



Younger swimmers – join the fun!
Become a member of the
Seahawk Pre-Team

Registration: May 12, 12:00-2:00pm

Practice Schedule:

Monday-Thursday: June 13th- July 19th
10:00-10:30 am

Social Events:

Fridays: June 1st- July 20th
10:00-10:30 am: Team Breakfasts
5:30-7:00 pm: Pep-Rallies and Dinner

Swim Meets:

Wednesdays: June 13th – July 11th
5:00-7:00 pm

Pre-team swimmers will be evaluated and placed into appropriate groups on the first day of practice. Groups will be small (6:2 swimmer/coach ratio) so swimmers will get the attention they need. Attendance is not mandatory but is encouraged to get the most out of this program. Pre-team swimmers will also be encouraged to participate in weekly B meets in the kickboard event and, when they are able, in the 25 meter freestyle event. Contact Laurie Forte at team_rep@forestknollspool.com with questions.

Registration Fee: \$50