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**WINTER 2022 JUNIOR SAILFISH**

**Sailfish Developmental Swim Team**

This program runs Jan - Mar

[**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 to keep the swimmers and coaches safe during practices. 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 towards the end of this winter season for Juniors

**Junior Dates: January 2, 2022 – March 27, 2022**

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

\*no practice holidays 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.**

Practices at Centered Fitness, Hanover are available – contact Coach Barb for days/times

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

**Junior Pricing:** $260/swimmer $250/swimmer SRFC members

Registration fee will be applied to swimmers who did NOT participate in the FALL Junior Sailfish program AFTER they sign up Reg Fee: $40/swimmer, includes Sailfish cap and t-shirt

**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 Mon, 11/29 at 8am (sailfishswimteam.com)

**Scituate Racquet Club Members:** evaluation Tues 11/30, 5:30-6pm (before open tryouts)or by contacting Coach Barb at [barb@sailfishswimteam.com](mailto:barb@sailfishswimteam.com)

**New to Sailfish Swimmers**: Evaluation/tryout TUES, 12/7 from 5:30-6pm   
 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)