

Mini-Cardinals Swim Program

2010-2011 Season



What is a Mini-Cardinal?

A Mini-Cardinal is any pool member aged 5-8 who has completed the highest level of Red Cross swim lessons but isn't quite prepared for the rigors of swim team.

Must my child be able to swim to be a Mini-Cardinal?

A child must be able to swim across the width of the pool in the slide section, (approximately 20 yards) without the aid of a person or device. They must swim the freestyle stroke (no doggy paddle or underwater swimming), demonstrating breathing. The breathing does not have to be perfect, but they should be able to turn their head to the side to take a breath at the right time during their stroke.

Do you evaluate the swimmers to determine if they are a Mini-Cardinal?

Yes, all Mini-Cardinals must be evaluated before they begin their season. The Evaluation Session will be held FRIDAY, June 24th at 10:30 am.

What if I sign my child up for Mini-Cardinals and he/she does not pass the evaluation?

If you registered your child and it is determined that he/she is unable to perform the minimum requirements for Mini-Cardinals, then your full registration fee will be returned. Once your child has been accepted into the program the registration fee is non-refundable. You must request a refund by email directed to Marcia Smith. (marciasmith03@yahoo.com) No verbal requests made at the pool will be processed. Parents of registrants who cannot swim the required distance are encouraged to sign their children up for swim lessons.

Can I sign up for Mini-Cardinals after the season has begun or have my child reevaluated later in the season?

Please contact Marcia Smith to see if space is available for you to register for Mini-Cardinals after the program has begun. She will arrange an evaluation for your swimmer. Fees may be prorated.

When are Mini-Cardinals practices?

Much like the swim team, the Mini-Cardinals program runs June 27 – July 28. Practices are Monday through Thursday for 30 minutes. Depending on how many children sign-up, practice may begin at 10:15 or 11:00.

Is Mini-Cardinals practice ever cancelled?

Rarely, but in the event of a pool closure or inclement weather which results in the pool being closed, all practices will be cancelled and not rescheduled.

What if my swimmer will miss days?

It is very helpful if you can let us know if your child will miss a practice if you know ahead of time.

What do I do during Mini-Cardinals practices?

Parents are not permitted on the pool deck during any of the swim team practices, so that the swimmers and coaches can concentrate on the practice with the swimmers focused on their coach.

Who are the Mini-Cardinals coaches?

The Mini-Cardinals coaches are 15-18 year old senior members of the Cardinal Hill Swim Team. They have experience with giving swim lessons and are enthusiastic coaches. In fact, it's fun for the Mini-Cardinals to go to meets to watch their coach swim too! It helps them become familiar with the team. The program is overseen by Cardinal Hill Board Member for Swim, Marcia Smith and run daily by Elisabeth Bertolett, a graduating senior swim team member, and several senior swimmers.

How is the Mini-Cardinals practice structured?

Due to our swimmer/instructor ratio, small group instruction and some individual attention to each swimmer is possible through this program. Our practices will focus on the competitive swim strokes with attention to proper form, technique, breathing, etc. When the swimmer learns a component of a stroke, he/she will also work to build up their endurance with that component to help reach their goal of swimming 25m of that stroke.

In all areas, the Mini-Cardinals program does its best to mimic the swim team. This includes practices and meets (one "official" meet will be held at the end of the season on Thursday, July 28th). In addition, the coaches will make the practice fun for the children through other activities.

Should my Mini-Cardinal also take swim lessons?

The Mini-Cardinals program is not a replacement for individual lessons. We have swim team members in all age groups who continue to take swim lessons to improve upon some component of their stroke or race. Sometimes that focused, one-on-one lesson is needed to overcome a habit or technique that needs correcting. Group lessons through the pool or individual lessons with coaches may help your Mini-Cardinal with extra instruction and practice time.

Do Mini-Cardinals swim in swim meets?

No. Mini-Cardinals do not swim in sanctioned NVSL meets. However, if at a point during the season the coaches feel a swimmer has met the criteria for being a swim team member, he/she may be allowed to swim in a Monday night "B" meet. These meets are developmental, non-scored meets, and are a goal for which the Mini-Cardinals can work.

It is our goal for the Mini-Cardinals to have a very positive first time experience in a meet, so we want to be sure that they are capable of completing the 25m length in an acceptable time and with acceptable form and, of course, with no pressure.

Is there a Team Bathing Suit for Mini-Cardinals?

A team suit is not required. However, it is recommended that girls wear a one piece bathing suit that is well-fitted and a ponytail (and swim cap if they like) if they have long hair. Boys should wear a tight-fitting racing suit (brief or jammer). These are much better suited for swimming than big, over-sized board shorts.

What do the swimmers have to look forward to at the end of the season?

The Mini-Cardinals season will end with an "official" swim meet with all the sounds and whistles the swimmers experience in a NVSL meet. We will bring out the starting equipment and have the bleachers set up for spectators. The meet will take place in the same portion of the pool in which they have practiced all season – so they should be pretty comfortable with the set-up. The purpose is to show the swimmers how fun the meets are and that they can be successful with hard work and fun, too! The meet will take place during the regular practice time.

To whom do I speak if I have concerns or questions?

You can speak to or email Marcia Smith (marciasmith03@yahoo.com) or Elisabeth Bertolett (chlorinebean@cox.net) with any questions or concerns. You may also leave them a note in their swim team folders at the front desk. Please do not bring any concerns directly to the coaches.

Mini-Cardinals Swim Program Registration Form



The Mini-Cardinals Swim Program is designed for new swimmers who have completed the highest level Red Cross swim lessons and are working toward swimming a 25 meter lap without assistance. The goal is to have each swimmer graduate to the Cardinal Hill Swim Team by next summer. The Mini-Cardinals Program registration fee covers 20 swim sessions and all activities, including the end-of-season meet.

Parents' Names: _____

Member Number: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone Numbers:

Home: _____

Cell: _____

Work: _____

Other: _____

Email address(es): _____

Mini-Cardinal Swimmer(s):

#1 Name: _____ Nickname: _____

Indicate Boy: _____ Girl: _____

Birthdate: _____

#2 Name: _____ Nickname: _____

Indicate Boy: _____ Girl: _____

Birthdate: _____

#3 Name: _____ Nickname: _____

Indicate Boy: _____ Girl: _____

Birthdate: _____

Registration Fee: \$55 per swimmer. Please make checks payable to: **Cardinal Hill Swim Team.**