



## Team Updates

### SWIM-A-THON

We are off to a great start! This is our only fundraiser of the year, so we want to make it a great one. A HUGE thank you to those who have collected donations so far! To make it easy on all the swimmers, flat donations are encouraged versus paying per lap. And don't forget there are PRIZES for the top fundraisers!! Please keep pledges coming in and be sure to mark your calendars for this fun spring event.

Saturday, May 11th • Yost Pool • [Click HERE for more information!](#)

### YOST POOL OPPORTUNITIES!

#### SUMMER SWIM LESSONS

Registration opens on June 20th at 8pm. Swim lessons are Monday–Friday except holidays and run in 2-week sessions. There are swim lessons for all levels from beginning preschoolers to adult. Discounted rate for Edmonds residents.

[Click HERE for session dates and more information.](#)

#### PENGUINS SWIM TEAM

Registration for the Yost Penguins summer swim league is open NOW! The Craze Summer Swim League is a fun, low-key swim team experience for area swimmers ages 5-18. Participating teams include the cities of Edmonds, Snohomish, Lynnwood and Mountlake Terrace. Discounted rate for Edmonds residents.

[Click HERE for more information.](#)

### YOST IS HIRING!

Is your teenager interested in becoming a swim instructor or lifeguard? Get certified and then come join our staff at Yost pool! Job opportunities for lifeguards, swim instructors, swim lesson helpers, and other jobs are available now! Working at Yost is fun, a great way for our Cascade seniors to earn money, help the community and our team!

[Click HERE for more information](#) or contact Ben Weed at [yostmanager@gmail.com](mailto:yostmanager@gmail.com)

## Important Upcoming Dates

[Click HERE for detailed calendar.](#) Summer dates are posted!

#### Mighty Marlins Madness

APRIL 13-14 • Snohomish Aquatic Center

All-team meet with no time standards.

#### Positive Psychology Talk and Clinic

APRIL 19-20 • Yost Pool

Positive Psychology talk and fly & breast stroke clinic.

#### Cascade Spring Spectacular

APRIL 27 • Helen Madison Pool

Cascade hosted all-team intrasquad event targeted at our 14U swimmers.

## Coach's Corner

We are excited to offer a team event at Yost, the weekend of April 19th & 20th.

#### WHAT:

Positive Psychology talk with Chris DeSantis. Positive Psychology is aimed to study the strengths, capacities and growth potential of the human mind.

[Click HERE for more details on our events page.](#)

Fly & Breast stroke clinic, run while different groups learn about Positive Psychology.

WHERE: Yost Pool

WHEN: Positive Psychology Talks

Friday night (4/19): 15 & Overs 5-6pm

Saturday (4/20): All Parents: 10-11am

Navy, Jr & JP: 11:30-12:30pm

Coaches: 1-2pm

In the water (4/20):

Senior Practice: 8-9:30am

Clinic for Navy, Jr & JP: 10-11am

Clinic for Red & Intro: 11:15-12:15pm

This is an exciting resource for our athlete's development in and out of the water. All parents are encouraged to attend the parent talk. We're still discussing options for the red & intro groups during that talk, so that parents can attend without worrying about supervision. We'll keep you posted!

**Garrett McCaffrey, Head Coach**

Photo by Silas Baisch on Unsplash