



Sea Lions Swim Team



Parents Update June 11, 2023
Team Website: sealionsswimteam.com

Congratulations on the win on Saturday! The final score was Sea Lions 990, Florence 416. As a team we had 152 best times and many swimmers completed new events. Ribbons will be passed out at the **end of practice** on Monday. Keep an eye out for an article in the San Manuel Miner about the meet.

Great Job Running the meet on Saturday! The help of the parents to run a smooth meet was noticed by everyone. Special thanks to Jennifer and Bobbi for Lifeguarding during the meet (and during practice each week).

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

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

June 17 Swim Meet in Globe: Our next meet will be in at the Globe Pool at 1324 S Jesse Hayes Rd Globe AZ 85501. This will be the first Swim in the new pool at Globe. The pool is deep so swimmers should be ready to swim without the safety of standing on the bottom. Warm up begins at 8 am. A warm up always important, and it is even more important in a new pool that everyone gets time to work on turns and to try out the new starting blocks.

Carpools to the Meet: It is important to get as many Sea Lions as possible to the meet if we want to have a chance to beat the (very good) Globe Piranhas Team in their first meet in a new pool. They have been waiting for this day for over 10 years and are excited to host a swim meet in Globe again. Let's work together to make sure we don't have any swimmers that miss the meet because they cannot find a ride.

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.

Upcoming Meets: The teams we face over the next few weeks get considerably bigger and better. All the teams will come together at the League Championship Meet on July 15 in Florence. Swimmers continuing to work and improve in practice will be a key to how well we stack up over the next 5 weeks.

Relay are one of the keys to winning close meets. Relays scoring is 10-5-3-1 for the top 4 places. A team that can win a relay will come away with 10 points and even if the other team gets 2nd 3rd and 4th place they will only come away with 9 points. We expect this meet to come down to the relays. The fact that Sea Lions swimmers learn all the strokes makes a huge difference in the Medley Relays.