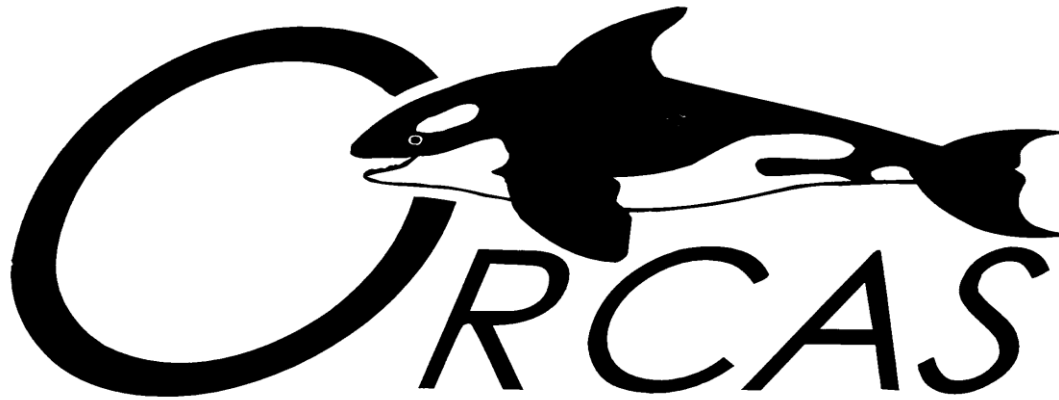




I . C . S W I M C L U B

Fall/Winter 2025-2026

REGISTRATION INFORMATION

The Italian Center of Stamford's Orcas swim team encompasses all ages and ability levels. Our team is structured to provide thoughtful development and steady progression through the stages of competitive swimming. The program is composed of athletes and their families from Stamford and communities throughout Southwestern Connecticut. The Orcas swim team is a family-oriented swimming program.

The strength of the volunteer parent organization together with the excellence of the coaching staff and the support of the IC have resulted in a highly successful swim program at all levels.

Orcas Swim Club Levels

PRE-ORCAS

Pre-Orcas is our entry-level program designed for younger swimmers who have progressed through the Italian Center's swimming instruction program and learned the four basic strokes. The emphasis for this level is on improving previously developed swimming ability and water skills. The Pre-Orcas program is ideal for swimmers who have a desire to eventually join our swim team or start their path to competitive swimming.

Requirements: Be able to swim 25 yards (one lap) of the swimming pool using freestyle and backstroke. Demonstrate an understanding of breaststroke and butterfly.

BRONZE

Bronze is the first level of competitive swimming with the Orcas, with most swimmers aged 9 or under. This group will learn what it's like being on a team and are given constant instruction on stroke mechanics, starts, turns, and all competitive swimming. The instructions are presented in a relaxed yet exciting manner with an emphasis on the fun and rewards of being a part of a swim team and participating in competitive swimming. The overall objective of Orca's Bronze level is to provide **individual attention** and a positive experience in swimming for younger swimmers.

Requirements: Be able to swim 25 yards (one lap) of the four basic strokes.

SILVER

Silver swimmers have a firm grasp on the four basic competitive strokes and are given instruction on more advanced concepts and swimming techniques. We work on refining each stroke to make it as efficient as possible, and work with our swimmers to improve on areas of weakness. The Silver level is typically when our swimmers begin to participate in swim meets. Swimmers are 12/Under.

Requirements: Swim 25 yards of the four competitive strokes without disqualification (DQ) and perform a racing dive.

Orcas Swim Club Levels

LIGHT BLUE

Light Blue level is for advanced Silver level swimmers who are ready to step things up a level before they commit to the Blue team. Light Blue will practice with Silver on M/W/F and will have an extra 30 minutes of practice time once Silver leaves. Swimmers are **11+** years of age.

Requirements: Swimmers must be invited by coaching staff to participate in the light blue level. Work ethic, commitment to the sport, performance at meets, and practice behavior are taken into consideration.

BLUE

Swimmers at the Blue level will be introduced to longer, harder, and more intense sets at practice. While we continue to refine the skills learned in previous Orca levels, swimmers will need a firm grasp on all 4 major strokes and associated turns in order to excel in Blue. Swimmers are **12+** years of age.

We highly encourage all Blue level swimmers and higher to experience the excitement of participating in USA Swimming Sanctioned Meets.

Requirements: Swim 1x100 of Free, Back, Breast, and IM without DQ.

GOLD

Gold swimmers begin to focus their training on longer distance events and individual medley swimming. Swimmers receive individual attention on advanced stroke mechanics and dryland workouts. Competition philosophy, mental training, and nutritional awareness are important subjects stressed with this group. Swimmers are **14+** years of age.

Requirements: Swim 1x100 Free, Back, Breast, Fly, and IM without DQ.

SENIOR

This is the highest level of training for the Orcas Swim Club and requires true dedication to the sport. The program is a serious regimen that includes endurance work, dryland strength training, flexibility, conditioning, goal setting, and an emphasis on team dynamics and mental conditioning. Swimmers are **15/16+** years of age.

Requirements: Swim 1x200 Free, Back, Breast, and IM without DQ.

Practice Schedule



Fall/Winter – 2025/2026
September 8th to Mid-March

	Monday	Tuesday	Wednesday	Thursday	Friday
Pre-Orcas	4:15-5:00pm		4:15-5:00pm		4:15-5:00pm
Bronze	4:00-5:00pm		4:00-5:00pm		4:00-5:00pm
Silver	4:00-5:00pm		4:00-5:00pm		4:00-5:00pm

	Monday	Tuesday	Wednesday	Thursday	Friday
Light Blue	4:00-5:30pm		4:00-5:30pm		4:00-5:30pm

	Monday*	Tuesday	Wednesday	Thursday	Friday*
Blue	5:00-7:00pm	4:00-5:30pm	5:00-6:30pm	4:00-5:30pm	5:00pm-7:00pm
Gold	5:00-7:00pm	4:00-6:00pm	5:00-6:30pm	4:00-6:00pm	5:00pm-7:00pm
Senior	5:00-7:00pm	4:00-6:00pm	5:00-6:30pm	4:00-6:00pm	5:00pm-7:00pm

*Monday and Friday practices will include dryland workouts for the last 30 minutes.

Swim Team Fees

All Swimmers:

Group	Members:	Non-Members
Pre-Orcas	\$700	\$850
Bronze	\$800	\$1,050
Silver	\$800	\$1,050
Light Blue	\$1,000	\$1,250
Blue	\$1,400	\$1,650
Gold	\$1,600	\$1,850
Senior	\$1,600	\$1,850
Orca's Parent's Association Fee	\$50	

Swim Team Payment (Card/Check#1/Cash) (If Check: "*The Italian Center*")

Orcas Parent Association Fee (Check#2/Cash) (If Check: "*Orca's Parent's Association*")

Meet Swimmers Only: USA Swimming Meet Fees

Level	Swim Meet Fees*
Pre-ORCAS	---
Bronze	\$300
Silver	\$300
Light Blue	\$350
Blue	\$400
Gold	\$400
Senior	\$400

**USA Swimming Meet Fee payments will be used solely to pay for events your swimmer is entered in. The Registration process with USA Swimming is online and completed by individual families. If your swimmer is registering for the first time, we will give you a signup link for the Orcas.*

**These are the totals we need in your account for a season of meets. If you have money leftover in your account from previous seasons, we will let you know the current balance and you can pay the difference. If your swimmer will be competing in every meet we attend, the total may be higher than the initial deposit amount.*

--

*Please have a separate check or cash for the USA Swim Meet fee (Check#3/Cash). If check, payable to *Italian Center of Stamford Orcas**

Fall/Winter 2025-2026 Registration Form

Try-outs & Registration will be on Friday, September 5th, 2025

10 & under 4:30pm to 5:00pm

11 & over 5:15pm to 5:45pm

First come, first served (limited space)

❖ Please note: There will be NO walk-ins accepted on the first day of practice.

Swimmer Name: _____ Member: Y N
Last First Middle

Address: _____

DOB: _____ AGE: _____ SEX: (F/M) _____ LEVEL: _____
(mm/dd/yy)

Mother's Name: _____ Father's Name: _____

Contact Phone Number: _____ Contact Phone Number: _____

E-Mail address: _____

Payments

Swim Team Fee: \$ _____ (Checks: "The Italian Center" / Card / Cash)

USA Swimming Meet Fees: \$ _____ (Checks: "Italian Center Orcas" / Cash)

Check Number or Cash (Parents fund): _____ (Checks: "Orca's Parents Association" / Cash)

CIRCLE ONE: VISA MC DISCOVER

Credit cards can only be used for Team Fee payment. Credit transactions incur a .03% admin fee

Card Number: _____ Exp: _____ CVC: _____

Please Note: All fees are non-refundable
Please return this form to Orcas Swim Club

The Italian Center of Stamford, Inc.

Release of Liability Athletics and Aquatics Department

1. In consideration of being allowed to participate in the activities and programs of The Italian Center of Stamford, Inc., and to use its pools, facilities, equipment, and machinery in addition to the payment of any fee or charge, I do hereby waive, release, and forever discharge The Italian Center of Stamford, Inc., and its officers, agents, employees, representatives, executors, and all others from any and all responsibilities or liability from injuries or damages resulting from my participation in any activities or my use of pools, equipment or machinery in the above mentioned activities. I do also hereby release all of those mentioned and any others acting upon their behalf from any responsibility or liability for any injury or damage to myself, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf or in any way arising out of or connected with my participation in any activities of The Italian Center of Stamford, Inc. or the use of pools or any equipment at the Italian Center of Stamford, Inc.

2. I understand and am aware that strength, flexibility, aquatic and fitness exercise, including the use of equipment, is a potentially hazardous activity. I also understand that aquatic and fitness activities involve a risk of injury and even death, and that I am voluntarily participating in these activities and using equipment and machinery with knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury and death.

3. I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity, or other illness that would prevent my participation or use of the pools, equipment, or machinery except as hereinafter stated. I do hereby acknowledge that I have been informed of the need for a physician's approval for my participation in any exercise/fitness activity or in the use of the pools, equipment, or machinery. I also acknowledge that it has been recommended that I have a yearly or more frequent physical examination and consultation with my physician as to physical activity, exercise, swimming and use of pools, or exercise and training equipment so that I might have his/her recommendations concerning these swim/fitness activities and equipment use. I acknowledge that I have either had a physical examination and been given my physician's permission to participate, or that I have decided to participate in any activity, usage of the pools, any equipment and machinery without the approval of my physician and do hereby assume all responsibility for my participation and activities, and utilization of equipment and machinery in my activities.

PLEASE PRINT CLEARLY

Participant name: _____ DOB: ____ / ____ / ____ Cell: _____

Address: _____

Emergency Contact and Phone #: _____

Member? (Y / N)

Email: _____ Please contact me for IC events and promotions: (Y / N)

Participant signature: _____ Date: _____

Parent/Guardian Signature: _____

(If participant is under 18 years of age or requires a guardian's signature)

Aquatics Director Signature: _____ Date: _____