



Pines Lake Swim Team Registration

Fill out one form per child & submit by ... June 11th

Child's Name: _____

Age: _____

Preferred Stroke: _____

Medical/Allergies: _____

Parents names: _____

Email: _____

Emergency Contacts: _____

Pines Lake Swim Team 2022

Summer swim season is quickly approaching and we wanted to take this opportunity to go over some new information for this upcoming season. This year the Pines Lake Swim team will be coached by Maggie Quintavella, Alex Hohmann and Christian Wantula. We are looking forward to a fun and successful season, while focusing on improving as an individual and team.

In order to improve as an individual and as a team we as coaches ask for the following:

- 1) All swimmers attend daily practices. (in order to swim in a meet a team member must have attended at minimum two practices that week)
- 2) Please submit planned summer vacations to the coaches via email (email addresses to be provided at a later date) by 6/23/22
- 3) As coaches we understand that summer can be a hectic time of year, and schedule conflicts can happen. Please let the coaches know if a swimmer will miss a meet no later than 24 hours prior to the scheduled meet. Failure to do so may result in the swimmer being held out of the following meet.
- 4) In order to have a successful team it is important that swimmer's families volunteer when available to assist with duties at meets. Further volunteer information will be provided.
- 5) Since the meet schedule has been provided please make it a priority to attend every scheduled meet.

Important Dates:

- After School Practices start June 13th, Monday through Thursday from 4pm to 6pm (all ages welcome at any time, remember age range is 5 to 18 years old)
Swimmers must be able to swim 25 yards unassisted.

- **Time Trials are 6/23 at 6pm, all swimmers must attend (if you cannot attend please reach out to the coaches)**
- As listed on the summer program schedule a 5:30 to 7pm evening practice has been added to accommodate the request for more practice time availability. From 5:30 to 6pm will be practice focused on the 6 & under swimmers, while the older swimmers warm up. From 6pm to 7pm the practice will be for the 7 & older age groups.
- Please send any pertinent information and vacation schedules to the following email: plswimcoach@gmail.com