



## MISSION STATEMENT

The Muskogee Sharks Swim Team offers a great opportunity for children at all levels. Our goals are to have fun, improve swimming skills, and compete at the recreational and competitive levels. As a swim team member, your child will gain endurance, improve stroke technique, and build confidence. This program is designed for participants to experience the positive impacts of structure, leadership, sportsmanship, and teambuilding while improving their stroke technique and speed as well as the skills and endurance which are important for water safety.

### Muskogee Sharks Swim Team

566 N 6<sup>th</sup> Street Muskogee, OK 74401  
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The USA competitive swim program is available to any swimmer who is interested. An additional \$75.00 annual payment is due before November 1<sup>st</sup> for participation as a USA swimmer. Competitive meets are held statewide and regionally. Swimmers may travel 1-4 hours on the weekends for these competitive meets. USA Swimming members enjoy a multitude of benefits, including an extensive times database, top tips/training advice, and the opportunity to enter the nation's most prestigious events. USA Swimming membership is a must for any competitive swimmer.



USA Swimming recognizes those athletes who excel in both the pool and the classroom through its Scholastic All-America program. The Scholastic All-America Team is made up of high school student athletes who have a grade point average of 3.5 or higher and have also achieved the required time standard in a single event.

**For more information, visit**  
[www.usaswimming.org](http://www.usaswimming.org)



## Muskogee Sharks Swim Team

The Muskogee Sharks Swim Team accepts swimmers age 6-18. Practices are held at Muskogee Swim and Fitness Center. To participate on the swim team, the applicant must be able to demonstrate both freestyle and backstroke 25 meter swims, without assistance or stopping to rest. Anyone interested may try out on Tuesdays or Thursdays from 6:00-6:45pm. The enrollment form must be submitted along with club dues prior to participation in practices or meets.

### Benefits: Swimming...

- is an outstanding activity for people of all ages, important for safety and a great exercise.
- is an exciting individual and team sport.
- is a technical skill and specialized activity involving extensive skill development.
- is a healthy "lifetime" activity. Participants may be 1 or 101 years old.
- promotes fitness and teaches a child to strive for physical achievement. Many super-stars in other sports have started out as swimmers, gaining strength and coordination that helped them to excel.
- teaches the life lessons of sport and sportsmanship which include learning about winning and losing as well as working with coaches, teammates, and officials.
- motivates participants to strive for self-improvement and teaches goal orientation.
- cultivates a positive mental attitude and a high self-esteem

## ACHIEVEMENTS

While winning is nice, and setting a record, getting a best time, or making a qualifying time feels good, we hope that our young athletes learn more than “It is great to swim fast”. From a practical standpoint, over-emphasis on speed, times, and achievements will eventually end in frustration. No matter how fast a young athlete swims, there will likely be another swimmer in the next town, state, or country swimming faster. So as parents, ask yourselves:

- Did your child’s swimming skills improve this past season, so that he or she is both stronger and safer in the water?
- Did your child learn to exhibit initiative, demonstrating a commitment to practice regularly without external motivation from coaches and parents?
- Did your child benefit from the competitive experience, gracefully responding to wins and losses?
- Did your child learn more patience in overcoming difficulties, obstacles, and setbacks?

In a few years, the medals and ribbons will be laid aside and the best times will be a hazy memory, but skills such as work ethic, self-discipline, commitment, optimism, conflict resolution, and determination can be learned and remain for a lifetime.

## Swim League Fees

<b>January-March</b>	<b>\$120</b>
<b>April-June</b>	<b>\$120</b>
<b>July-September</b>	<b>\$120</b>
<b>October-December</b>	<b>\$120</b>

Recreational swim meets are held in Muskogee and the Tulsa area. Parents are responsible for transportation, swim suits, and goggles. Costs are currently \$40 M and \$64 F for the team suits, which you must have to swim in meets. The custom suits are available to order at [www.swimmerstuff.com](http://www.swimmerstuff.com) Click on “Team Login”. The PIN is Muskogee

### Practice Times:

**Mondays, Tuesdays, and Thursdays**  
**6:30 – 8:45 PM**

### Mini Sharks and Tryouts:

**Tuesdays and Thursdays**  
**6:00 – 6:45 PM**

### Recreational Swimmer Fees: \$120

**Includes all recreational league dues and practice fees for a 12 week season.**

### Competitive Swimmer Fees: \$75

**2019 Annual dues for USA Swimming Membership (Optional program; please visit with Coach Vida if you are interested in USA Swimming)**



## SWIMMER RULES

1. Attend as many practices as you can and give 100% effort. If you really want to improve, practice is the place to be!
2. Be on time, listen to and respect the coaches.
3. No horseplay in between sets.
4. Plan to use the bathroom before/after practice.
5. Focus on swimming each stroke correctly before trying to increase speed.
6. Your attendance at meets is critical to the team’s success. You must attend at least 1 meet per session. To be eligible for a championship meet, you must have competed in at least 3 dual meets.
7. If you will miss a meet, you have to “sign out” four days in advance, preferably more. Please, we appreciate your help with this! The coaches spend hours putting together a meet line-up; trying to change it at the least minute is quite difficult. Please email Coach Vida to sign out.
8. Stay with the team at meets; support your teammates as they swim! Staying close to the coaches means they can easily line you up for your events so you don’t miss one.
9. Inform a coach before you leave a meet or pool area. They are responsible to know you are handed off safely to a parent. If you must leave early, the coaches should be informed ahead of time.

## PARENT RULES

1. Remain off the deck during practices and swim meets.
2. Have your swimmers arrive on time.
3. You must be available to volunteer for Muskogee swim meets.
4. At swim meets, if your child visits with you, be aware of their next event and send them back to the coaches promptly.
5. Please contact the Sharks Head Coach Vida Berry at [vida-berry@Cherokee.org](mailto:vida-berry@Cherokee.org) or the Aquatics Supervisor Tom LaCombe at [tlacombe@muskogee.org](mailto:tlacombe@muskogee.org) or (918) 684-6304 Ext. 1461.