

2008 SWIMMING SEASON OPTIONS

POOLS AVAILABLE FOR TRAINING

- ★ RDV SPORTSPLEX
 - Limited Lane usage (2 lanes)
 - Indoor facility
- ★ WESTMONTE PARK
 - Up to six lanes available
 - Outdoor facility
 - Need 2-4 athlete leaders to help set up lane lines
 - Might have to end practice at 9am on 1-2 occasions. (will know in advanced)
- ★ *Both facilities can swim in the rain, but both facilities cannot swim with lighting- regardless if it is indoor and outdoor.*

WSI TRAINING FOR “BEGINNER” SWIMMERS

- ★ The RDV has presented an option for our beginner swimmers. We would like the parent's opinions on this, so we can present ideas to the Management Team.
- ★ The RDV will offer us WSI Trainers to train our beginner/intermediate athletes at the RDV. This means they will have certified trainers teaching those athletes the **basics** of swimming, such as breathing, proper flutter kicks, and much more!
- ★ The cost will be \$5.50/athlete/session + \$18/instructor on a 1/6 ratio. How to cover this cost is currently under discussion.
- ★ This will really help the athletes improve their **basic** skills and foundations of swimming.
- ★ In addition to the cost, these WSI sessions will be held on Saturdays from 10am-11am and 11am-12pm depending on the level determined by the WSI Instructors.

CARWASH FOR NEW T-SHIRTS

- ★ We would like to get Swim Team T-shirts for all of the athletes this year.
- ★ We have scheduled a carwash at Albertson's in Altamonte off Montgomery for Sunday, July 20, 2008.
- ★ The carwash will be broken into shifts 10am-12pm, 12pm-2pm, 2pm-4pm.
- ★ T-shirt designs and ideas are on the next page.
- ★ Do we want to have a carwash to purchase these shirts?
- ★ All athletes attending State Games will automatically get a State Games Swim T-shirt this year in addition to bathing suits.

OPTION ONE



OPTION TWO



OPTION THREE

