

Swim Team 2010

\$140.00 per child

Child must be a member

ALUMNI REGISTRATION

SAC Attack families who have been on the team for two consecutive seasons (this would be their third consecutive year or more on the team) qualify.

April 30

Registration begins at 5AM

OPEN REGISTRATION

Registration for previous team members and new swimmers.

Must be a Sunset Athletic Club member to register.

MAY 1

Registration begins at 6:30AM

Questions:

SACATTACKSWIMMING@HOTMAIL.COM

Limited Space

Early Registration

Recommended



Sunset Athletic Club





SUNSET ATHLETIC CLUB SWIM TEAM

Open Registration begins May 1, 6:30am

Alumni Registration begins April 31, 5am

Practice Begins June 18 - Through Mid-August

\$140.00 per child (Members Only-child must be a member at time of registration)

Summer is approaching fast, and the SAC Attack Swim Team is getting ready to start a new exciting season. With huge success last year placing 1st at the final swim meet, this summer will definitely be a fun and thrilling time for the swimmers. Laura Cantwell is returning to coach the swim team as the Outdoor Aquatics Manager. She is currently a student at Portland Community College working towards her degree in education. Laura has swam on the SAC swim team for seven years in the past, and been a coach, private and group lesson instructor for the last five years. She has experience in various forms of athletics but favors soccer and swimming. SAC has an experienced staff that is looking forward to putting together a fantastic swim program.

Alysse Hamlin and Tommy Young will be coaching the swim team along with Laura this summer. They both have extensive swimming experience. Alysse and Tommy have both been on the swim team for more than 9 years, along with competing in high school swim teams. Alysse swam for Westview High School, and played on the SHS water polo team. Tommy plays soccer and tennis in addition to working as a life guard. Alysse and Tommy have teaching experience in the private and group lesson setting. They are looking forward to adding their talents to continue the SAC Attack Swim Team.

Swim team offers improvement in overall technique, speed, and form, along with a unique social opportunity to get to know other members of the SAC community. One of the major purposes of the swim team is for kids of all ages to have fun and enjoy the swim team experience.

Similar to last year, practices will be an hour long from Monday to Friday, ranging from 7am to 12:15pm. Specific practice times will be announced in the future. Swim meets will take place on Saturday mornings at various local athletic clubs. The swim seasons lasts from mid-June to mid-August. Swimmers must be from ages 6-18, and able to swim one continuous lap of freestyle. The swim team staff is excited to continue the SAC Attack Swim Team this summer, and is focused on making it an enjoyable fun experience for swimmers.



Important Dates



- June 19 7:00pm Parent Meeting for New Team Members
June 19 7:30pm Parent Meeting for returning Team Members
Both meetings will be held in the Cafe
June 21 First Day of Swim Team Practice

Practice Options

Monday through Friday (Outdoor Pool)

7:00AM

8:00AM

9:00AM

10:00AM

11:15AM

Practices will extend to mid-August

Meets will be held on select Saturdays between mid-June and mid-August. Meet dates will be announced!

sacattackswimming@hotmail.com

