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**FALL 2021 JUNIOR SAILFISH**

**Sailfish Developmental Swim Team**

**We are offering 2 sessions of Juniors, fall (Sept-Dec) and winter (Jan-Apri)**

Winter registration will be in Nov/Dec

[**www.sailfishswimteam.com**](http://www.sailfishswimteam.com)

**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.**

* A developmental swim team for swimmers who are new to a team or those with limited times available to practice. Minimum age is 7 yrs.
* Focus is on stroke development, starts and turns and teaching swimmers how to workout on a team and participate in meets in a less competitive environment. Ratio is 1 coach to 8-10 swimmers.
* Swimmers must be able to swim 25 yards of freestyle and 25 yards of backstroke and have an idea of breaststroke and butterfly. THIS IS NOT A SWIM LESSON BUT A COACHED PRACTICE
* We are planning to have 1 intrasquad meet this fall season for Juniors

**Junior Dates: September 19, 2021 – Dec 19, 2021**

**This is a 3 month program, we will offer another session in Jan**

\*no practice holiday weekends and school vacation weeks

**Junior Practices**: Choose one practice per week **at SRF Club** (must be same one each week)

**Tuesdays** 4-4:45pm,4:45-5:30pm

**Sundays** 3-3:45pm, 3:45-4:30pm

**Space is limited in all practices and current and past Sailfish members have first chance to sign up for practice days and times.**

**All Swimmers need short training fins for practice**

**Junior Pricing:** Registration fee: $40/swimmer, includes Sailfish cap and t-shirt

$260/swimmer $250/swimmer SRFC members

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

**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)