

SWIM TEAM NEWS - 2009

Being a member of our swim team is a highlight of summer for many children. We have a wide range of ability on our team. **Any child that is able to swim front crawl for a full length of the pool (25 yards) with proper rhythmic breathing is welcome to join the team.** While swimmers will be taught competitive techniques – starts, turns, strokes – this is not meant to replace swim lessons!

In fact, if you have a child that is interested in competitive swimming, but you don't feel they (or you) are ready to commit to the team, please check out our swim lesson – “Intro to Competitive Swimming/Stroke Development” that is back by popular demand. This is also an extra opportunity for team members to concentrate on stroke development. (See the swim lesson information for more details)

The swim team practices weekday mornings; **the first practice will be Monday, June 8th**. Swim meets are held on Monday and Thursday evenings beginning at 6 PM. **Participation in home and away meets is expected of all team members!**

Our coaches are thrilled to be sharing their love of competitive swimming and the importance of teamwork with your children. It is our hope that the FST Swim Team Program will be structured enough to entice competition and fun enough to continue fun summer memories for our swimmers and their parents.

All parents should plan to attend the Parent Information Meeting, Tuesday, May 26th at 7 PM in the picnic area. (Rain date Thursday, May 28th) You will meet the coaches and get a chance to hear the plans for practice times, meet schedules, team guidelines and league rules.

Finally, it is the responsibility of **every** swim team family to volunteer to ensure our home meets run smoothly. We will also be counting on parents at away meets to help with the “bullpen” so our young swimmers don't miss their events.

A registration form and information about swim team suits is included in this packet.

Mark your calendars – Parent Meeting Tues., May 26th @ 7PM (raindate May 28th)

Check the website www.fsandt.com for further updates.

