

Sea Lions Splash

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JUNE 3RD, 2011

- Remember to keep hydrated and bring a water bottle to each practice.
- Please be punctual to practices to start on activations before each practice

Liam— Senior/Junior

Hello swimmers, I would like to start by welcoming you all back to our program this season. I can't tell you how excited I am to be back as well and working with each of you again. This time last year I was really nervous and knew that I had a lot to learn. This year I come back with a knowledge and confidence; because of this I know we go into a very exciting summer filled with challenges, learning and continued success.

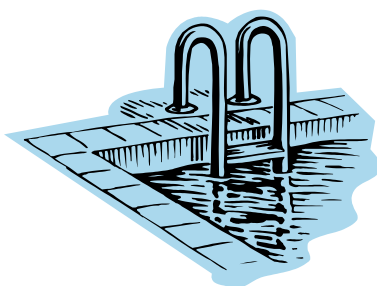
As you know, my one and only purpose on this team is to help you become better swimmers and individuals.

In order to be successful I need a high level of trust and commitment from each of you. I also require that you come to me with any idea or problem you might have related to our goal – swimming excellence! I am always here to listen and help.

Over the last two weeks, our focus has been on the technical aspects of swimming. I have been really impressed by the level of intensity most of you have brought to practice in this regard and am really satisfied to see improvement from everyone. For the next

three weeks, you will notice the focus shift to aerobic fitness in all your strokes and we will be putting the hammer down many times in practice to get faster and more powerful. In this regard I need all of you to continue to bring your intensity to practice in order to improve and get stronger.

So come with focus, determination and ready to have fun and look forward to a terrific summer of swimming!



Hi Sea Lions!!!

Tomorrow, June 4th, we will be having our annual bottle and

Around the Pool...

clothing drive at Ruban's house.. Please come and help fundraise for our 40th year!!

On our bulletin board, we have our meet sign up sheets, so don't forget to sign up for the meets before the deadline! Come and

show our Sea Lions spirit!!

Just a reminder that ALL the swimmers should participate in the taking down and putting away all the equipment after ALL practices. It is not the coaches jobs to clean up the pool.