

April 6, 2009

Dear Parents,

Hello! Welcome to a new season of *Summer Swim League at Ballard Pool (Polar Bears.)* The start of summer always seems to bring excitement for everyone and this year should be no different. We can't wait to see the returning swimmers for another summer, as well as all newcomers! Here are some important things to learn about our program:

Team Focus -

With our season only being six weeks long, it is vital for us to keep the kids moving in the water and learning as much as they can! While our focus is learning the basics of better competitive swimming, we also emphasize strong teamwork, sportsmanship and a healthy dose of FUN! During the season we have a total of four swim meets. The meet schedule is included in the parent packet. More information about each of the meets will be discussed during the **Parent's Meeting at 9:30 a.m. or 7:30 p.m. on Wednesday, June 24.** Please choose one meeting to attend. All of the information regarding swim meets, rules of Summer Swim League, etc., can be found in the parent's packet. **Please read the packet in advance of the parent meeting. It is available online: <http://www.seattle.gov/parks/aquatics/ballardp.htm>.**

Practice Times –

Our practices will run Monday through Friday mornings from June 22 through July 31, including Friday, July 3. New for this year is that each age group is offered at 3 different times. Please register for whichever time fits your schedule best! Times offered are 7:30 – 8:30 a.m., 8:15 – 9:15 a.m. or 9 – 10 a.m. Each of these practices will begin with a 5 minute stretch and end with 10 minutes of dry land training.

Volunteer Opportunities -

Summer League's main focus is on the swimmers' participation; however there are plenty of opportunities for the parents to participate too!! No need for a swim team background – we just need willing volunteers! More help from you, the parents, will help make our meets run smoothly. Before, during and after each swim meet the team will need many parents to help with many tasks such as filling out entry cards, running cards, handing out ribbons, timing and ushering swimmers to their events. To get a better feel for what Summer Swim League is all about, learn more about the volunteer opportunities and sign up to volunteer, please attend one of our Parent Meetings on June 24.

Be sure to mark your calendars for our **team potluck on Saturday, July 25 from 5 – 7:30 p.m., here at Ballard Pool.** Bring the family to play in the pool and wrap up the first 5 weeks of a great season! For the potluck, please bring a main dish to share from. Like previous years, your team t-shirt is included in the registration fee – we expect the t-shirts to be ready just in time for our first meet!

If you have any questions, please call Coach Courtney at (206) 684-4094 or email her at courtney.carvajal@seattle.gov. With coaches, swimmers and parents all working together, this season should go smoothly, successfully, and end up with a whole new batch of strong, happy Polar Bears!

Sincerely,

Ballard Summer Swim League Coaches