

## **2019 Winter Session Information Sheet**

Welcome to the St. Johns Sea Lions Swim Club! We are a competitive swim club that was established in 1976. This is a non-profit organization ran by a coaching staff and a volunteer board of directors. We compete in and follow the Michigan Team Swim League (MTSL) rules of operations. We have four sessions; Fall, Winter, Spring & Summer. Swimmers do not have to participate in each session but are encouraged to swim as many as they can to stay in swimming shape. Typically, the competitive meet season is during Fall and Winter sessions, while Spring and Summer are shorter, training sessions. Our purpose is to provide an opportunity to participate in all phases of competitive swimming while developing team unity and good sportsmanship skills.

### **Swim Assessment**

Our Team is open to boys and girls ages 5 to 18. A swim assessment will be done on the first night of practice to determine if this swim program is appropriate for your child. After passing the assessment, your child will be placed in the designated group according to their ability. We have four groups; Beginners, Intermediate, Advanced and Elite.

### **Practice Schedule (Winter Session)**

Beginners: Monday - Thursday (6:00 - 6:45 pm)  
Intermediate: Monday - Thursday (6:00 - 7:00 pm)  
Advanced: Monday - Thursday (6:00 - 7:30 pm)  
Elite: Monday - Thursday (6:00 - 8:00 pm)

Practice is not required nightly but it is recommended that your swimmer attend as much as possible to maintain and gain swimming skills. Only swimmers, coaches and volunteers are allowed to be on deck during practice, but parents are welcomed and encouraged to stay and watch from the balcony.

*\*No practice during Home High School and Middle School swim meets. Please refer to our Google Calendar on website for updated schedule.*

### **Meets**

Swim meets are not mandatory but all swimmers are encouraged to participate. Please keep in mind swimmers gain confidence and experience by participating in swim meets. It is also fun and exciting for them to see the progress they have made as a result of all their hard work.

Dual or Tri Meets are meets between two or three league swim clubs. Invitationals are larger events that each team in the league is invited to. Depending on the meet, there may be an entrance fee per event (usually \$4/event). Swimmers will have the opportunity to earn ribbons (dual meets) and medals/ trophies (Invitationals) during meets.

Swimmers will compete in five different age groups; 8 & under, 9-10, 11-12, 13-14 and 15 & Over. Swimmers are allowed to Age Up if desired, to compete in longer events or to attempt a qualifying time if they will be moving into a higher age group for the State Meet.

Swimmers may qualify for the MTSL State Championship Meet on February 24th by **a)** achieving a state cut time in a particular event and **b)** participating in at least two MTSL meets. The Novice meet (South League Championship) is the last opportunity to qualify, however it does not count towards the two meet requirement. *Please keep in mind that swimmers will be required to swim and qualify for the age group they will be at the February 24th State Meet.*

For a current Meet Schedule and State Cut Times please visit our website; [www.sjsealions.com](http://www.sjsealions.com)

### **Communication**

All communication including meet registration for swimmers will be done by email. Questions for coaches and board members may be sent to [stjohnssealions@gmail.com](mailto:stjohnssealions@gmail.com).

### **Website ([sjsealions.com](http://sjsealions.com))**

Our website is updated often and will be your main source of information for all things Sea Lions including;

- Online Meet and Session Registrations
- Schedule and Calendar
- Online Shop for Sea Lions Gear
- Past Award Winners and History of the Club
- Sea Lions Team Records
- Our Current Coaching Staff
- Meet Results and Recaps
- MTSL League Information
- Photo Books

### **Facebook (@StJohnsSeaLions)**

Our Facebook page is where we like to show off our swimmers! We encourage you to follow us and share and like our posts as much as possible to help us build this program!

**Go Sea Lions!**