zip: |
| Emergency Contact Name & Phone Number: | | |
| Parent Volunteer Agreement: By signing this agreement and joining the Cape May Waves Swim Team , the swimmers parent(s)/Guardian(s) agree to volunteer their time working an assigned job at a minimum of (two (4) swim meets. | | |
| Waiver for Participant: In consideration of accepting my/my child's entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all rights and claims for damages I or my child may have against the City of Cape May, USCG or school districts and it's representatives, successors and assigns for any and all injuries suffered by my child at any activity sponsored by these groups. | | |
| PHOTO RELEASE: This document is an agreement to release photographs of the participant named below. Photographs may be used in advertisements, marketing materials, or news releases by City of Cape May. I understand that pictures taken and/or video shot may be distributed to news organizations and may be broadcast in television news programs. I give permission for news media and/or representatives of City of Cape May to use these images without receipt of compensation for educational, advertising, promotional purposes, social media websites, and/or electronic news media. All copyrights and other intellectual property rights to the photographs taken and film shot are the property of the photographer(s) and their respective employers and/or City of Cape May and may be edited before use. | | |
| Signature: | | Date: |
| Fee Included: | | |

CAPE MAY RECREATION

**Wee Play
Fall Session: September 17
Franklin Street Civic Center**

**Storybook Hour
Wednesdays starting September 5th at 10:30am
Cape May City Library**

**Group Fitness Classes
Franklin Street Civic Center**

**Aquatic Programs
Cape May City Elementary School Pool**

UPCOMING EVENTS

**Halloween Parade
Saturday, October 21**

**Roller Skating at Convention Hall
Begins Friday, December 14**

**For more information call 609-884-9565
Visit DiscoverCapeMayNJ.com**



2018/2019

**CITY OF CAPE MAY
OFFICE OF TOURISM, RECREATION, AND CIVIC
AFFAIRS AT CAPE MAY CONVENTION HALL**

**714 BEACH AVENUE
CAPE MAY, NJ 08204**

**609-884-9565
RECDEPT@CAPEMAYCITY.COM
DISCOVERCAPEMAYNJ.COM**

 *Follow the Waves on Facebook!
@CapeMayWavesSwimTeam*