

Summer 2015 Sea Lions Meet Schedule

Tuesday, June 30, at Windsor Locks, 5:30 warm up, 6:00 start, JUNIOR/SENIOR

Tuesday, July 7 at Bloomfield (outdoor pool), 5:30 warm-up, 6:00 start, JUNIOR/SENIOR

Thursday, July 9, at Enfield with Bristol (tri meet), 5:30 warm-up, 6:00 start, SENIOR

Tuesday, July 14, at Vernon (outdoor pool), 5:30 warm-up, 6:00 start, JUNIOR

Thursday, July 16 at Wethersfield (outdoor pool), 5:00 warm-up, 5:30 start, SENIOR

Tuesday, July 21, at Windsor, 5:30 warm-up, 6:00 start, JUNIOR

Wednesday, July 29, Senior championships, TBA

Saturday, August 1, Junior championships, at Windsor

IMPORTANT INFORMATION:

- Junior swimmers must swim in 2 meets to compete in the championship meet. Seniors must compete in 1 meet. Juniors are age 12 and under.
- Parents and swimmers are expected to fill in a **YES** or **NO** at least 2 days before the meet, on the sign-up sheet located in the pool area. In order for the meet to run smoothly and to give all kids a chance to swim the most events possible, Melisha **MUST** know if you are coming or not. If nothing is filled out, your child will not be entered into the meet, even if you show up the day of the meet. Please contact Melisha at **529-2843h** or **655-0246c** in the event of an illness or emergency withdrawal from the meet. The sooner Melisha knows the better.
- All parents are expected to volunteer for the meets. Sign-up sheets can be found next to the swimmer sign-up sheet.
- Swimmers should bring extra shirts and towels to meets as they are out of the pool more than they are in.
- Goggles are very important for meets and practices. Chlorine in the pool irritates eyes after a while. If a swimmer leaves them in the pool or locker room area, they most likely will be gone by the next practice. We are not the only ones who use the pool daily.
- Swimmers must be at the pool by the start of the warm-up for meets.
- Practice time is just that. Your child will be asked to leave the pool area for behaviors other than swimming. If a swimmer is late to practice, they are expected to get right into the pool and start practice. Wasting time by just one swimmer, affects all in the lane. If you need to pick up your child early from practice, you must come to the pool to get them.
- Please do not use this team as a baby-sitting service. If your child does not want to come to practice, don't force them to. They will fool around and distract others who are trying to benefit from the team practice.
- Children are expected to be able to swim at least one lap of the pool and dive into deep water from the side of the pool. Swimming lessons are available through the Parks and Recreation Department for more individualized attention. This is a large and fast passed team. Children need to take direction from the coaches, and implement it during practice time. Coaches only guide swimmers, they don't swim for them.

- If swimmers do not swim in meets, they will not be allowed to join the team next season. With a full capacity team, there is no room for those who do not wish to compete.
- All important information will be posted on the Recreation Dept. web site www.rhparkrec.org.
- If there is a swim meet scheduled there is no practice for the opposite age group that day (i.e. junior meet means no senior practice that day)
- Last day of practice for the summer: Seniors end Tuesday, July 28. Juniors end Friday, July 31.

MEET DIRECTIONS:

Bloomfield Town Pool (outdoor pool), 390 Park Avenue, Bloomfield: Take 91 north to exit 35B, Cottage Grove Road. Turn left at end of exit on Cottage Grove. Follow straight through 4 lights. Copaco shopping plaza and Boston Market on left. At light turn right onto Tyler Street. Go straight through next light into Carmen Arece Middle School. Go past school. Tennis courts on right. Pool is behind tennis courts.

Fermi Enrico High School , 124 North Maple Street, Enfield: Take 91 north to exit 48, Elm Street, route 220. Turn right at end of exit onto Elm Street. Go 3-4 lights. At light bear right at fork. Still on Elm Street. Pass 7-11 store on right. At some point Elm Street turns into Moody Road. At second light turn right onto North Maple Street. Take left into high school.

Vernon Horowitz Pool (outdoor pool), Henry Park, South Street: Take 91 north to 84 east. Take exit 67, route 31 toward Rockville/Coventry. Turn left on route 31, Reservoir Road. Turn left on Hartford Turnpike, route 30. Take first right on South Street. Henry Park on right.

Willard Pool (outdoor pool), Pitkin Recreation Complex , 30 Greenfield Street, Wethersfield: Take route 99 north. Turn left on Nott Street. Turn right on Folly Brook Blvd. Take first right on Greenfield St. Pool on right.

Windsor High School Pool, 50 Sage Park Road, Windsor: Take 91 north to exit 36, route 178, Park St. Follow 178 east. Take first left after blinking light onto Sage Park Road. Junior High is on the left. High School is on the right.

Windsor Locks High School, 58 Elm Street, Windsor Locks: Take 91 north to exit 42, route 159. Turn left at end of exit on route 159, Main Street. Less than ½ mile, turn left onto South Street. Go straight through 2 stop signs and up the hill. Go past South Elementary School on the right. Turn right onto road just past school. Follow road to stop sign and take left. Follow road around to the left.