



Sea Lions Swim Team



Parents Update May 21, 2023
Team Website: sealionsswimteam.com

Practices Monday – Friday 3:30- 5:00 in Mammoth: Keep an eye on the parent updates for any changes in practice times or dates. Families are encouraged to carpool to practice to help bring all swimmers who need a ride.

Memorial Day Practice (5/29) will be held in the morning 9:30 – 11:00 am.

Morning Practices for advanced swimmers (Tuesday and Thursday-check with Coach Alex for details).

First Meet is June 3: The first swim meet of the season is Saturday, June 3 in Mammoth against Eloy (less than two weeks away!). Learning to swim all the competitive strokes helps strengthen the team and gives swimmers more events to participate in during meets. T-shirts have been ordered and will be distributed the day before the meet.

Running the Meet: There are many things to do to run a swim meet – Timers, Scorekeepers, Officials, Ribbon Writers, Set up / take down crew, Runners, Lifeguards and Concessions (check the Facebook page to see what items you can donate for concessions). It takes over 20 volunteer parents to run a swim meet. In all cases, you will be able to see your children compete. We cannot run a meet without the parent’s help!

Caps: Those who have long hair are encouraged to wear swim caps during practice (or tie the hair back). Keeping hair out of your face and mouth makes for a better swimming experience. See Coach Jeanine to purchase Sea Lion Team Swim Caps (\$10 each).

Mammoth Pool: Mammoth Pool opens for Family Swim today. Admission is \$3. Punch Cards are available for purchase (at a significant savings) at Town Hall or at the Pool. See the Mammoth Swimming Pool Facebook page for details.

Mammoth Pool 2023 Schedule (subject to change and weather permitting):

Mon – Fri	7:00 am – 9:00 am	Adult Lap Swim
Tues–Wed–Thur	10:00 am – 11:00 am	Free Swim Lessons (Starts June 6)
Tues – Wed – Thur	6:00 pm – 9:00 pm	Night Swim (Starts May 23)
Sunday	4:00 pm – 7:00 pm	Family Swim (Starts May 21)

Memorial Day – Free Admission 12:00 -3:00 pm

4th of July - Free Admission 12:00- 3:00 pm

Goggles: A good pair of goggles makes a huge difference in a swimmers experience. The ability to put the face in the water is important when learning the strokes and goggles make this easier. Usually brand names like Speedo, TYR, and Sporti are the best choice and are available at sporting goods stores, Target, and online. The inexpensive goggles at the dollar stores usually do not fit well, leak and do not hold up very long.