



Sea Lions Swim Team



Parents Update July 2, 2023
Team Website: sealionsswimteam.com

Excellent Swimming on Saturday! The final score was Sea Lions 892, Aquabears 549. Congrats on winning the first 5 meets of the season! As a team we had 111 best times! Team depth was how we won the meet – The Aquabears won more individual races (37-31), but we won more relays and rarely (only once) let them finish 1-2. We earned many points in 2nd -6th place finishes. Ribbons will be passed out at the **end of practice** on Monday. Thanks to all who help run the meet.

No Practice on July 4 (Tuesday).

Practice Monday, Wednesday, Thursday, Friday 3:30- 5:00 in Mammoth.

Coach Wendy will not be at practice for the rest of the season. We will make adjustments to the practice groups this week.

Morning Practices for advanced swimmers (Thurs-check with Coach Alex for details).

July 8 Swim Meet in Mammoth against the Coolidge Dolphins: Coolidge is a very good large team. Let's be ready to fight for every point! Warm up begins at 8 am.

Running the Meet: We have set an example to the League in running meets. Let's put on another good one in our final home 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. It takes over 20 volunteer parents to run a swim meet. In all cases, you will be able to see your children compete. Please see us at practice to sign up for one of the many positions. We cannot run a meet without the parent's help!

League Championship Meet July 15: Teams will submit entries on July 8 for the League Championship Meet on July 15. Coaches will select the entries for each swimmer. The number of events each swimmer can swim is limited and cannot be changed after submittal. Medals will be issued to top three finishers in each event. Trophies will be awarded to top 3 teams at the end of the meet. It will be at the Florence Aquatic Center and the meet start time will be earlier than regular meets (6 am warm up).

Thanks to all who have notified that they will be attending the Championship. We still have not heard from several families. Please let Coaches know as soon as possible if you will be attending the Championship Meet on July 15.