



### **Yellow Otters**

This group focuses on improvement in all four competitive strokes as well as introducing swimmers to competitive starts and turns. Swimmers in this group participate in local and regional meets.

**Lead Coach** Kaitlyn Morwood [katiem@sasoswimming.org](mailto:katiem@sasoswimming.org)

**Group Parents** Erin Shipp [erinshipp@gmail.com](mailto:erinshipp@gmail.com)

**Ages** 10 and under

### **Practice Requirements**

Mon-Fri 4:15pm-5:00pm Solano College

\*\*Swimmers should plan to attend 3 or more practices per week.

### **Required Gear for Practice**

Fins

### **SASO Attire**

Swimmers will receive a team shirt and cap after registration with SASO. Team suits and other attire are available in the swim shop on our website.

### **Fees**

Monthly Dues	\$95 per month
SASO Registration	\$45 per swimmer per season
USA Registration	\$25 for Flex Membership (upgrade to full membership as needed)

### **Volunteer Requirements**

SASO Hosted Meets	See website/Team Handbook
Leadership Points	Optional
Timing-Away Meets	Time at meet that swimmer attends

### **Meets**

Swimmers should attend meets on the Yellow Otter schedule.

-Communicate with Coach if unable to attend.

Remember to support teammates at swim meets and practices.