Tips, Tricks and Secrets to Surviving Summer Swim League

Everything in here is compiled from the advice of veteran Summer Leaguers. This guide is simply that, a guide. It is tips and tricks from a veteran parent that may help you survive the summer with some small piece of your sanity still intact.

For new families to Twin Lakes, it can all be extremely overwhelming. The meets are crowded, loud and chaotic. But they are also a lot of fun! The best way we know to describe it, is like a wave. Hop on and enjoy the ride, but don't try to fight it. Roll with the punches and you will make it out ok, and if all else fails, Twin Lakes has a bar!

Greater Seattle Summer Swim League is a beast all its own. Even if you have experience with competitive sports, or even swimming, summer swim has quirks. So this guide is to pass along some experiences from one generation to the next, with humility and humor. Pick and choose from this as it suits your needs, and PLEASE remember, Your Child May Vary! What works for one family may not work for you. So with that in mind, ENJOY!

Gear lot of new swimmers and families want to know, what gear do I need for Summer League? The answer is other than goggles and a swimsuit, absolutely nothing! You will be able to custom order team suits you along with other team-related gear. Many kids do enjoy wearing the Penguin swimsuits so they are part of a team, but it is not required. Twin Lakes provides kickboards and pull buoys for training sessions.

Your swimmer will get a Twin Lakes Penguins swim cap and a team shirt as part of your registration. If your cap is lost, replacements are available for $10.

If swimming is your child's new passion, then there are a few things that most swimmers use on a regular basis. Swim Bag, Parka, Kickboard, Pull Buoys, Goggles, Fins, Paddles, etc. But before you go out and get a full load of stuff, talk with the managers and/or other experienced swim families who can give you some tips. Unfortunately, brick and mortar swim gear stores are few and far between. The best option for purchasing swim gear is ether at large meets at KCAC, or online at www.swimoutlet.com.

Practices

It is up to you and your child if you stay during practice. Most of the older kids don't want their parents there, most of the younger kids do. During practice, please respect the time of the coaches and other swimmers. Save you questions until after practice. That being said, we do encourage you to get to know our coaches. They are great people, and most of them have spent more than half of their life swimming as Penguins each summer!

Practices are held five days a week. Does that mean we expect your swimmers to be there every day. No, we all know life happens. We hope you are able to make it to all that you can as you will see great improvements in their times if they are getting lots of time in the pool.

We also get a lot of questions about whether kids need to be at practices to get scheduled in scoring heats or relays. The coaches do a lot to balance who gets in those events. Part of it will be based on the best swimmers, part will be a reward for those that are getting to more practices and are working hard. And part of it will be who we are matching up against. Just because you believe your swimmer is better than another swimmer in an event, know that there are lot of things that go into the coaches’ lineups. We ask that you hold all of your lineup questions until the day after the meet when coaches will have time to explain their decisions. There is a lot going on just before and during the match for them to focus on.

**Friday Fun-day:** You will quickly hear from your child about “Friday fun-day!” It is tradition that Friday practice takes a break from a traditional work out set. The kids will participate in activities and games that develop swimming skill without them realizing that they are working!

**Speedo Run:** If you have a child that is in the high school workout group, then you will be the proud parent of a Speedo runner! Every Friday our oldest swimmers take a trek down to Jumpstart Coffee. This is a chance for our older swimmers to cut loose and have some fun. If you are around feel free to drive by and give them a honk!

**Lane Leaders:** You will quickly learn that a hot issue for the kids is lane leaders! Swimmers are expected to “circle swim” in the lanes and should go fast to slow for each lane. Circle swimming dictates that swimmers always stay to the right side of the lane, like driving, this avoids collisions. It is also courtesy to allow the faster swimmers to go in front. This is to ensure that everyone gets a good workout. You may want to discuss with your child, that if they pass, or are passed, that the one who gets to the wall first will lead off the next set. The coaches try to keep an eye on things, but with so many kids in the pool it is not always easy to keep track of who passed whom. This may seem silly but with so many competitive kiddos in the pool this issue often leads to hurt feelings and frustration. So please encourage your child to follow proper lane etiquette.

Understanding How Meets Work

**Registering (Declaring) for the Meets:** Technology has taken us a long way, and we rely on it to make this easier for our coaches. If you talk to families who have done this for a long time (or parents who swam in the league when they grew up), kids would be handed a slip of paper a little before the meet letting them know what events they would be swimming in. We can’t even imagine the efforts to record times and announce scores.

We expect all families to take time to declare whether their swimmers will be swimming in each meet or not. You can do this all in less than five minutes in comparing your summer calendar to the meet schedule. After your registration is complete, have paid, and the managers have made your account active, go to [www.twinlakespenguins.com](http://www.twinlakespenguins.com) and click on Events. For each event, click on each swimmer and declare them as a Yes or No. If you click Yes you will have the option of picking one of their individual events.

If things change in your lives, which is bound to happen, please take a moment to update your swimmer’s availability as soon as you know. If the change is being made within 72 hours before the meet, please reach out to the coaches directly. This is critical as they are putting together their lineups.

We generally have about 75 families represented as part of the swim team each summer. While it may seem convenient to talk to the coach or manager, fielding similar comments in passing can be near impossible to track. Please take the time to update your declarations on the website.

**Number of Events:** Your swimmer may be assigned to swim in any number of events. Generally, this will be three or four events whenever possible. There is a maximum of four events per swimmer, of which only three can be individual events. As you register/declare your swimmer as available for each meet, there is an option to select one race that they want to compete in. The rest of the events will be determined by the coaches based on team needs (if your swimmer can do one of the harder strokes, they may be doing that more often), their speed, matchups against the other team, commitment to team/practices, etc.

**Order of Events:** There are 72 events, which can seem like a lot to keep track of. But there is a method to the madness, so here is a summary:

* Events 1-4 – 50 Yard Freestyle for 13 and up
* Events 5-6 – Freestyle Relay for 8 and unders
* Events 7-14 – Individual Medley for 9s and up
* Events 25-34 – Freestyle
* Events 35-44 – Backstroke
* Events 45-54 – Breaststroke
* Events 55-64 – Butterfly
* Events 65-72 – Freestyle Relay for 9s and up

The next step is with each sequence the ages/sex will repeat. Girls are odd events, boys are even. Ages go up every two events. If you have an 8 or under girl, her events will be either 5, 15, 25, 35, 45, or 55. A 12 year old boy will be 10, 20, 30, 40, 50, 60, or 68 (no 8 and under relays at the end). It will all make sense after a meet or two.

**What Events are My Kids In?:** This is where patience is a virtue. Just to give you a little background, the coaches of both teams upload their files by noon on the day of the meet. Those files are combined into the meet software by the person in charge of the computers (home meet is responsible for that job). While the computers/printers/wifi are all getting set up between 4:00-5:00, the coaches start hearing about a few changes that still need to be made to the lineups. Those are generally completed by 5:30, at which point lineups are finally printed and posted for viewing between 5:30 and 5:45. It doesn’t help to have constant questions about where or when the lineups will be posted. Know that between the computer folks and coaches, everyone is trying to get it done as soon as possible.

When the schedules get posted, there is a mob around them as ~200 swimmers or families are crowding around the 2-3 locations where the lineups are posted, all hurriedly trying to get the information for Sharpie Time (see below). Please find the information you need and move along. If you want to analyze the lineup to see where your kid is seeded compared to other kids, etc., please do that once the meet has started. There will be plenty of elbow room at that point. The best option to capture your swimmers events, is to use your phone and snap a picture of all the heats / events.

Also, once the coaches have submitted their lineup on the day of the meet (by noon), you should be able to see what events your kids are in (going back to [www.twinlakespenguins.com](http://www.twinlakespenguins.com), then Events, then clicking on your children). You won’t have information on the heat or lane until just before the meet, but it can help to let your kid know what events they are in. Also, when you look at the lineup it will be much faster to find your kids as you are looking for their heat/lane in particular events, not scanning the entire lineup.

**Sharpies:** If you are new to swimming, this one will be completely foreign to you. Kids at meets feel a compulsion to cover themselves in sharpie ink. As far as we know, no child has yet to be harmed from this, even though no one seems to have non-toxic sharpies. Your child will most likely ask you to write their events on their arm. It will look something like this:

|  |  |  |  |
| --- | --- | --- | --- |
| Event | Heat | Lane | Stroke |
| 5 | 1 | 3 | Free Relay |
| 25 | 2 | 4 | Freestyle |
| 45 | 3 | 1 | Breaststroke |

Older kids won’t need the stroke as they know the order (and are good at watching the kids in front of them if they forget). After you finish with this task, most likely your child will then grab the sharpie and disappear in order to begin covering every exposed inch of skin on themselves and any other swimmer nearby. Buy stock in Sharpie. The beauty of swimming is, within about 36 hours the chlorine will have bleached away all trace of this ritual. Just in time for the next meet…

**Meet Etiquette:** The first thing the managers are asked every year at the first meet is “Do we have to stay for the whole meet?”. The answer? Good Lord No!!! If you have no swimmers after event 25 you are more than welcome to go home! You are also more than welcome to stay! The second half of the meet tends to be the exciting half and moves quicker than the first half. This is because the hardest events (breaststroke and butterfly) are at the end of the meet, and so there are fewer swimmers and thus, fewer heats.

**Scoring:** The second thing the managers are asked every year, “What do these letters after the heats mean?” When you see the lineup you will see words like, scoring, exhibition, or speedy sixer. Or you may just see letters (S), (E) or (X) as well as (H) or (V). Greater Seattle Summer Swim League (GSSSL) rules are set up so that only those in the scoring heat may score points for their team, regardless of the times. This is to prevent monster teams from running up the score against smaller teams.

For example, at home meets we only swim 4 lanes (we only have 4, Marine Hills has 5, and everyone else has 6). The top 3 score points for meets at Twin Lakes and Marine Hills and the top 5 score points at all other pools, so even if Team Stanford has 3 swimmers who have qualified for the Olympic team, they can only put 2 (or 3) in the scoring heat, so we are guaranteed to at least score on 1 (or 2) swimmer(s). The scoring heat is the last heat swam in each event. All the other heats are exhibition.

The heat sheet at the meet could end up looking like this Event 25X Heat 2 or Event 25X heat 2H. In English that means that your child is in Event 25 (Girls 8 and under 25 yard freestyle), Heat 2 (2nd race). In theory, we can swim as many exhibition heats as we would like. For practicality, we try to balance getting kids in as many heats as we can with the desire to be done before the sun comes up. That means it is easier to have kids swim in the maximum of four races at away meets where there are more lanes.

After new parents learn how the scoring system works, the next question we get is, “If my child is swimming exhibition, do their times count for anything?” The answer is YES! Times from any heat can qualify you for post season! So don't get too hung up on scoring vs. non-scoring heats!

**Speedy Sixers:** This amazing group gets heats all to themselves, and usually it doesn't matter if they make the correct heat, since speedy sixers events don't score. UNLESS your coach has put you in a scoring heat, but the coach should tell you that before the start of the meet. Just make sure you get them to the blocks before the start of their event. So to recap, speedy sixers go first but can’t score. Next are exhibition heats, the number of which will vary from meet to meet, but again no score. Last, one heat of scoring swimmers.

**Jumping In:** One trap that many new families fall for is “we jump in after every home meet!” Don’t fall for that one! Sure, lots of kids may jump in, but there are also lots of kids who don't. Many wise parents have learned to give their kids the following option: You can jump in, or we can go out to eat with the team, but you can’t do both (Yay wise parents!). Which brings us to our next set of tips.

**Post meet get together:** After every home meet, the captains will coordinate a place for the team to gather and debrief. Often times it is at IHOP.

**Last Home Meet:** After the last home meet the kids actually do all jump in. Even if you chose not to go to out after any of the home meets, I do encourage you to stay for this event. It is a nice chance to give ourselves a pat on the back and say “Good Job! You survived!”

Twin Lakes (Home meets)

**Concessions:** Each pool has their own concessions stands, and Twin Lakes is no different. However, while other clubs need to provide volunteers to plan, purchase, prepare, grill, and sell the food and drinks for the entire meet, our agreement with the club includes the club doing all of the work. That frees up a lot of time and energy so we can have more time with our kids at the pool.

Like all other clubs, we offer a wide variety of options that are certain to appeal to both the adults and kids. We also have a lot of CANDY. It is wise to discuss with you children ahead of time, how much (if any) candy is acceptable. This is also something you will want to cover with your Big Buddy, if you have an 8 or under swimmer. At every pool you are welcome, and even encouraged to bring in your own cooler of food and snacks. You are under no obligation to buy from concessions.

Did we mention that Twin Lakes has a bar? In fact we are the ONLY pool in the Southern Division that does (part of the reason why TL is the best!). We do not prohibit alcohol during the meets, but we do ask that you be courteous and discreet. Absolutely NO alcohol is allowed behind the blocks, and if you are scheduled to time, you may want to hold off on that drink until after your shift. The times to qualify for post season are very competitive, and fractions of a second do matter. We also have kids that may be attempting to break records, so we want our timers to be as accurate as possible. A couple of other things to remember regarding alcohol; no glass on deck, and anyone clearly intoxicated will be asked to leave the premises.

**Deck Space:** Twin Lakes has very limited deck space. In order to be good hosts, we leave the pool deck for visiting teams. Instead we take the tee box just through the gate on the pool deck. Please try to be efficient in setting up your chairs and “camp”. We want to make sure that we have enough space for everyone. The club has been generous in allowing us this space, as long as we abide by a couple of rules. NO rolling down the hill. The steep hill is very tempting to younger kids, please talk to them ahead of time and make sure that they know the hill is off limits!).

The other request is that you please be sure to clean up after yourself on the way out. We will quickly lose support of the golfing members if we leave their tee box in poor shape after the meet.

It is also important for families with younger children to be aware that there is a path that leads from the green out to the street side of the parking lot. Most parents are quick to redirect wayward children back into the pool deck, but be sure to keep an eye on your little ones.

Bring your own folding chairs to every meet! While all locations have some stadium seating, and a few plastic chairs, there are not nearly enough to go around. Besides, the meets are long and you will appreciate having your own seat to retreat to.

Away Meets

Now that you have a sense of how things will work at the home meets, here are some of the basics of what to expect at the other pools in the South of the GSSSL.

**Kent Swim and Tennis Club (KSTC)**

**Seating:** KSTC has bleacher seating directly pool side, but seating is often limited. Directly behind the bleachers is a large grassy area, and then a lot more grass area beyond the play structure and up the hill. This is a great place to spread out. Don’t worry about trying to get a seat on the bleachers, parents are good about letting other parents come up to watch their kids swim. Do please be aware that the cemetery is directly on the other side of the fence, so you really do want to discourage your kids from throwing things at the fence, lest they go over.

**Parking:** The lot in front of KSTC is TINY! Don’t count on getting a parking spot there. You can find street parking if you are early enough, otherwise park in the park parking lot and expect to hoof it in a bit.

**Concessions:** KSTC is known for their salmon burger, love it or hate it, it is their thing. They will also have the standard meet fare. Burgers and Frito banditos, plus oodles of candy.

**Play Structure:** TL doesn't have a play structure, but almost every other pool does! KSTCs is very visible from almost all of the seating areas, and smack dab in the middle. Know that younger swimmers will most likely be in the structure when not swimming.

**Behind the Blocks:** KSTC doesn't allow parents behind the blocks if they are not timing. If your swimmer needs help getting to the blocks, it is safest to send them with a group, all swimming the same event. The area behind the blocks is pretty tiny. You can usually take them to the top of the stairs and watch them walk to the correct lane.

**Normandy Park (NP)**

**Seating:** Normandy Park has a HUGE grassy area. This is one of the venues where we can really spread out. The seating is not next to the pool though. So as with most locations, you will need to do the “parents waltz” to watch your swimmer’s events. Normandy Park also has a deck area where you can watch your swimmers from above.

**Parking:** NP does have a good sized gravel lot called “the cove,” the regular lot will not be open during meets to swimmers. If the cove is full you can park on the street but be very careful. The parking police in the area take their job very seriously, so be sure not to park on sidewalks, in front of hydrants or block any driveways. And pay attention to any “No Parking” signs!

**Concessions:** Pretty standard swim meet fare, with the addition of slushies and pizza!

**Play Structure:** The NP play structure if off to the side of the grassy area, across from concessions. It is not in a very visible location, and it hides a nasty little secret. There is a bridge and a stream directly through the trees behind the structure. Many parents have not learned about this until it was too late and their child appeared soaked and covered in mud. By no means do we discourage using the structure, but rather, let you child know that you know, and set rules accordingly.

**Behind the Blocks:** Parents can’t go behind the starting blocks, but you can get pretty close. The area behind the blocks is a tight squeeze, with barely enough room for the swimmers. My suggestion is get close, and then remind them which lane. Often times they will have “staging” set up for the swimmers. The timers and officials are pretty good about taking care of things from there. There is plenty of room at the other end of the pool from the starting blocks if you want to cheer your swimmers on.

**Olympic View (OV)**

**Seating:** OV is another pool that has a generous grassy area for seating, enabling families to spread out. However, it is below the pool level and with some bushes it can be easy to lose track of the events. OV also has lots of deck space, making it easier to get up to the pool to watch your child swim.

**Parking:** OV does not have much parking. There is some street parking if you get there early enough, but your best bet is the parking lot for Marvista Elementary. The entrance is the street past the one that the pool is on, but it isn't a very long walk by the time you get parked (just find all the other cars then cross the street).

**Concessions:** OV always has smoothies, and the kids all want one. As for food, they have the BBQ, and again standard swim meet fare.

**Play Structure:** The play structure is a large one, and very visible. The one draw back is the pea gravel. Every year some child gets in big trouble for pelting an adult or small child with the rocks. Please remind your child that the rocks need to stay on the ground!

**Behind the blocks:** The behind the blocks area is very large, but it is roped off to prevent parents from standing behind the blocks. Instead, send your child to the staging area under the gazebo.

**Lakeridge**

**Seating:** Usually TL is on the tennis courts at Lakeridge. There is plenty of room, but the downside is it can be harder to see what’s happening around the pool. Please be courteous and consider placing a towel under your chair so as to not scuff up the courts. There is some grassy area seating on the elevated ridge, but it is limited. You will be able to watch your child swim from deckside, or up above from the bridge. Watch at least some of the events from the bridge as it is fun to have that different perspective, and there is a great view of Lake Washington.

**Parking:** There is very little parking at Lakeridge pool, and very little on the street. Your best option is to have someone drop off the group with all the gear, and then park down the road in the church parking lot and walk back in.

**Concessions:** I don't know the origin of the story, but for as long as we have been on the team we have been warned, “Don’t eat the noodles right before you swim!” The noodles are delish, but this is sound advice! At the least your swimmer will get a stomach ache and swim poorly, at the worst….. well the health department would dictate that we shut down the meet for at least 30 minutes. This is one circumstance where Grandma’s advice of waiting 30 minutes to swim after eating should be adhered to! Along with the noodles and standard swim meet fare, Lakeridge also has snow cones.

**Play structure:** There is no play structure available to kids at this meet. So instead the little ones spend their time racing up the ramp, across the bridge and down the stairs. You have been warned.

**Behind the Blocks:** There are no restrictions against parents getting their kids to the blocks, but it is tight…. Very tight! This is another pool where your best bet is sending your kid with a group swimming the same event.

**Arbor Heights (AH)**

**Seating:** Usually at dual meets TL is on the Grassy area on the other side of the building, and AH is at all the picnic tables pool side. The grassy area is near to 2 different exits. One leads to the parking lot, and the other to the street. Watch your kids closely. There is stadium seating behind the coaches, but be aware visibility is limited. Your other option for seeing your swimmer swim will be the “Parent Waltz” at the end of the pool.

**Parking:** There is a decent sized gravel lot. If the lot is full there is also street parking. If you spend a moment on Google Maps (satellite image), you will see good streets for parking that are near a path that goes down past the tennis courts. Just make sure you aren’t blocking driveways.

**Concessions:** AH does not have a food permit, so they will not have the standard swim meet fare (sorry, no Frito bandito). Instead they have pizzas, cold drinks, chips, candy and other similar items, Or they may bring in a food truck.

**Play Structure:** There isn't one.

**Behind the Blocks:** Parents aren't allowed behind the blocks, instead you can take your child to the staging area, and they will get your child to the right spot. They have the system down better than most. Pool viewing can be difficult, so please give room to others than may have kids swimming in a particular heat.

**Gregory Seahurst (GS)**

**Seating:** There is a large bleacher area, with lots of deck space behind for folding chairs, as well as a grassy area outside of the pool house. If you aren't sitting in the bleachers, TL usually has the grass area on the other side of the pool house/restrooms.

**Parking:** GS parking lot is TINY! Count on parking on the street. Just be sure not to block any driveways. No particular hints at this pool, it may be tough to be really close.

**Concessions:** GS has the standard swim meet fare, as well as pizza. When the weather is nice they also have otter pops and/or snow cones.

**Play structure:** The play structure is just on the other side of the tables at the shallow end of the pool. It is very close to concessions and very visible, but it is not close to where the TL team sits.

**Behind the blocks:** There is lots of space behind the blocks, and no restrictions taking your swimmer there.

**Marine Hills (MH)**

**Seating:** There is plenty of seating options at Marine Hills. There are picnic tables, a grassy area, as well as the deck up above. It is also very easy to watch races from nearly anywhere around the pool. Please keep in mind that Marine Hills is surrounded by tall trees, which can make the area quite cool, even on warm days.

**Parking:** There is not much of a parking lot, but there is usually plenty of street parking leading into the pool.

**Concessions:** MH has a BBQ and standard swim meet fare. They also have delicious Italian sodas! The food is sold on the deck above, another great place to watch swimmers for a few races.

**Play structure:** No play structure.

**Behind the blocks:** There is plenty of space behind the blocks, and no restrictions on parents.

Postseason Events

**“B” Champs**

“B” Champs is a last chance meets for swimmers who have not achieved a time that has qualified them for boys/girls prelims in an individual event. This meet is usually quite a bit of fun, and low stress. We encourage anyone not swimming preliminaries to give “B” Champs a shot. It gives your swimmer a chance not only to qualify at preliminaries, but not have to swim against some of the great club swimmers who have been swimming for years.

If your child is on a relay for preliminaries, but has not qualified in individual events, then they can swim at “B” Champs. However, if you have qualified for only one individual event and are hoping to achieve another, you can swim “B” Champs. However, you risk forfeiting your existing qualifying time. In order to keep that individual qualifier, you would have to re-qualify at “B”champs. This is usually discouraged.

Most Year TL brings home the “Loud and Proud” award. This award is given to the team with the most spirit. Being the recipients of this prize has been a great source of pride for our team. Even if your swimmer is not swimming at “B” champs, we encourage you and your swimmer to attend, or to catch a ride with another swimmer who is racing. This is a great way to encourage those that are swimming.

**Girls/Boys Preliminaries (Prelims)**

If your child has received a time with GSSSL qualifications, it means that they have qualified to swim in Boys/Girls prelims. Making these times is a HUGE deal and should be the goal that all of our swimmers are striving for. As with the rest of the season, swimmers can swim no more than 3 individual events, with a max of 4 total events, including relays. The location of prelims changes from year to year, and boys and girls swim in separate meets from each other. Because only one gender is swimming, and these are the fastest kids from each team, these meets tend to run very fast. If your child is swimming, please be sure to keep that in mind.

Even if your child does not qualify for an individual time, they may still be swimming on a relay. BE SURE TO DOUBLE CHECK THIS! If your child is assigned to a relay, and they no show, the entire relay will be disqualified, with no substitutions allowed. Relays CANNOT be changed once post season begins. Make sure the coaches know before the start of post season if you know that you will be gone for any portion. It is your responsibility to check the lineup for post season to see if your child is swimming.

**Southern/All-City**

If your child places within the top six in their events at prelims, they will move on to swim at Southern. Since each event at Southern is only six (very fast) swimmers, there is only one heat of each event in this meet, so the meet runs very fast! The Southern meet is started at the exact same time as the Northern meet, and there are often pause points at one meet or the other so they stay close to the same events at the same time (so swimmers don’t know what they need to beat from the other side). Touch pads are used at these meets so that the times are accurate to within 1/100th of a second. It is very important that your child finish strong into the wall at the end of a race. The reason is because at the conclusion of both the these meets, the top 6 from the combined swimmers of North and South then move on to swim at All-City.

As with prelims, the location of Southern and All-City changes from year to year. All-City also switches back and forth between the Northern and Southern divisions. Odd years are swam in a North end pool, even years in a South end pool. Do not be discouraged if your child does not move on to Southern or All-City. Only six move on. Six!!! Out of more than 200 of their age/sex. And because it is single elimination, it isn't always even the fastest six, just those who were swimming well on the right day. Often the events aren't evenly split between the two leagues either. Sometimes only one swimmer from Southern moves on to All-City, sometimes five swimmers from Southern move on.

We Loved It, What’s Next

First, come back and do it again. Every year we have a group of graduating seniors, many of whom have been swimming since their time as Speedy Sixers. The summer swim season is a fun place for year-around swimmers, for kids who spend time playing other sports but have fun swimming, and for others that simply have a great time on a fun team getting exercise outside. Whatever drives them, come back again for this awesome experience.

If your swimmer wants to get better with year around swim opportunities, please contact one of the swim managers. There are lots of good clubs in the area and we would be happy to share the contact information or give you some ideas and let you do your own research. Swimming is a great sport.