



**Monmouth Heights Swim & Racquet Club of Marlboro
PO Box 146, Marlboro, New Jersey 07746**

Summer is quickly approaching and it's time to start thinking about swimming! Why not give the Stingrays a try? Swimming is both an individual as well as a team sport and is great exercise for kids.

You must be between the ages of 5-18 and must be able to swim a minimum of 25 meters, 1 lap in freestyle and backstroke. In the last 10 years, the Monmouth Heights Stingrays swim team has been the starting point for many children who now swim for competitive travel teams, high schools and colleges.

Team practices and try-outs start the first week in June (*exact dates to be announced*). Practices will be held every weekday evening during the month of June, and 4 evenings a week once the meets begin. Our practices will be held at our pool on School Road West. Meets will be held on Saturday mornings, 8:00 am warm-ups, 8:30 am start; Wednesday evenings, 5:00 pm warm-ups, 5:30 pm starts.

All home meets along with special events are held at the *Monmouth Heights Swim Club in Freehold* on Elton-Adelphia Road. The season will terminate during the last week in July with Individual Championships following about a week later (date TBA).

Cost per swimmer is \$50 to help defray the costs of the team. Please include a separate check made out to the **Monmouth Heights Swim & Racquet Club** along with the registration form below. Check us out on Facebook: Monmouth Heights Marlboro Stingrays

PLEASE NOTE: THIS IS NOT THE MARLBORO SWIM CLUB!

Registration Deadline: May 15, 2020

Sincerely,

Cory Varrial

Swim Team Coordinator – (732) 598-8499

Swim Team Registration – Summer 2020

Return with check to: Cory Varrial – PO Box 146, Marlboro, New Jersey 07746

Child's Name: _____ Date of Birth ___/___/___ Age as of 6/1/20

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Child's Name _____ Date of Birth ___/___/___ Age as of 6/1/20

Telephone # _____ Emergency # _____ Email address _____