



SPRING 2019 PRE-TEAM



Swimmer's Legal Name: _____ Date of Birth _____

Mailing Address _____ City _____ State _____ Zip _____

Parent / Best Contact Person _____ Relationship to Swimmer _____

E-Mail(s) _____

Phone Number(s) – For emergency only: _____

DATES: April 3rd – JUNE 16th

DAYS: Monday & Wednesday Evenings / Saturday & Sunday Mornings (no more than 3x per week)

LOCATION: All practices at TCNJ (see calendar for daily practice times)

COST: \$400 (includes 4 Race Clinics - a \$100 value – see page 3 calendar for dates and times)

***NEW MEMBERS: Additional \$68 USA Swimming Registration Required (Insurance Coverage)**

Make Checks Payable to: **EXPRESS SPORTS INC**

Return registration form and check to Coach Mike or Coach Tiny no later than April 15th



SPRING 2019 PRE-TEAM



Mondays 7:00 -- 8:00 PM	Wednesdays 5:30 -- 6:30 PM	Saturdays 11:15AM -- Noon	Sundays 11:15AM -- Noon
	April 3 rd	April 6 th	April 7 th
April 8 th	April 10 th	April 13 th	April 14 th
April 15 th	April 17 th	April 20 th	EASTER - No Swim.
April 22 nd	April 24 th	April 27 th	April 28 th
April 29 th	May 1 st	May 4 th	May 5 th
May 6 th	No Practice	May 11 th	May 12 th
May 13 th	May 15 th	May 18 th	May 19 th
May 20 th	May 22 nd	May 25 th	May 26 th
No Practice	May 29 th	June 1 st	June 2 nd
June 3 rd	June 5 th	TBD - TCNJ Meet	TBD - TCNJ Meet
June 10 th	June 12 th <i>Last Practice</i>	EEX MEET All Pre-Team Invited	EEX MEET All Pre-Team Invited

For the benefit and convenience of our pre-team swimmers this spring, EEX is offering four practice options per week. Swimmers do not need to attend the same days each week but must follow these guidelines when designing a schedule.

Should attend: 2 practices per week

Can attend: 3 practices per week
Race Clinics do not count as practices

May not attend: 4 practices per week

PRE-TEAM GOALS & GROUP OUTLINE

1. Further development and refinement of the four competitive strokes
2. Learning racing starts and legal turns for all strokes (specifically via raceclinics)
3. Introduction to competitive swimming methods such as circle swimming and interval training
4. Using competitive training equipment such as kickboards, pull buoys, fins, and snorkels
5. Opportunities for timed racing and eligibility for USA Swim Meets



EASTERN EXPRESS
RACE CLINIC
 TCNJ



With Summer League just around the corner, Eastern Express looks forward to providing swimmers with additional opportunities to focus on
STARTS, TURNS, and FINISHES

Clinics are open to all levels of swimmers, given that they have some rec, summer, competitive team experience or higher levels of SwimAmerica

Eastern Express Team Members and Pre-Team members: Select four clinic dates of your choice (paid for as part of EEX Team Spring Tuition)

Swimmers may sign up for additional clinics at \$25

each if interested in attending more than four

RACE CLINIC CALENDAR

Saturdays 10:30am to 11:15am URNS	Sundays 10:30am to 11:15am STARTS
April 6 th	April 7 th
April 13 th	April 14 th
April 20 th	April 21 st Easter No Clinic
April 27 ^{th-}	April 28 th
Saturdays 10:30am to 11:15am STARTS	Sundays 10:30am to 11:15am URNS
May 4 th	May 5 th
May 11 th	May 12 th
May 18 th	May 19 th
May 25 th	May 26 ^{th-}
June 1 st	June 2 nd

June 15th and 16th: EEX Hosted Miles, Middies, Minis Meet at TCNJ (USA swim meet)
JULY Evening Swims & Race Clinics at TCNJ – info coming later this spring!