**2021-2022 Fall/Winter Sailfish**

**\*\*This program runs through March\*\***

[www.sailfishswimteam.com](http://www.sailfishswimteam.com) Coach Barb: [barb@sailfishswimteam.com](mailto:barb@sailfishswimteam.com)

**Sailfish Swim Team 10 & unders/11 & older practices**

* A competitive swim team for ages 7-18
* Focus is on stroke improvement, strength and endurance through drills and training, starts and turns
* **COVID 19 is still around and we continue to monitor the Safety Guidelines provided by our Board of Health and the CDC. Guidelines continue to evolve and our protocols will be based on the most current recommendations. Please know that social distancing, wearing face masks, limited swimmers/lane, daily attestations, strict drop off and pick up times are all being considered for the fall to keep the swimmers and coaches safe during practices. We will send out the finalized guidelines to all registered swimmers before the season starts. Please note that they could change as the season progresses.**

**. *\*\*Space may be limited in all practices due to safety guidelines!\*\****

**Sailfish Dates: September 12 – Mar 18, 2022**

\*no practice holidays and school vacation weeks

**Sailfish Practice Times:**

**\*\*current Sailfish Swimmers moving from Juniors to Sailfish require coaches’ approval**

**10 & under practice** Mon and Wed 4-4:45pm

Mon and Wed 4:45-5:30pm

Sun and Thur 4:30-5:15pm

*Swimmers must be able to do 50 freestyle, 50 backstroke and 100 IM*

**11 & older** Mon and Wed 5:30-6:30pm

Tues and Thur 5:30-6:30pm

SUN one day only 5:15-6:15pm

*Swimmers must be able to swim 200 yards freestyle and 200 IM*

**All swimmers are required to have their own short training fins for practice! \*\*\*Practice times subject to change**

**Pricing Sailfish Practices**

**Registration Fee (all)** $40/swimmer includes Sailfish cap and t-shirt

**Per Swimmer**  10 & under $820 in full or $150/month for 6 months

11 & older $960 in full or $175/month for 6 months

**SRFC Members** 10 & under $780 in full or $140/month for 6 months

11 & older $900 in full or $165/month for 6 months

**ONE DAY 11 & Older SUN** $480 in full or $90/month for 6 months

**Payment is required to hold your spot All fees are non-refundable**

**REGISTRATION**: **Current and past Sailfish swimmers:** Sign up online through the website starting WED, Aug 18th at 8am (sailfishswimteam.com)

**Scituate Racquet Club Members:** evaluation Tues 8/24, 4-5pm (before open tryouts)or by contacting Coach Barb at [barb@sailfishswimteam.com](mailto:barb@sailfishswimteam.com)

**New to Sailfish Swimmers**: Evaluation/tryout TUES, 8/24 from 5-6pm and

WED 8/25 from 5-6pm IF SPACE IS AVAILABLE\*\* Sign up AFTER Eval/tryout

\*\*Space is limited and filled on a first come first serve basis. Payment is required to hold your spot. Current and past Sailfish swimmers have first opportunity to sign up. If the program fills before new to Sailfish evals it will be posted on the website\*\*

**ALL EVALUATIONS/TRYOUTS ARE AT SCITUATE RACQUET CLUB POOL**

**Questions:** Contact CoachBarb T [**barb@sailfishswimteam.com**](mailto:barb@sailfishswimteam.com)