

## CEDARBROOK KIDDIE HAWKS

The Kiddie Hawks is a developmental “pre-team” for young swimmers, usually ages 5-8 years old. Attention will be given to improving stroke technique and endurance. Interested children can come to the first week of practices (see the calendar tab for time and date).

**Eligibility: A child must be able to swim unassisted the length of the pool with alternating arm stroke.** The coaches will assess each child's abilities in the first week or so of practice to be sure he/she is ready for Kiddie Hawks. As a swimmer progresses, he or she might be encouraged to join the “big team” the Seahawks and perhaps swim in meets later in the summer.

Kiddie Hawks is NOT a replacement for swim lessons. If the coaches decide that your child is not ready for Kiddie Hawks we encourage you to register for swim lessons. Our swim lesson program is designed to prepare the children for Kiddie Hawks. Additionally, participating in Kiddie Hawks *along* with group or private swim lessons is a great way to support your young swimmer's skill development.

There is a parent meeting to go over Kiddie Hawk information (see the calendar tab for time and date).

**SWIM SUIT:** Although they can if they would like to, Kiddie Hawks are not required to buy the team suit. Each swimmer will receive a t-shirt that will be handed out at the first PEP Rally/Picture Day.

**SWIM MEETS:** Since Kiddie Hawks is a developmental pre-team there are no official meets. There are however, the following events which are geared for the Kiddie Hawk swimmers:

1. Blue & White Meet at Cedarbrook. This is an intra-squad meet which involves the entire team and promises a lot of fun.
2. Celine Silver Mini Meet at Tilden Woods for Kiddie Hawks & 8- under swimmers. Parents are needed to help work this event.
3. Ribbons and Donuts: The morning after the mini meet all participants receive their ribbons from meet.

If you are interested in learning more about the swim meet process please refer to the “Swim Team Handbook” for all the details.

**PEP RALLIES:** Pep Rallies are open to all swimmers including Kiddie Hawks and occur at 6pm every Friday night during the swim season. Pizza and lemonade are served to the swimmers. The last Pep Rally is a potluck pasta dinner at the pool. All swimmers are welcome to join in fun with cheering and pizza!

**JOBS:** Families that have only Kiddie Hawk swimmers sign up for one job. There are several possibilities that will be explained at the Kiddie Hawk Parent Meeting. Families that have an older swimmer in addition to a Kiddie Hawk swimmer are required to sign up for a total of 4 jobs and 1 food requirement.

There is a parent meeting to go over Kiddie Hawk information (see the calendar tab for time and date). Please contact our parent Kiddie Hawk liaison if you have any questions.