



CAIRO AMERICAN COLLEGE HASSAN-WEBB AQUATICS CENTER

Volume 45

Number 4

April 14th, 2025

Cairo, Egypt

2025 Spring Age Group Time Trials

Dear Swimmers and Parents,

Our second event of the season, **Time Trials**, will be held on **Saturday, May 10th**.

Sign up [HERE](#) for the Time Trials

If you are NOT planning on participating in the Time Trials, please email us to indicate so by Sunday, May 4th, 2025.

tpetrovna@cacegypt.org

asafey@cacegypt.org

We will hold **ONLY ONE** Session on that day.

*** Swimmers should report to the pool 10 minutes before their warm-up.**

09:00 - 09:20	Warm-up for Age Group 1 (ES) Sunday/Wednesday
09:20 - 09:40	Warm-up for Age Group 1 (ES) Monday/Thursday
09:40 - 10:10	Warm-up for Age Group 2 (MS/HS)
10:30 - 01:30	Events for Time Trials

PARENTS, WE MUST HAVE YOUR HELP TO RUN THE TIME TRIALS!!!!

We will need 12 Timers, 1 Head timer, and 4 BullPen coordinators.

We will train you on the spot!!!

The sign-up form is shared with you in this document. We need your help to run the event. Please sign-up. Thank you in advance!

What to bring on the day: at least two towels, healthy snack food, water and juice, extra goggles, and a swim cap. Sunscreen should be applied before you begin warming up and again during the middle of the afternoon activities.

SWIM TEAM FEE

A swim team participation fee of **\$70 per ES swimmer per season (2 days)**, **\$140 per ES per season (4 days)** swimmer and **\$140 per MS/HS swimmer per season** is applied for the 2025 Spring Age Group season.

**** All payments must be completed within the first 2 weeks of the program through the school cashier.**

**** If you are doing a wire transfer, please send a copy of the transfer to Aquatics <tpetrovna@cacegypt.org, asafey@cacegypt.org> and also CC <dsadek@cacegypt.org, mwilliam@cacegypt.org>. Please ensure that while processing the transfer, you include a note specifying the student's name and the payment for the Age Group (ES or MS/HS) and upload a proof of payment [HERE](#).**

LOOKING AHEAD - SEASON SPECIAL EVENTS SCHEDULE!

- | | | | |
|-------------|---------|-------------------|-------------------------------|
| • Saturday, | May 10, | | Spring Age Group Time Trials |
| • Saturday, | May 17, | | Marvel Swimming Championship |
| • Friday, | May 23, | | Spring Age Group Invitational |
| • Saturday, | May 24, | | Spring Age Group Invitational |
| • Thursday, | May 29, | 3:15 pm - 5:00 pm | Awards Presentation |

Swimcerely,
Aquatics Department
Coach Tatiana: tpetrovna@cacegypt.org
Ahmed Safey: asafey@cacegypt.org

WHAT ARE TIME TRIALS?

Time Trials are held as a “real swim meet” with no outside competing teams participating. Swimmers will be competing within their age group.

Events: 25m, 50m, 100m Freestyle. 25m, 50m Backstroke. 25 m Kick-board, 25m, 50m Breaststroke. 25m, 50m Butterfly, 100m IM.

Coaches choose the time trial events and distances for each swimmer.

Not only do **Time Trials** give the swimmers experience of competition, but they also help the coaches see where additional work and improvements are needed.

Swimmers, as you prepare for this coming **Time Trials**, think of the cornerstone on which you are building your strokes, and the personal goals to strive for while improving your times and setting new records.

REMEMBER! Technique **FIRST!** Think about your personal goals for each event you swim. If you need help setting goals, speak with your coach so that strategies can be laid out to help you reach your goal.

Remember the following pointers as you prepare for the Time Trials:

On the Crawl Stroke:

At the start, no breathing until you reach the Lifeguard chair.

On the turn, streamline past the flags: take two strokes off the wall before you breathe.

Ask yourself a QUESTION OF THE YEAR.

Three dolphin kicks on the start and off the turns.

On the Breast Stroke:

During turns and finish your hands must touch at the same time and the same level.

Only ONE underwater stroke after starts and turns.

NO SCISSOR KICKING.

On the Back Stroke:

Always touch the wall with your hand, not your elbow, arm, or head.

Touch the wall while you are on your back at the end of the distance.