



## Florida Swimming Age Group Newsletter



Welcome to the Florida Swimming Age Group Athlete Newsletter! Every month, a newsletter will be published. However, every month will alternate Senior (13&Over) and Age Group (12&Under). While the information in both is important to everyone, each will be directed towards the specific age range. These newsletters will include:

- 🏠 Important Florida Swimming events in the past 2 months
- 🏠 Information about upcoming Florida Swimming events
- 🏠 Florida Swimming announcements
- 🏠 Featured set of the month (Athletes send in)
- 🏠 Team photo of the month (Athletes send in)
- 🏠 And more!

Check out <https://www.teamunify.com/NewsShow.jsp?&id=608695&team=szflsc> for more information about the newsletter, and email us at [flathletereps2@gmail.com](mailto:flathletereps2@gmail.com) if you have any questions or comments.

### All Star Duel Meet

On March 23-25<sup>th</sup>, our 14&unders swam against Florida Gold Coast at the All-Star duel meet in Fort Pierce. FL Swimming won both the boys, girls, and combined competitions. Congratulations to all of our swimmers! Full results available at <https://www.teamunify.com/EventShow.jsp?team=szflsc&id=873420>

### Diversity & Inclusion Camp

Our DIVE IN camp took place in Palm Bay on April 29<sup>th</sup>. Our swimmers had a great time learning new drills and drylands, and about nutrition and leadership. Be on the watch for information about future events.

### Open Water

On April 14-15, our age groupers (and seniors) swam at the **Open Water LSC Challenge and Open Water Championships** in Miramar Lakes. FL Swimming won both the boys, girls, and combined team competitions. Congratulations to all of our open water swimmers! The **Southern Zone Open Water** team, which will compete in Chattanooga, TN on June 1-3, was selected from this meet, and the full roster (including seniors and age groupers) can be found at <https://www.teamunify.com/EventShow.jsp?team=szflsc&id=896168>. Best of luck to our Open Water team!

**Featured set of the month:**

4x50. Find a partner, cross and lock your arms. Now find a way to swim across the pool without touching the bottom!

*Set from DIVE IN Camp*

Have a set you'd like to be featured? Email us at [flathleterepts2@gmail.com](mailto:flathleterepts2@gmail.com) . (Check with your coach

**Team Photo of the Month**



FL Swimming Diversity & Inclusion Camp members having a blast at our first DIVE IN event!

Had a funny moment at a meet? Took a team hike? Snapped some pics after a hard practice? If you would like your team picture to be featured in the newsletter, check with your coach, then send it to us at [flathleterepts2@gmail.com](mailto:flathleterepts2@gmail.com) . We would love to feature a picture or two in every newsletter!

Watch for our next 12 & Under newsletter in July, and have a fun summer season!

Contact [flathleterepts2@gmail.com](mailto:flathleterepts2@gmail.com) for questions or concerns.