



Elizabeth Manor Swim Team

2019 Manta Rays

Swimming is a fantastic sport that helps youth building confidence, sportsmanship, and enthusiasm for learning. The Elizabeth Manor Golf and Country Club is proud to be able to offer a new and improved Manta Rays Swim Team this year. No experience necessary to participate but must be a member of the club age 5-18 to participate. If a swimmer is unable to make the length of the pool, they can still be on the swim team but will not be able to participate in meets until they can swim the length of the pool unassisted.

What is new this year

Our goal for the EMGCC Swim Team is to brand and build a quality team that swimmers and families want to be a part of and tell their friends about. This year there will be more coaches to help the swimmers develop. Practice plans will be generated and ran by the coaching staff that will accelerate development and build a love for the sport of swimming. Swimmers will work hard learning, work hard practicing, see great success at the meets, and build confidence and pride in their experience.

Registration Price is \$80 per swimmer which includes a Team Silicone Swim Cap.

Team T - Shirts and Apparel

Visit our team store to purchase Team shirts and apparel. All apparel will arrive before the first meet.

[Elizabeth Manor Golf and Country Club](#)

Practice Schedule – Monday thru Friday

Starts Tuesday, May 28

- 6:30-7:30 - 10 and under swimmers
- 7:30-8:30 - 11 and older swimmers

*Practice schedule may change a bit during the swim meet season.

Meet Schedule

Wed, June 12th	Barracudas	5200 River Club Dr, Suffolk, VA 23435
Sat, June 15 th	Tsunami	6815 Burbage Lace Cir, Suffolk, VA 23435
Wed, June 19 th	Churchland	3120 Tyre Neck Rd, Portsmouth, VA 23703
Wed, June 26 th	Nansemond Swim Club	8907 Eclipse Dr, Suffolk, VA 23433
Sat, June 29 th	Smithfield	312 Lumar Rd, Smithfield, VA 23430
Sat, July 6 th	Marlin Club	1964 Dock Landing Rd, Chesapeake, VA 23321
Sat, July 13 th	All Star Meet	NSC, 8907 Eclipse Dr, Suffolk, VA 23433

Parent volunteers

A swim team can only function well with Parent volunteers. This year we will be setting up a Swim Team Board to help run the operations of the swim team including recruiting and retention in the off season. All parents will need to volunteer for a job at swim meets as the team is required to provide timers, officials, and clerk of courts. Training will be provided for all positions so please don't hesitate to sign up for a job.

We are currently looking for 5 parents to sit on the Swim Team Board. Please Email Art Anthony, at EMAquatics01@gmail.com to sign up to sit on the board.

How to sign up:

Registration Days: EMGCC Pool

- Saturday, May 25th from 12-5 pm
- Sunday, May 26th from 12-5 pm

If you are unable to make either registration day feel free to drop off the application at the office or bring the below application to the first practice.

*Pool membership applications can also be signed at the same time.

WESTERN TIDEWATER SWIM ASSOCIATION
LEAGUE REGISTRATION FORM
SUMMER 2019

DATE REGISTERED _____

AGE OF SWIMMER AS OF 06/01/19 _____ BIRTH DATE _____

SWIMMER'S NAME _____

ADDRESS _____

TELEPHONE NUMBER _____

POOL ELIZABETH MANOR GOLF AND COUNTRY CLUB

POOL ADDRESS 1 ACE PARKER DR, PORTSMOUTH, VA 23701

POOL TELEPHONE NUMBER (757) 488-4534

MEMBERSHIP # _____

PARENT OR GUARDIANS _____

PARENT'S ADDRESS (IF DIFFERENT) _____

PARENT'S TELEPHONE (HOME) _____ (CELL) _____

EMAIL ADDRESS _____

**** IMPORTANT: ALL PARENTS ARE REQUIRED TO VOLUNTEER IN SOME CAPACITY AT EACH SWIM MEET. SIGNING THIS ENSURES YOUR COMMITMENT TO THE TEAM.**

PARENT OR GUARDIAN SIGNATURE _____

MEDICAL RELEASE FORM

In case of emergency, I grant consent to

To authorize medical care for my minor child/children

Our family doctor is _____

The hospital we use is _____

Allergies _____

Any Medical conditions _____

Contact me Immediately at _____

Alternative contact name and number _____

Signature _____

Name _____

Address _____

Phone _____

Date _____

