Longview Recreation Center at Spring Hill

 LONGVIEW SEA DRAGONS 

Williamson County Parks & Recreation Competitive Summer Swim Team

**Head Coach:** Dawn Van Ryckeghem coachdawn@excelaquatics.org

**Assistant Coaches**: Mike Phillips, Carrie Vaughan, Anna Richards, Karen Schwartz

**Facebook:** “**Like**” Longview Sea Dragons for team updates

**WCSL Website**: [www.wcsltn.org](http://www.wcsltn.org)

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| **Dates to Remember:**Parent meeting: Longview Rec CenterSpring Hill Room**May 9th @ 6:30 pm**New swimmer evaluation (indoor pool):**April 23rd, 9am-12pm****May 14th, 9 am-12pm****Team Suit Fitting:****May 24th, 4:30-6:30pm****Indoor pool area**End of Season Celebration **Sunday, July 17th, 6:00-8:00pm at Longview Pool** | **Dual Meet Schedule:****June 7** – **Away** against Comets(Murfreesboro)**June 14**– **Home** against Brentwood YMCA**June 21**– **Home** against Nolensville Rec**June 28** **– Away** againstFranklin YMCA**July 5** – **Home** against FAST**Championship Meet:**July 15th-16th- ISC |

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| **Parent involvement:****Parents are required to volunteer a minimum of 4 swim meets, plus Championship Meet.** **Team Fee:** $140 per swimmerIncludes one team cap per swimmer (NO Refunds after May 31st).Does not include swim suit and t-shirt.**ONLINE REGISTRATION OPENS** **February 15, 2016****Website: EXCELAQUATICS.ORG****Click on swim school registration****VOLUNTEER POSITIONS: Stroke and Turn, Starter/Referee requires training at an annual clinic.****Additional positions: timer, runner, concessions, clerk of course, chaperone,**  |

**2016 New Team Suit REQUIRED**

**Mirrored Goggles Recommended**

**Training Fins required for intermediate and advanced group**

**Additional Cap, $5**

**Regular Practice Schedule:**

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| **May 23th – May 27th** (Outdoor Pool), **practice times will be as follows:**3:00pm-3:30pm: beginner 6 and unders3:40pm-4:10pm: intermediate 6 and unders4:20pm-4:50pm: advanced 6 and unders3:00pm-3:45pm: 7-10 beginners3:45pm-4:45 pm: 7-10 intermediate/advanced3:00pm-4:00pm: 11 & up beginner4:45pm-6:00pm: 11 & up intermediate/adv4:00pm-4:45pm: 11 & up dryland  | **May 31th – July 14th (Outdoor Pool), practice times will be as follows:****Mon – Fri** 7:00 am – 8:00 am (11 & up beginner)7:00 am – 8:30 am( 11 & up intermediate/advanced)8:30am – 9:15am (11 & up dry land, M/W/TH)8:00 am - 8:45 am(7-10 beginner)8:45 am -9:45 am (7-10 intermediate/advanced)8:00 am – 8:30 am (advanced 6 and unders)8:40 am – 9:10 am( intermediate 6 and unders**)** 9:20-am-9:50am( advanced 6 and unders)  |