

# Summer Swim Team!

## 2017



- **New swimmers must demonstrate the following to qualify for the team:**
  - 25 Yards of Crawlstroke
  - 25 Yards of Backstroke
  - 25 Yards of Breaststroke



- Returning Swimmer  
Registration opens Thursday, May 4th
- Open House will be held  
Wednesday, May 10th at 7:15pm
- New Swimmer Registration opens  
Wednesday, May 10th  
following the Open House
- Parent and Team Meeting will be  
held Friday, June 2nd at 7:15pm
- For more information  
contact: Head Coach Jen Larsen  
at (253) 835-6944



### Try out for the Advanced Practice Group

- Continuously swim 300 yards while demonstrating all four competitive strokes
- Perform both crawlstroke and backstroke flip turns as well as starts from the blocks