

Welcome to the Edgebrook Eels!

Swimming is a fun and exciting competitive lifetime sport that is challenging and fulfilling for everyone. The Edgebrook (EB) Eels Swim Team has been around since 1997 and has been the league champion for Southern Metro Swim League six times! Coach Cori has been our head coach for over 28 years and she also coaches High School swimming. We look forward to a fun and exciting swim season!

The information in this packet is intended to give general information on registration and other important items. **The swim team is not designed to replace swim lessons.** Swimmers ages 7 to 18 should be able to swim unassisted **before** joining the team. Swimmers ages 10 and under should be comfortable in the water and able to swim 25 yards with very little assistance. Swimmers 11-18 have to swim a minimum of 50 yards continuously. **If your child cannot complete the minimum requirements to be on the swim team and needs swim lessons, complete this [link](#) to sign up. New swimmers must be able to do a swim assessment prior to the start of the season to determine the appropriate ability group practice. This assessment will be offered the week leading up to the start of the season or Tuesday following Memorial Day.**

*****Due to our large numbers of memberships to the facility, the pool will only be open to non-members during your scheduled swim practice. No one is allowed into the pool before practice begins unless you pay a \$10 guest fee per swimmer. Once your swimmer's practice is over, he or she cannot be allowed back into the pool unless they are a registered member of the pool or pay the guest fee.*****

2026 Meet Schedule

- Thursday June 11th versus McGee's Crossroads (Home)
- Thursday June 18th versus Oak City and Blackmon's Crossroads (Home)
- Thursday June 25th versus HealthQuest (Home)
- Thursday July 9th versus Hampton Ridge (Away)
- Thursday July 16th versus SRAC (Away)
- **Championships: Saturday July 25th (all day)**

INCLEMENT WEATHER

In the event of inclement weather, **ALWAYS** plan to go to practice. Summer storms come and go quickly. If practice is canceled, we will update our Facebook page (Edgebrook Eels Swim Team) and send out an email. If, at any time, you feel uncomfortable with whatever weather may be coming our way during practice times....please stay home.

- When a thunder or lightning storm is occurring, the pool is required to close the pool temporarily.
 - We are required to wait a minimum of 30 minutes until the last thunder roll is heard or lightning is seen.
 - NO ONE is allowed in the pool until it is safe to return to it.
- Lifeguards have the authority to temporarily close the pool if they believe they hear thunder.
 - As patrons you are required to exit the pool immediately once the lifeguard calls a thunder break.
 - Failure to comply with these rules will result in your eviction from the pool that day.
- If there is a storm occurring with no thunder or lightning, the pool will remain open unless at any time the black racing stripes can no longer be seen and the lifeguards cannot see the bottom of the pool, then the pool will temporarily close until the bottom of the pool can visibly be seen again.

We are glad you have decided to be part of our team and look forward to an enjoyable season. Please contact one of the people listed with any questions that you may have regarding the Edgebrook Eels.

Edgebrook Eels Swim Team 2026 [Registration Link](#) & General Information

Swim Team Parent Board: Jennifer Young, Joey Walls, and Crystal Heinzerling

Name	Phone Number	Email
Cori Walker	919.624.1148	coachcori79@gmail.com

Jennifer Young	919.696.4523	jenniferpittmanyoun@gmail.com
Joey Walls	919.395.6415	trojand02@gmail.com
Crystal Heinzerling	919.661.8623	crystalheinzerling@gmail.com

Swim Team Fee: Members- \$125 per child Nonmembers- \$175 per child
Each additional swimmer will be \$10 off

Note: Swimsuits and Goggles will need to be purchased separately. You can order a team suit from All American Swimwear (Mention you are a member of Edgebrook)

1231 NW Maynard Rd

Cary, NC 27513

Phone: 1-919-439-8678

A competitive suit is not required for this year but a one piece for girls is required. Boys can do jammers, speedos, or swim trunks (jammers are recommended).

allamericanswim.com



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Morning Practice Schedule-- Starts Monday June 1st

- **Monday-Wednesday 8:00-9:00am**
- This is an option for swimmers to come at an earlier time if you have commitments at night

Evening Practice Schedule-- Begins Wednesday May 27th (Monday-Thursday)

Beginner Sea Turtles (6:00-6:30)

- **This will be for the new swimmers who can swim 25 yards but maybe cannot swim any strokes correctly and needs to take a lot of breaks (**Note: This is not a swim lesson. If swimmers cannot do 25 yards unassisted we recommend private lessons vs. swim team)**
- **Can enter the water unassisted but does not know how to dive**
- **Goals:**
 - To swim unassisted 25 yards of two strokes
 - Introduction to improving endurance with a minimum of 50 yards
 - Introduction to diving
 - Must be able to do a two 25 yds warm-up

Advanced Sea Turtles (6:00-6:30)

- **Swimmers can swim 25 yards unassisted of freestyle and/or backstroke but needs work on correct form**
 - Does not hang on lane lines or wall
 - Does not walk along the bottom
- **Can enter the water unassisted but does not know how to dive**
- **Goals:**
 - To swim unassisted 25 yards of two strokes
 - Introduction to improving endurance with a minimum of 50 yards
 - Introduction to diving

- o Must be able to do a 50 yd warm-up

Beginner and Advanced Sea Lions (6:00-6:45)

- Swimmers can swim 25 yards unassisted of two strokes without stopping, hanging on the wall/lane, or walking along the bottom
- Can demonstrate basic diving form but needs work on correct entries
- **Goals:**
 - o Can swim a minimum of 50 yards with limited pausing (only stops at end of the pool)
 - o Must be able to complete 3 strokes that are legal
 - o Can do proper diving form but needs work on specific technique
 - o Must be able to do a 100 yd warm-up

Beginner Penguins (7:00-8:00)

- Swimmers can swim 50 yards with limited pausing of at least 3 strokes
- Must be able to complete a 100 yard warm-up
- Can perform introductory diving successfully
- **Goals:**
 - o Must be able to swim a minimum of 75 yards in 3 strokes
 - o Must be able to do all 4 strokes with little mistakes
 - o Can do proper diving with limited need for technique improvement

Advanced Penguins (7:00-8:00)

- Swimmers can swim a minimum of 50 yards with no pausing of at least 3 strokes
- Must be able to complete a 200 yard warm-up
- Can perform diving successfully
- **Goals:**
 - o Must be able to swim a minimum of 100 yards in 3 strokes
 - o Must be able to do all 4 strokes correctly
 - o Can do proper diving
 - o Introduction to the 100 IM

Polar Bears (7:00-8:00)

- Swimmers can do a 400 yard warm-up
- Can complete a 50 yd legal swim of all 4 strokes
- Can do an IM but needs work on endurance
- Can dive but needs work on competitive diving
- **Goals:**
 - o Must be able to swim a 100 yard distance of backstroke, breaststroke, and butterfly
 - o Must be able to complete a 200 yd freestyle
 - o Can swim an IM legally
 - o Demonstrates competitive diving
 - o Can perform a legal flip turn for freestyle and is developing backstroke

Narwhals (8:00-9:00)

- Swimmers can do a 500 yard warm-up
- Can complete a 100 yd legal swim of all 4 strokes
- Can complete a 100 yd IM successfully and legally
- Swimmers can perform a correct freestyle flip turn but is developing backstroke flip turns
- Demonstrates competitive diving
- **Goals:**
 - o Must be able to swim a 200 yard distance of at least 3 strokes
 - o Can swim a 200 yd IM legally
 - o Demonstrates competitive diving of at least 3 strokes
 - o Can perform a legal flip turn for freestyle and backstroke

Dolphins (8:00-9:00)

- Swimmers can do a 500 yard warm-up

- Can complete a 200 yd legal swim of all at least 3 strokes
- Can complete a 200 yd IM successfully and legally
- Swimmers can perform correct freestyle and backstroke flip turns
- Demonstrates competitive diving of at least 3 strokes
- **Goals:**
 - Must be able to swim a 200 yard distance of all 4 strokes
 - Knows proper legal turns/touches for all strokes
 - Demonstrates competitive diving of all strokes
 - High-school prep practices with drills will be conducted

***Saturday Practices are only for swimmers in the following groups:**

Penguins

Polar bears

Narwhals

Dolphins

Saturday practices run 9:00-10:00 am

Stroke Focus Each Saturday:

- June 6th- Free
- June 13th- Back
- June 20th- Breast
- June 27th- Fly
- July 11th- IM
- July 18th- Dives/Turns/Review