

STONE CRABS SWIM TEAM

Coaches Ann & Randy Stone
1020 Oropesa Avenue, Orlando FL 32807
407-282-4970

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The Stone Crabs Swim Team is a year round USA swimming program. Head coaches Ann & Randy Stone each have over 15 years of coaching experience. The emphasis of our program is to develop swimmers that will enjoy the sport for a lifetime. Stroke-development – freestyle, backstroke, breaststroke and butterfly – is a top priority. As swimmers improve their technique, yardage is added to help each swimmer realize their individual potential.

ENGLEWOOD PRACTICES

Monday, Tuesday & Thursday: 7:00 AM to 9:00 AM By Invitation, J.O., Advanced Age
8:00 AM to 10:00 AM By Invitation, Advanced Age Group
9:00 AM to 10:00 AM Age Group Swimmers
9:00 AM to 9:45 AM Pre-Team Swimmers

Coach Ann will designate which practice group your swimmer will attend.

ENGLEWOOD MONTHLY PRACTICE FEES

Club registration & USAS registration - \$45 (must have a copy of child's Birth Certificate)

1 Child - \$75
2 Children - \$145
3 Children - \$175
4 Children - \$205

ALL families must fill out the *City of Orlando* Form. Non-residents of the *City of Orlando* must pay a yearly fee of \$28 per swimmer.

EQUIPMENT

Team Suit - TYR Bionic Blue, Team Swim Cap, Goggles, & Fins - ALL SWIMMERS
Action Accents – 1-800-338-0231 to order Team Suit and receive Stone Crabs team discount.

SWIM MEETS

DUAL MEETS – Swimmers are to arrive 30 minutes before the start of the meet. All home meets are at Englewood. We will need 15 volunteers at every home meet to help the meet run smoothly. We ask all families to volunteer at least twice throughout the summer. At all home meets we have a concession stand and each family is asked to donate drinks or snack items. Thank you!

INVITATIONAL SWIM MEETS – Swimmers will be invited to participate in the weekend meets when they are ready to handle this level of competition. All meet entry fees are independent of monthly fees and must be paid before the swim meet.

