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](mailto: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 Center  Spring 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** against  Franklin 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 swimmer  Includes 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 unders  3:40pm-4:10pm: intermediate 6 and unders  4:20pm-4:50pm: advanced 6 and unders  3:00pm-3:45pm: 7-10 beginners  3:45pm-4:45 pm: 7-10 intermediate/advanced  3:00pm-4:00pm: 11 & up beginner  4:45pm-6:00pm: 11 & up intermediate/adv  4:00pm-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) |