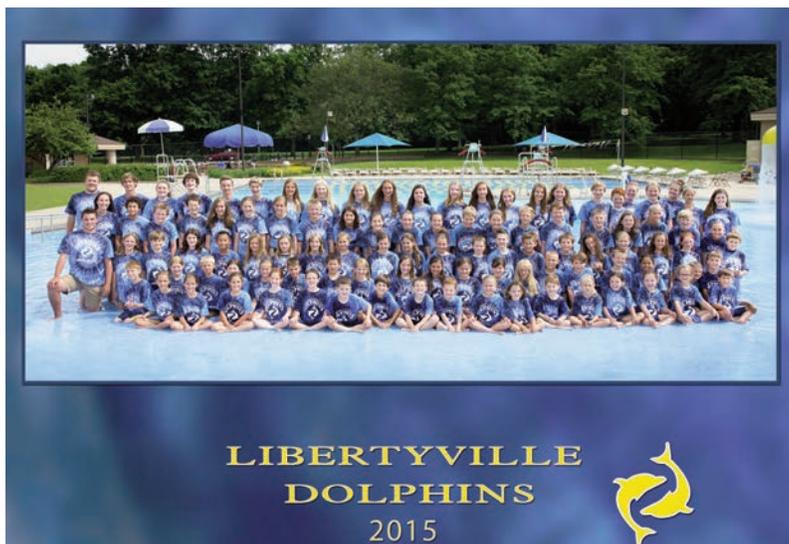


# ADLER POOL SWIM TEAM

## CALLING ALL DOLPHINS!

New this year! Our Adler Dolphin Swim Team has added a second team. If you are a returning 2015 Dolphin, sign up for Dolphin Gold until spaces are filled. If you are new to the program, sign up for Dolphin Blue.

We are a recreational team all about having fun and creating interest in competitive swimming. The coaches do their best to make sure that everyone swims at least 2 events in each swim meet. Meet entries are dependent on the number of kids signed up in each age group.



**Requirements:** Must be at least a Level 3 swimmer and swim one length of the pool (25 yards) doing the front crawl and have knowledge of the four competitive strokes: breaststroke, backstroke, front crawl and butterfly.

**Team Uniforms:** Team uniforms can be purchased at Sports 11 at 838 S. Milwaukee Ave. 847-680-1511. A complimentary team shirt will be provided for each swimmer. We plan on tyedying team shirts after lane placements. **Please note shirt size when registering.**

**Fee:** \$270 R/\$285 NR for the first child. 10% off for any additional children

**Practice:** June 13-August 4  
Monday-Thursday 7:00-8:00 am, 8:00-9:00 am or 5:30-6:30 pm

**Important Dates:**

- June 1 Parent Meeting @ Sports Complex 5:30pm OR 7pm
- June 6 or June 8 Try-outs/Lane placement 5pm-7pm (Only Attend One)
- June 22 Team Picture Day both teams
- August 3 End of Season Team Party 6:30pm @ Adler (Rain Location-Sports Complex)

**Dolphin Swim Meet Schedule:**

Date	Dolphin Gold Team	Dolphin Blue Team
June 22	Home vs Prospect Heights	Home-Trimeet w/ Gold Team & Prospect Hts.
June 29	Vernon Hills, 635 Aspen Drive	Home vs Hawthorn Woods
July 6	TBD	Home vs Midtown Manta Rays
July 13	@ Lake Bluff, 355 W. Washington	@ Park Ridge, 100 S. Western
July 20	@ Midtown, 2211 Waukegan Rd, Bannockburn	@ Des Plaines, 197 N. 8th Avenue
July 27	Championship Location @ Vernon Hills 635 Aspen Drive, Vernon Hills	Championship @ Hawthorn Woods 94 Midlothian, Hawthorn Woods

AGE GROUPS PRACTICE TIME	TEAM	BOYS 7:00 AM	BOYS 8:00 AM	GIRLS 7:00 AM	GIRLS 8:00 AM	BOYS 5:30 PM	GIRLS 5:30 PM
8 AND UNDER	GOLD	5705	5715	5710	5720	5725	5730
	BLUE	5735	5736	5750	5751	5737	5753
9-10	GOLD	5706	5716	5714	5721	5726	5731
	BLUE	5738	5739	5754	5755	5740	5752
11-12	GOLD	5707	5717	5711	5722	5727	5732
	BLUE	5741	5742	5756	5757	5743	5758
13-14	GOLD	5708	5718	5712	5723	5728	5733
	BLUE	5744	5745	5759	5760	5746	5761
15-18	GOLD	5709	5719	5713	5724	5729	5734
	BLUE	5747	5748	5762	5763	5749	5764

