

## Welcome to the 2021 Medway Millis Recreation Summer Swim Team!

There is nothing better than summer swimming! We are so excited for our first season as a Medway Millis Swim Team. While this season will look different than a normal one, we are so happy to be swimming. There are some changes to this season due to COVID, there will be no Mile Swim or Regional Championships. Those will return for summer 2022. The goals of the season are to improve as a swimmer, work on refining strokes, be safe, make new friends and most importantly have fun.

**PRACTICES:** We are aiming to have 4 practices a week. There will be a few weeks where there will only be 3 practices. Practices will be held at Milford High School from 7:15-8:45am. With current COVID protocols there are only 30 swimmers allowed at once in the pool for practice. Depending on the roster numbers, we possibly could have signups for practices. Swimmers should show up for practice ready to swim. Locker rooms will not be available for before and after practice. The bathrooms will be open for during practice. Swimmers should enter through door 26: please see picture below. We ask that participants try to make at least 1 practice a week.



## MEETS:

All meets will be on a Tuesday or Thursday evening. Please find the meet schedule below. All meet sign-ups will occur on the Medway Parks and Recreation website:

[https://medwayma.myrec.com/info/activities/program\\_details.aspx?ProgramID=29904&AdminPreview=1](https://medwayma.myrec.com/info/activities/program_details.aspx?ProgramID=29904&AdminPreview=1)

It is helpful for the coaches to know who is attending meets so we can pull together a line up and relays.

- Meet registration closes 48 hours prior to the meet so we can prep the line-up. If you attendance changes in that time please e-mail [jharrington@townofmedway.org](mailto:jharrington@townofmedway.org)
- Ages are as of July 1, 2021, a boy or girl having a birthday during the season does not have to move up in class and is considered his/her age as of July 1. In Dual Meets a swimmer MAY move up 2 age groups in an individual and/or freestyle relay event but MAY NOT move down an age

group. The Graduated Medley Relay must have swimmers from 4 out of the 5 age groups. Swimmers may not move up for the Graduated Medley Relay.

- Age groups for the Regional and Dual Meets are as follows:

8 and Under

9 & 10 Years Old

11 & 12 Years Old

13 & 14 Years Old

15 – 18 Years Old

For the Regional Meets, swimmers MAY NOT swim up an age group for individual events and MAY move up only ONE age group for the Free Relays. The Graduated Medley Relay must have swimmers from 4 out of the 5 age groups. Swimmers may not move up for the Graduated Medley Relay. 9.

Swimmers are limited to three events, one of which has to be a relay. Meets will start with a Graduated Medley Relay, one for girls and one for boys, with a swimmer from 4 of the 5 age groups swimming one length. Swimmers may not move up for the Graduated Medley Relay. There will be three official swimmers from each team per Individual Event and three official Relays per team in the six lane pools with no sweeps in the Relays. A swimmer may never swim two Freestyle Relays or two of the same stroke in the same meet. Teams may agree to use three official swimmers and three official Relays. However, only two swimmers in the Individual Events and only one Relay team may place. There will be no sweeps in either Individual Events or Relays. The 8 & Under Relay must include one member of the opposite sex.

8 & Under will be limited to 25 yards in Individual Events and will also swim a Co-ed Relay.

9 & 10 Years Old will be limited to 25 yards in both Individual Events and Relays unless mutually agreed upon by the Coaches.

Ages 11 through 18 will swim distances agreed upon by the Coaches. Distances should be as close to 50 yards for ages 11 through 18 swimmers as possible unless otherwise agreed. Girls swim girl's events and boys swim boy's events. (Note: Needham and Norwood should use a rope to mark 25 yards for Individual Events for ages 10 and Under unless the visiting coach agrees to the longer length.) (Note: Effective 2008, there is a new State Rule that it must be at least 4 feet for diving in.)

- For each swim meet we will require the following volunteers: 1 score keeper, 1 stroke and turn judge, 1 place judge, 2 x bull-pen support (helps coaches line-up swimmers for races). For the following meets we will also require 6 timers (2/lane) Dedham, Needham, Newton, Westwood, Framingham, Sherborn.
- 8 & Unders and the 9 & 10 age group swim 25 (1 length) races. 11 and over swim 50 (2 lengths in most pools) yards races.

- Caps and t-shirts will be provided. For meet suits, plain black suits are preferred but optional. Swimoutlet.com is a great resource to get reasonably priced suits. For practice, swimmers may wear their choice of suits. We recommend that girls wear a one piece bathing suit.
- Skills Evaluation: Saturday, June 12 8-9:30am at Milford High School, register for a time.
- [www.medwayparksrec.com](http://www.medwayparksrec.com) and social media will have the most up to date information on practices, swim meets and team events.
- On the Parks and Recreation Facebook Page I created a Medway Millis Swim Team group. We will up to date information posted there as well as pictures.

**Medway/Millis 2021 Summer Suburban Swim League Dual Meet Sche**

Thursday, July 1, 2021

Dedham

Warm up: 5pm

Meet Starts: 5:30pm

Pool Address: 336 High Street

Dedham

MA

Tuesday, July 6, 2021

Walpole

Warm up: 5:30pm

Meet Starts: 6pm

Pool Address: 144 School Street

Walpole

MA

Thursday, July 15, 2021

Medfield

Warm up: 5:30pm

Meet Starts: 6pm

Pond Address: Hinkley Pond, 51 Green Street

Medfield

MA

Tuesday, July 20, 2021

Newton

Warm up: 6pm

Meet Starts: 6:15pm

Pool Address: 256 Albermarle Road

Newton

MA

Tuesday, July 27, 2021

Needham

Warm up: 5pm

Meet Starts: 5:30pm

Pool Address: Rosemary Pool - 178 Rosemary Street

Needham

MA

Thursday, July 29, 2021

Westwood

Warm up: 5pm

Meet Starts: 5:30pm

Pool Address: 240 Nahatan Street

Westwood MA

Tuesday, August 3, 2021

Canton

Warm up: 5:30pm

Meet Starts: 6pm

Pool Address: 199 Bolivar Street

Canton

MA

Thursday, August 5, 2021

Natick

Warm up: 5pm

Meet Starts: 5:30pm

Pond Address: Dug Pond - 13 E. Central Street

Natick

MA

