

## Senior Shark

Usual practice time is **6:00-7:15pm** with early dismissal and home school options. Recommended: 3-4 practices per week. Swimmers are required to possess the ability to:

- ✓ Swim 200 yards of Freestyle w/bilateral breathing
- ✓ Swim 100 yards of Backstroke with correct body position
- ✓ Swim 50 yards Breaststroke legally
- ✓ Swim 50 yards Butterfly legally
- ✓ Demonstrate legal turns in all four strokes
- ✓ Demonstrate a forward racing dive
- ✓ Demonstrate the ability to consistently push off underwater in an effective streamline
- ✓ Demonstrate the ability to go 5 meters of underwater dolphin kick in a streamline position
- ✓ Understand what a pace clock is and how it is used
- ✓ Demonstrate an understanding of stroke drills
- ✓ Demonstrate the ability to maintain a positive attitude during workout
- ✓ Demonstrate courteous behavior towards coaches and other swimmers



### \*\*\*USA SWIMMING LEVEL SWIM TEAMS\*\*\*

Swimmers are selected/recommended by the Head Swim Coach.

If your child is interested in either of these teams, please contact Bob Peterson.

#### Gold Shark (*Hybrid*)

Times vary and will be communicated by the coaches. Attendance expected: 4 practices per week. This program is offered as a Multi-Season/Year-round option only.

- ✓ Transitional level from JAWS to USA Swimming (Competitive).
- ✓ Swimmers are required to possess ALL abilities from Silver Shark.
- ✓ This level competes in JCC JAWS meets as well as BadFish USA Swimming meets.

#### BadFish of JCC JAWS (*Competitive; invitation only*)

Times vary and will be communicated by the coaches. Attendance expected: 5-6 practices per week. This program is offered as a Multi-Season/Year-round option only.

**BadFish** *BadFish Aquatics* is a USA Swimming competitive program. Swimmers participating in this program have made swimming their sport of focus. The team practices 6x per week and attendance is expected and necessary for success. We appreciate that each child is unique so we use an individual focus with our group training. Our goal is to empower each athlete to be the very best swimmer that they can be.

#### JCC JAWS Head Swim Coach

Bob Peterson • 704-944-6745  
bob.peterson@charlottejcc.org



#### Assistant Swim Team Coach

Erin Snyder • 704-944-6748  
erin.snyder@charlottejcc.org



## General Information

**Join Levine JCC JAWS Swim Team!** Multiple options are available to accommodate your child's interest and skill level.

- Open to ages 5-18.
- All swimmers must be evaluated prior to swim team registration. Schedule an evaluation with Erin Snyder: 704-944-6748 [erin.snyder@charlottejcc.org](mailto:erin.snyder@charlottejcc.org).
- A team swimsuit is required, and not included in team fees.

## Practice Locations

- Junior JAWS level swimmers practice at our indoor warm pool so that they can get themselves acclimated to swim team.
- Bronze/Silver/Senior/Gold/BadFish practices are at our lap "bubble" pool, where the water is heated, though not to the level of our indoor pool.

## Enrollment & Payment Options

**Junior Jaws & Bronze/Silver/Senior Sharks** (including special all-level options for early dismissal and home school students):

- Sign up separately for each session (Fall, Winter, Spring) -OR-
- Signup for multiple sessions (September-April) at a discounted rate. *Summer session is not included in the multi-season pricing.*
- For multi-session, either pay-in-full or pay via monthly drafts. First and last months are due upon registration, with 6 monthly drafts (October-March).
- All participants must register separately for the Summer Session (May-June).

**Gold (Hybrid) and BadFish (By invitation):**

- Sign up for the entire year only.
- Pay via monthly drafts. First month tuition fee is due upon registration, with 10 monthly drafts (October-July).

## 2023-24 SESSION BLOCKS

### Junior JAWS &

### Bronze/Silver/Senior Sharks

**FALL:** September 11-November 16

*(No practice 9/25)*

**WINTER:** November 27-February 15

*(No practice 11/22-23 & 12/22-1/7)*

**SPRING:** February 19-May 2

*(No practice 4/1-5 & 4/22)*

### Gold Shark - BadFish

**YEAR ROUND:** September 11-July 26

## Fees

Each swim team level has a specific fee; please view our current Course Catalog online at: [charlottejcc.org](http://charlottejcc.org)

## Swim Team League & Meet Information

### Junior Jaws & Bronze/Silver/Senior Sharks:

- **FALL:** Intra-squad Meets
- **WINTER:** Hornets Nest League
- **SPRING:** Hornets Nest League and Intra-Squad Meets

The Winter/Spring Hornets Nest Swim League runs a portion of our Winter and Spring sessions. If you only sign up for Winter session, you will miss meets in the Spring session as the league schedule runs across both sessions.

### Gold/Badfish:

Various USA sanctioned swim meets throughout the year will be communicated to you by Coach Bob. Some travel required.



### JCC JAWS Head Swim Coach

Bob Peterson • 704-944-6745  
[bob.peterson@charlottejcc.org](mailto:bob.peterson@charlottejcc.org)

## Summer Swim Team:

In general, the Summer league runs early May-June and participates in the Greater Charlotte Swim League. To be eligible for Summer Swim Team, participants are required to be an LJCC member (summer months) per league requirements. *More details (dates/pricing) TBA.*

## Intersession:

JCC JAWS also offers an "intersession" program to bridge the gap for July and August before the new school year begins. Intersession is not included in the multi-season pricing.

## JCC JAWS Swim Team Levels: Skills & Requirements

*See online Course Catalog for practice days/times. Practice times are subject to change.*

### Junior JAWS

Usual practice time is **4:15-5:00pm** with early dismissal and home school options.

Recommended: 2 practices per week (must register for M/W or Tu/Th option).

Swimmers are required to possess the ability to:

- ✓ Swim 25 yards of Freestyle legally
- ✓ Swim 25 yards of Backstroke legally
- ✓ Ability to perform Breaststroke kick
- ✓ Demonstrate courteous behavior towards coaches and other swimmers

### Bronze Shark

Usual practice time is **5:00-6:00pm** with early dismissal and home school options.

Recommended: 2 practices per week (must register for M/W or Tu/Th option).

Swimmers are required to possess the ability to:

- ✓ Swim 50 yards of Freestyle with bilateral breathing
- ✓ Swim 50 yards of Backstroke legally with correct body position
- ✓ Swim 25 yards of Breaststroke
- ✓ Perform Butterfly kick and be familiar with the stroke
- ✓ Demonstrate courteous behavior towards coaches and other swimmers

### Silver Shark

Usual practice time is **6:00-7:00pm** with early dismissal and home school options.

Recommended: 3 practices per week. Swimmers are required to possess the ability to:

- ✓ Swim 100 yards of Freestyle w/bilateral breathing
- ✓ Swim 100 yards of Backstroke with correct body position
- ✓ Swim 50 yards of Breaststroke legally
- ✓ Swim 25 yards Butterfly with correct stroke fundamentals
- ✓ Demonstrate a forward racing dive
- ✓ Demonstrate the ability to consistently push off underwater in an effective streamline
- ✓ Understand what a pace clock is and how it is used
- ✓ Demonstrate an understanding of stroke drills
- ✓ Demonstrate the ability to maintain a positive attitude during workout
- ✓ Demonstrate courteous behavior towards coaches and other swimmers

