



Sea Lions Swim Team



Parents Update June 4, 2023
Team Website: sealionsswimteam.com

Congratulations on the win on Saturday! The final score was Sea Lions 1007, Eloy 49. Ribbons will be passed out at the **end of practice** on Monday.

Swimmers Times: Swimmers times from each race are posted at the pool and on the team website. If the time is highlighted in blue, it is a personal best time for the swimmer. Each swimmer's improvement is tracked during the season and swimmers with the most number of best (improved) times are recognized at the end of the season. Remember, the first time a race is completed, it is a best time. Having swimmers learn and compete in **all the events** is one of the goals of the team. Practicing, learning all the strokes, and being ready to swim all the events is the key to the success of our team. If the time has a L next to it, the swimmer was placed last because of a rule infraction. If the time has a D next to it, the swimmer was disqualified for a rule violation. Learning all the rules for each stroke and making corrections is part of the learning process.

Great Job Running the meet on Saturday! The help of the parents to run a smooth meet was noticed by everyone. We continue to set the example of how to run a swim meet. Thank you!

Congratulations on setting a team record for the most new swimmers competing in their first swim meet ever. We had 23 swimmers compete for the first time on Saturday. The great help we had from all the parents made it possible!

Practice Monday – Friday 3:30- 5:00 in Mammoth.

Morning Practices for advanced swimmers (Mon, Wed and Fri-check with Coach Alex for details).

June 10 Swim Meet in Mammoth: Our next meet is a home meet in Mammoth against Florence. Warm up begins at 8 am. A good warm up helps the swimmers swim their best. We had a close meet with Florence last year.

Running the Meet: We will be hosting 4 more meets this summer, so it is a good idea to get everyone involved in running a meet at some point in the season so the same few don't have to do it every week. 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 parents help!

T-Shirts There are still a few extra Adult t-shirts (S, L, XL, 2XL) that can be purchased for family members (\$25) while supplies last.