

Practice Schedule:

Monday: U.S. Coast Guard Base Pool (*Senior*) 4:30 - 6:00PM
Cape May Elem. School Pool (*Junior*) 6:00 - 7:15PM

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

Wednesday: Cape May Elem. School Pool (*Junior*) 6:00- 7:00PM
Cape May Elem. School Pool (*Senior*) 6:00 - 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

The Fall/Winter season begins in September and ends in February with the Championship Meet and the Awards Banquet.

TRYOUTS/EVALUATIONS

Monday, September 23

Cape May City Elementary School Pool

4:30 - 5:15pm 8 & under

5:30 - 6:15pm 9 to 12 year olds

6:30 - 7:15pm 13 & older

MAKEUP TRYOUTS/EVALUATIONS

Tuesday, September 24

United States Coast Guard Base

4:30 - 6:00pm

MANDATORY PARENTS MEETING/MEET THE COACHES

Thursday, September 26

Cape May Elementary School Pool/Gym

7:00 - 8:30pm

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**

A Note from the Coach:

Swimming and being a swimmer are two different things.

The Cape May Waves coaching staff believes every young person can become a swimmer through hard work, determination and perseverance. The sport can be tough, both mentally and physically, but the coaches here in Cape May teach kids to become better in all phases of swimming.

We believe that swimming can develop inner strength and confidence. Through practices, meets and team-building events, we strive to make each kid a swimmer who will love the sport and will learn about competing.

We hope you join us as we strive to make the Cape May Waves a complete program that is fun and competitive, and that creates friendships for a lifetime.

Swimmer Requirements:

- **Ages 5 - 18**
- **Cost: \$380 per child, \$40 discount after 1st child**
- **Must be able to swim at least 25 yards**

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. If your child does not know how to swim, or is not confident in their ability to swim more than a few laps at time, there are swim lessons available through the Recreation Department.

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.

Do parents have to get involved?

The jobs necessary to run a swim meet require more than just the coaches. Parents will be needed for all meets including roles such as timers, runners, stroke and turn officials, snack bar and many more. We value your time and appreciate your efforts in helping our meets run smoothly. Please expect to help out with at least 2 home meets. Coaches will discuss this in more information at the Parent's Meeting.

Return form to Cape May Convention Hall
at 714 Beach Avenue with payment to secure a spot.
Please make checks payable to "City of Cape May".
In-person registration only.
RETURN BY SEPTEMBER 20 WITH PAYMENT

Convention Hall
Hours of Operation:
Mon. - Fri.
8:30am - 4:30pm
Sat. & Sun
10am - 4pm

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: *Only the names listed below will be allowed on USCG BASE to pick up child*		
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:		



2019/2020



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

**714 Beach Avenue
Cape May, NJ 08204**

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