



Sea Lions Swim Team



Parents Update May 28, 2023
Team Website: sealionsswimteam.com

Memorial Day Practice (5/29) will be held in the morning 9:30 – 11:00 am. The Pool will be open for Free Public Swim from Noon- 3:00 PM.

Practices Tuesday – Friday 3:30- 5:00 in Mammoth: Keep an eye on the parent updates for any changes in practice times or dates.

Team Pictures will be taken on Friday prior to practice. Coach Jeanine has more information.

Practice Meet will be held Friday during practice. We will need 6 parents to help time swimmers during the practice meet.

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

T-shirts were passed out at practice on Friday. If you were not at practice on Friday, we have your t-shirt at the pool. There are a few extra t-shirts (S,M,L,XL) that can be purchased for family members (\$25) while supplies last.

First Meet is Saturday: Warm up begins at 8 am. Everyone is encouraged to attend even if they think they are not ready to compete. We will need help setting up beginning at 6:30 am. Usually meets will finish by 1 pm, we will need help putting everything away at the end of the meet.

During the Meet: Swimmers should enter all the individual events that they are capable of completing. Coach Wendy will fill out time cards for swimmers 8 years old and younger, as well as first year swimmers. Swimmers 9 and older need to fill out their own time card for each individual race they enter. There will be blank time cards and pens available in the team area during the meet. Encourage your children to write legibly on the time cards so their name will be correct on any ribbons they may earn. If you need help filling out time cards, please ask any experienced swimmer or coach. The coaches will set the relay lineups and fill out the relay cards. Experienced swimmers need to help the newer swimmers. Bring plenty of water to drink. Fruits are good snacks for kids to eat during the meet. League Rules, the order of events, and swimmers best times are posted on the team website.

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: See Coach Jeanine to purchase Sea Lion Team Swim Caps (\$10 each).