



Heritage Village

Sea Lions

Information Package

2011

Message to Parents

March 2011

Dear Heritage Village Swim Team Parents,

We have put together a packet of information about the organization and expectations of our swim team. Take a moment to review the material so you will be able to better understand how it all works. We hope you will use this packet throughout the season. We appreciate you're referring to it before contacting us with questions as you will probably find many of the answers here.

Throughout the season, we will post a weekly update on our website, as well as other important announcements and information. We communicate via email quite frequently so please check for updates daily. Be sure to check your child's file folders at the pool as well, as we put ribbons from the swim meets in them on Mondays.

The coaches for Heritage Village will be Elise Peterson and Paige Quigley. They will be joined by junior coaches Paris Duhamel, Megan Korff and Ethan Holzer.

We are looking forward to another fun season for our kids. If you have any questions, please feel free to contact us.

Thank You!

2011 Parent Reps:

Jackie: jkprice86@yahoo.com

Kimberly: lefeverfamily@yahoo.com

Cathy: cthwlkr@comcast.net

SEA LIONS AND ROCKY MOUNTAIN SWIM LEAGUE (RMSL)

TEAM PHILOSOPHY

The philosophy of the Heritage Village Swim Team is that having fun is the most important thing we can do, while also competing to the best of each swimmer's ability. Personal development is also very important. Making friends, improving swimming skills, and improving times are also important in establishing a healthy environment that encourages kids to do their best.

SEA LIONS AND ROCKY MOUNTAIN SWIM LEAGUE (RMSL)

Heritage Village Swim Team belongs in the Rocky Mountain Swim League (RMSL), which consists of 18 teams. There are three divisions this year referred to as A, B, and C divisions.

Heritage Village Swim Team is in the C division this year. The other teams in this division are: Hampden Heights, Green Oaks, Hunters Hill, Southpark and Homestead Farms.

Rocky Mountain Swim League is governed by a set of rules called "By-Laws". These bylaws are established by the RMSL Board of Directors in conjunction with USAS (United States of America Swimming) rules. Each team is expected to function within these guidelines to assure fairness to all participants. The Rocky Mountain Swim League has a website that we encourage you to visit for valuable information. www.RMSL.org

The parent representatives of the Heritage Village Swim Team sit on the RMSL Board of Directors. This board meets once a month throughout the year and this is where all decisions regarding the summer program are made.

The objectives of the Rocky Mountain Swim League and its participants are:

- A. "To provide an opportunity for young people to develop swimming skills and gain a positive competitive swimming experience."
- B. "To provide an organized framework within which coaches, competitors, parents and league officials can operate with courtesy, good will and sportsmanship."
- C. The Rocky Mountain Swim League also requires that every swimmer must attend 10 practices during the season and participate in at least 2 meets to become eligible to swim in Prelims and Finals.

With these objectives in mind and the understanding that the existence of this league and its members is due strictly to untiring parent participation, we set the guidelines for the Heritage Village Swim Team.

II. SEA LIONS TEAM MEMBERSHIP AND ELIGIBILITY

Eligible Swimmers

- Must live in Heritage Village and pay dues to the Heritage Village Homeowners Association.
- Must be able to swim one length (or almost) of the pool (any stroke) without stopping.
- Must be between the ages of 5 years and 18 years as of June 1, 2010

Age Groups

Listed below are the Age Groups that will be competing in the meets:

- 6 & Under
- 7-8 Year Olds
- 9-10 Year Olds
- 11-12 Year Olds
- 13-14 Year Olds
- 15-18 Year Olds

The legal age of a swimmer as of June 1 of the current season will determine the age group in which he/she will compete for the entire season.

Cost:

The Fee for all swimmers is \$100.00 per child.

Refund Policy: \$20.00 of the Registration Fee is non-refundable if you cancel before the first meet. The remainder of the registration fee is not refundable after May 31, 2011.

Team Funding: The fees you pay for your swimmers goes primarily towards coaches salaries. In a perfect world the approximate allocation of all swimmer fees, concession income and fundraisers are as follows:

65% coaches salaries 10% RMSL fees
15% Equipment 10% other – end of season banquet, trophies,
office supplies, team events

III. THE COACHING STAFF:

A committee of swim team parents hires our coaching staff.

His/Her primary responsibilities are:

- a. To have practices that are well organized and structured.**
- b. Place swimmers in their events for swim meets.**
- c. Attend RMSL meetings and training when needed.**
- d. Maintain discipline and work toward the RMSL objectives**
- e. Meet weekly with the parent representatives.**

If you have questions or concerns regarding your child's swim needs, please contact one of the coaches **AFTER PRACTICE** (after 11:00 a.m.) and they will be glad to discuss any issues at that time. It is unfair to the other swimmers to take coaching time to discuss a problem or concern during practice.

IV. SUITS/SUPPLIES

Swim Suits will be available at: **Out of Breath Sports**, 28 E. Arapahoe Road, (SE Corner of Arapahoe Road and Broadway) contact Jim or Kathie at 303-798-5037.

The swim team will be selling Heritage Village swim caps. Contact one of the Parent Representatives if you would like to purchase a cap.

V. PRACTICE SCHEDULE

Swim practices are Monday through Friday starting Monday May 23 and are broken down by age group. There is no practice on Memorial Day. Each swimmer is required to attend all practices unless sick or out of town. The practice schedule is as follows: (with the exception of the first week of practice-see website for details for that week only)

Mon/Wed/Fri		Tues/Thurs	
11-12 year olds	7:30-9:00 a.m.	11-12 year olds	8:30-10:00 a.m.
13-18 year olds	7:30-9:00 a.m.	13-18 year olds	8:30-10:00 a.m.
9-10 year olds	9:00-10:00 a.m.	9-10 year olds	7:30- 8:30 a.m.
7-8 year olds	10:00-10:30 a.m.	7-8 year olds	10:00-10:30 a.m.
5-6 year olds	10:30 – 11:00 a.m.	5-6 year olds	10:30 – 11:00 a.m.

Please do not send your swimmer to practice early as there is no supervision. There is no supervision for them once their practice is over until the lifeguard come on duty at 11am. Please do not leave your child unattended during a sibling's practice. We have a lot of swimmers in the pool and this is a safety concern.

No swimmer will be entered into a meet if she/he has two or more unexcused absences in one week. Two tardies count as one absence.

Any swimmer asked to leave practice more than once in any given week because of improper behavior will not be allowed to swim in the next meet. Please ask your children to refrain from talking to the coaches during the other swimmers practices.

SPECTATOR POLICY: Please refrain from disturbing the coaches and swimmers during a practice or meet. For safety and for best use of time, the coaches need their attention on the swimmers. Swimmers also need to concentrate on their sets and need to be able to listen to instructions. If you have any questions or concerns, talk with the coaches after practice at 11:00 a.m. At the meets, parents need to keep a close eye on their younger children. Any interference by a child or any toys will result in a disqualification against our team. Foul language or inappropriate behavior by a swimmer or parent will result in disciplinary action. **The baby pool will be closed during practice and at the swim meets to comply with our safety rules.**

We urge all parents to schedule vacations after **July 16, 2011**. We know this is not always possible, so please let the coaches know in writing when your child will not be available for practices and meets. We are also aware of the fact that we have older swimmers (15-18) who have summer jobs and are unable to attend the predetermined practices. All efforts will be made (on an individual basis) to accommodate these swimmers, but some practicing will be required.

VI. MEET SCHEDULE:

The meet schedule for **2011** is listed below. We have 2 home meets this year:

Saturday, June 4th away

Saturday, June 11th at home

Saturday, June 18th at home

Saturday, June 25th away

Saturday, July 10th away

Prelims: Monday, July 11 at Ben Franklin 8 years and under

Tuesday, July 12 at CCV 13-18 year olds

Wednesday July 13th at Homestead 9 &10 year olds

Thursday July 14th at Heritage Greens 11 & 12 year olds

Finals: Saturday, July 16th Stonegate

VII. THE MEETS THEMSELVES

We will host a mock meet on Thursday, June 1st at 6:00 pm. This is a great opportunity for everyone, swimmers and parents, to experience what a meet might be like. We strongly encourage all families to participate in this event.

OUR MEETS ARE HELD ON SATURDAY MORNINGS BEGINNING WITH WARM-UPS AT 6:15 A.M. FOR HOME MEETS/ 6:45 A.M. FOR AWAY MEETS AND ENDING USUALLY AROUND NOON. Each child should check in with the Coaches and Tent Parent so that they know they are there. Parents should check in with Parent Rep to report for volunteer duty.

Swimmers are eligible to swim 3 individual events plus 2 relays. In some of our larger age groups, however, it is impossible to swim all swimmers in all 5 events. Therefore, the coach will incorporate as many swimmers in each meet and events as possible.

All swimmers should compete in at least three meets. The intent of the swim team is to introduce all swimmers into friendly competition. For children interested in improving technique only, private lessons or swim lessons are more appropriate.

If any swimmer is unable to participate in a Saturday meet, the coach must be notified in writing on the Wednesday prior to the meet. Email works great or a note in the coaches folder.

The coach will post what each person will be swimming on the day prior to the meet. (Generally Friday) This event posting will be available at the upper pool. On occasion, the coaches will ask the kids what they want to swim. Their requests may or may not be fulfilled but the coaches will do their best to accommodate as often as possible. **Parents, please be cooperative and patient with their decisions.**

“No Shows” the day of the meet, excluding sudden illness and emergencies, indicate a lack of respect for the coaches and teammates and will result in that swimmer not being allowed to swim in the next scheduled meet.

At the home meets, all families are required to bring a food/drink donation for the concession stand. The concession stand is one of our primary sources of revenue. Please support our concession stand with your donation.

To be eligible for Finals, children must swim in 2 of the 5 meets. Due to the quirkiness of the year's season schedule, the last meet is not a qualifying meet for finals. **This means the children must swim 2 of the first 4 meets to qualify for Finals.** The meet on July 9th will NOT be a qualifying meet. This is a league rule and can't be modified.

CANCELLATION OF A MEET OR PRACTICE

If the weather is rainy we will not hold practice or continue with a swim meet. RMSL rules state that the weather must be at least 55 degrees or warmer. If it is cold, we will have land practice instead. However, it is between the parent reps of each team to decide if a meet is going to be cancelled. Please check your email before you send your swimmers to practice or before you head off to a meet. Email and text are the only way you will be notified of any chance in practice.

RIBBONS

This can be a very exciting and also disappointing topic for swimmers and their parents. We get a lot of questions after a meet as to why the swimmer didn't get ribbons when they placed 1st, 2nd or third place in their heat. The way the ribbons are calculated is the top 6 times will get ribbons. So, if we have two or more heats of a certain event, only the top 6 will ribbon. Please let one of the coaches or parent reps know if you have any further questions.

PRELIMS AND FINALS

Finals are the last hurrah to a successful swim season and determine the final outcome of team standing in the Rocky Mountain Swim League. All 18 teams in the RMSL participate and it is an exciting day! The prelims determine who will swim in finals and are scheduled by age groups on different days. Prelim dates are:

Prelims: Monday, July 11 at Ben Franklin 8 years and under
 Tuesday, July 12 at CCV 13-18 year olds
 Wednesday July 13th at Homestead 9 & 10 year olds
 Thursday July 14th at Heritage Greens 11 & 12 year olds

Finals: Saturday, July 16th Stonegate

The top 16 qualifiers in each event will go to finals, also referred to as RMSL Championships at Stonegate. Relay teams are included as regular events, too. At the finals, 1st through 16th place will receive medals and points for their team.

Prelim meets last generally an entire day, as there are as many heats of each event as there are swimmers to swim them. Again, a swimmer can swim 3 individual events as well as 2 relays. We strongly encourage all swimmers to attend prelims in an effort to take as many HV Sea Lions to finals as possible.

Finals last an entire day, as there are 16 swimmers in each event. The results of this meet are posted individually and by teams. Parents who have swimmers participating in prelims and finals will be asked to work these events also.

TIPS ON PREPARING YOUR CHILD FOR THE SWIM MEET:

The first swim meet sometimes raises many questions for parents of the swimmers especially if this is the first meet your child has participated in. Hopefully, these suggestions will be of help. In order to swim fast, a swimmer must train hard in workouts, but also must also eat properly, get enough rest, and avoid high stress. The following suggestions for foods recommended for swimmers came from parents of year-round swimmers and from the Tri County Health Department.

THE NIGHT BEFORE A MEET: Complex carbohydrates such as whole wheat bread, potatoes, rice vegetables, fruit, etc. There should be a minimum of butter or oil eaten with the meal, since that takes longer to digest. An example meal: Spaghetti with a marinara sauce, (no meat in sauce) Salad or Vegetable with very little dressing or butter, Whole Wheat Bread or roll and fruit for dessert.

A GOOD NIGHT'S SLEEP IS A MUST!!!!!!

THE DAY OF THE MEET: Breakfast – Bread with a small amount of jelly or honey, or pancakes. Bagels are also good. Go light on the cream cheese. Fruit, juice tea and/or water. NO EGGS!!

During the meet: Fruit, juice or water. NO POP and No High Sugar...it pulls water out of the swimmers system, and during the long, hot meets our swimmers can get dehydrated. Stay away from candy during the meet. Save it for after the meet.

A high carbohydrate intake will allow the swimmer to replace the energy supply in his muscles within 24 hours as compared to 2 to 5 days with a low carbohydrate diet. Swimmers are advised to reduce their sugar intake and to ingest most of their carbohydrates in the form of starches. Sugars, although they cause a sudden increase in energy, will, within a short time, cause a drop in energy that will leave swimmers fatigued at a time when muscles need to supplement their energy supply. Examples of starches: Breads, cereals, garbanzo beans, chili, chop sue, corn, fruits, leafy vegetables, lentils, macaroni, milk, noodles, pancakes, peas, potatoes, sweet potatoes, rice, spaghetti, waffles.

The main purpose of a high carbohydrate pre-competition meal is to prevent hunger without causing nausea. In addition, the carbohydrates that were eaten in the pre-competition meal will be digested and available as glucose after the meet so that the glucose can be used to replace the muscle and liver glycogen that was metabolized during the races.

WHAT IS A DQ?

When a child receives a DQ at a swim meet, he/she will unfortunately not be taking a trip to Dairy Queen. DQ is short for disqualification. When a swimmer makes an error in their turns, touches or stroke and that a stroke judge calls error, the swimmer is disqualified. This means that no matter what time the child receives, they are ineligible for receiving any ribbons or scoring points for their team. This is often very traumatic, especially for the younger swimmers. However, it is a valuable experience and the child will become much more interested in proper technique. The coaches work very hard with the swimmers to help them understand all the possible way to DQ. If perhaps a child is DQ'd at a meet, the coaches will work with those particular swimmers the following Monday so they can get a better understanding of what they did wrong. Some common DQ's are: turning over on your stomach while doing a backstroke, not touching the wall on a turn, doing a flutter kick on a breast stroke, jumping off the blocks too soon before the fellow teammate touches the wall, etc. In addition, in relays, if one swimmer earns a disqualification, the entire relay team is disqualified.

Body Paint – Please do not let your child bring any type of body paint or markers to the meet. In the past, swimmers have used the paint/markers to write on their backs, legs and arms and it rubs off on lawn chairs. This is very hard to get off and certain teams in the league will not allow swimmers to compete if they have any type of marking on them. If the coaches see this, your swimmer will be asked to remove the paint at home and could jeopardize an event.

THINGS TO BRING TO THE MEET:

- A sleeping bag or old blanket because the grass is usually wet.
- Plenty of towels
- Sunscreen,
- Extra goggles, extra swim caps
- Hat, sunglasses
- Card games, etc.
- Parents should bring chairs, coolers with food or drink (although there are excellent snack bars) please put your child's name on all articles of clothing and goggles. Umbrellas for parents are discouraged unless you are planning to sit behind the other seats.
- Snack bar donation for the home meets
- Plenty of water for the swimmers
- Sweatshirts and sweatpants

- Healthy snacks for kids
- If your child brings ipods or handheld video games please make sure they take care of them. HVST is not responsible for lost or stolen items.

VIII. PARENT PARTICIPATION

It is impossible to convey the great necessity to have all the parent participation we can muster. Our swim season is short and there is a great deal to accomplish in this time. For each meet we will need a minimum of 10-12 people “on deck”, numerous people organizing prior to the meet, scoring and recording during the meets, and tallying scores. The following is a brief explanation of what each committee does so you can easily choose the one that best suits you. **Parents are required to work at least four (4) shifts during the course of the swim team season and at least one social event, and if your child is attending prelims and finals, you are required to work at least one shift per day.** You will be notified if you have not signed up for at least four shifts.

VOLUNTEERS NEEDED DURING THE MEET:

a. Tent Set-up/Snack Bar Set-up

Volunteers have two responsibilities, contingent upon if the meet is home or away. Away Meets: Two tents and tarps must be picked up from the pool the night before the meet, prior to the pool closing. Two large vehicles will be needed to transport the tents to away meets. Tents must be set up and tarps spread on the ground beneath them NO LATER THAN 6:45 am. Home Meets: We warm up first during home meets, so the tents and tarps must be set up NO LATER THAN 6:00 am. Once the tents and tarps are up, proceed to the snack bar for set-up. The snack bar coordinator will provide direction as to the specifics of the set up. Snack bar must be set up and ready to sell items NO LATER THAN 7:00 am. Once the snack bar is set up, you must stay for staff and sell at the snack bar until the first shift arrives to relieve you at 7:45 am.

b. Scoring

There are usually two scorers per shift at each meet—one from each team. The home team scorer enters times from swimmer’s event cards into the computer (via Meet Manager software) and the visiting team scorer sorts event cards after input and performs data quality check for times and swimmers entered into Meet Manager. Volunteers review deck cards and agree on proper order of finish of each event, as well as check for detailed and signed DQs on the event cards. In case of an invalid card, the scorer must report the card to the starter/referee for possible reversal of the DQ or proper completion of card. We would love for someone to volunteer for this job who could also supply a laptop computer.

c. Snack Bar (Home meets only)

Responsible for selling refreshments to swimmers and parents during the meet. Snack bar volunteers also provide water on-deck to volunteers during home meets.

d. Timers

Record times of swimmers. A meeting will be held by the starter/referee at 7:30 a.m. the morning of the meet. Everyone is expected to attend if they are timing that day. Five minutes before the start of their volunteer shift, timers should report to the Parent Reps who will provide them with a stopwatch and clipboard. If you are replacing a volunteer from a previous shift, they will hand their equipment to you directly. There will also be one back-up timer who starts his/her watch on every race. Their time is used only to substitute in the event of

a failure of another' timer's watch. Before the start of each event, timers should clear and reset their watches, collect the deck card from the swimmer, ensure the name of the swimmer matches the deck card, and that the swimmer is in the correct heat and lane. Timers should use their index finger, not their thumb, to start and stop the watch. (The index finger has a fast reaction time). Timers should start their watches at the blink of the strobe light, NOT the beep signal sound. Immediately after the start of the race, timers should check their watches to make sure they are operating correctly. In the event of a malfunction, the timer should raise his/her hand immediately and call for the back-up timer. After the event, the timer will record the swimmer's time on the deck card and give the card to the runner.

Timers should follow the swimmers to the end of the pool and stop their watches only when the swimmer touches the side of the pool. **DO NOT ANTICIPATE THE TOUCH.**

In the case of 25-yard events (6 & Under and 7-8 age groups only) the Starter will instruct the timers when to move to the other end of the pool (and when to return to their original positions). Timers should receive their event cards for the shorter distance swims from the runner. Timers should ensure the event card they receive is for the proper event, heat, and lane.

e. Stroke Judges

There will be a stroke judge clinic in May that is mandatory to attend if you are interested in being a stroke judge. All stroke judges are certified annually by the league. Stroke judges assure proper execution of strokes and turns as described by the RMSL and USS rulebook. A brief meeting with the starter/referee will be held at 7:30 a.m. the morning of the meet. Everyone who is stroke judging must attend whether they are first or second shift.

f. Tent Parent:

Stays under the tent with all swimmers to make sure swimmers are ready for their proper events. They will escort the younger swimmers to the heating area before their races. The tent parent also distributes deck cards to swimmers.

g. Runners

Runners collect the swimmers' event cards (deck cards) from the timers at the end of each event and deliver them to scoring. It is important that runners collect the event cards swiftly from the timers, as a delay in the meet can occur if the cards are not collected and delivered quickly enough. For 25-yard events (6 & Under and 7-8 ages only), runners also need to collect the event cards from the swimmers prior to the event and deliver them to the timers on the other side of the pool so the swimmers' times can be recorded. It is critical that the timers receive the appropriate event card for each lane prior to the start of the event! Runners need to be aware of which end of the pool the timers are located.

A brief meeting at 7:30 a.m. will be held by the starter/referee to familiarize the responsibility of the runner.

h. Announcer

The announcer calls swimmers to the heating area three events ahead, giving first, second, and final calls. Responsible for announcing cumulative team scores as that information is provided from Scoring. Responsible for providing announcements as may be necessary during the meet to assist in meet operations, such as announcing volunteer shift changes, calling for missing volunteers, and promoting snack bar sales.

i. Heating

Heating volunteers are responsible for ensuring that swimmers are placed in the correct event and heat and are situated in their correct spot in the heating area. As each event is swam, heating volunteers instruct the next group to report to the area behind the blocks, where Parent Reps double check to make sure they are seated in their correct lanes. For all races, including relays of age groups 6 & Under, one person from heating must escort the kids to their correct place behind the blocks.

j. Meet Breakdown/General Clean-up, takedown of snack bar

We need volunteers to help clean up the snack bar, deck area, and get the pool ready for the neighborhood to enjoy after each swim meet. This includes pool deck cleanup, tent takedown and clean up of the greenbelt area. For away meets, we need someone with a large vehicle to transport the tents and tarps from the meet back to the clubhouse as well as clean up the tent area where HV swimmers were camped out during the meet.

Social Volunteer Coordinator Descriptions

Website Coordinator (1 person)

The Rocky Mountain Swim League has a website (rmsl.org) that hosts websites for all teams. The Sea Lions Swim Team has it's own website. We need a creative/technical expert who can update this site as needed.

Snack Bar Coordinators (2 people)

Plan, shop for, and organize food served during our home swim meets. You will have 4-6 volunteers to assist you with set-up/ take down and selling. You will receive a binder with information and procedures from your parent rep.

NOTE: All families are required to donate to the snack bar. You must sign up for a snack bar donation during the registration process.

Social Committee (1 coordinator)

This committee is responsible for planning, publicizing, set up, tear down, and fund collection (if necessary) of social events. Examples of events include bar-b-ques, talent shows, flick and float, etc. Includes fundraising as many social activities can be used as fundraising activities. The silent auction is a sub-committee and has its own coordinator.

Season-End Banquet (2 coordinators)

Our banquet is held on the evening of finals. This committee must select and coordinate caterer, purchase decorations and paper goods (with Swim Team funds), work with Parent Reps to determine ticket prices, publicize to all families and coordinate tickets sales/reservations. Pick up trophies the day of the banquet and set up at the venue.

Ribbon Coordinator (1 person)

Parent reps will provide you with league ribbons and self-adhesive labels with swimmers' times imprinted on them. You must place the labels on the appropriate ribbons and sort per swimmer. Ribbons are then placed into baggies and placed into each swimmer's folder the Monday following the meet.

DVD Producer (1 person)

Photographers and Videographers

Each year we produce a season-ending video that the kids really enjoy. In order to make all swimmers beam with pride, we need photos of each and every child. For this position, you will be assigned a group of kids that you are responsible for photographing all season long. You may have as many as 20 children to photograph—but we only need 3-4 shots of each child. All pictures must be submitted to DVD Producer in a jpeg format on a CD.

The ultimate ending to our season, this volunteer produces our year-end video. As part of this production, this volunteer is responsible for assigning specific swimmers to all photography volunteers, and ensuring three photos of every swimmer are in the video. The night of the banquet, DVDs are made available for purchase to all families, with proceeds going to the swim team. This volunteer is responsible for making copies of the DVD and selling them at the banquet.

Luminaries (2 coordinators)

This is one of the biggest fundraising events for the team, next to the silent auction, and we need lots of families to help gather orders, distribute the luminaries, and collect funds. The coordinator does all of the above as well as places orders for materials. Each family that volunteers will be assigned approximately 20 houses to contact.

Donut Days (6 people)/ Bagel Bonanza (2 people)

Every Friday we sell donuts! You provide the donuts at your expense. Please order the donuts from King Soopers on Wednesday and have them to the snack bar on Friday no later than 8:30 am. Check with your Parent Rep for the exact amount to order. Amounts can vary anywhere from 9-11 dozen. On the Friday before finals we switch from donuts to bagels, and request that bagels and cream cheese from Panera Bread be provided in lieu of donuts. This seems an expensive donation but it is also your only commitment. Many volunteers on other committees spend a lot hours working on their events.

SWIM TEAM END-OF-SEASON PARTY!!!

At the end of the swim season and the day of finals, we will have our swim team party and awards presentation. All swimmers and parents are urged to attend the fun event. It is presently scheduled for the evening of Saturday, July 16, 2011. The evening is loads of fun as we have food, awards ceremony and the world-famous season movie.

GO SEA LIONS!!!

We hope this information will serve as a guideline and will help us all to have a great summer. Please feel free to contact the parent representatives at any time! Thank you for your support!