



Welcome Everyone to the Summer 2009 Swim Team

You're Pirates Coaching Staff



Lyndee, Jessica, Nathan and Chris



Tip of the Week:

Swimming with your head up or always wondering where you are in the pool can wear on a swimmer. It is easier to see underwater when you are wearing goggles not to mention chlorine can be harmful on the eyes and cause redness and irritation. An extra for the girls is to wear a swim cap. It helps keep your hair out of your face so that you're not distracted and you can see well. At first it may feel funny and adjustments may take a couple practices but soon your child will want to have them on all the time. If you have them already please bring them, if you don't I encourage you to pick some up. And that is the tip of the week.

Our first swim meet is this Saturday, June 13th at Val Vista Lakes!

Directions to Val Vista Lakes

From the West:

Take I-10 East to the US-60 East, exit on Val Vista Drive. Head South on Val Vista Drive to Lakeside Drive (Lakeside is the second light past Baseline Road). Head East on Lakeside Drive, we are the first driveway on the left.

From the North:

Take the Loop 101 South to the US-60 East, exit on Val Vista Drive. Head South on Val Vista Drive to Lakeside Drive (Lakeside is the second light past Baseline Road). Head East on Lakeside Drive, we are the first driveway on the left.

From the South:

Take the Loop 101 North to the US-60 East, exit on Val Vista Drive. Head South on Val Vista Drive to Lakeside Drive (Lakeside is the second light past Baseline Road). Head East on Lakeside Drive, we are the first driveway on the left.

The pool is at the club house.

Please find parking near by and find your way to the pool.

Warm Up starts at 7:00am

Make sure your child is in the water and ready to swim 😊

Meet Starts 7:30am

Please bring your own snacks and water,
I don't believe there will be a snack shack.
Its going to be warm so please remember to
keep your kids cool, hydrated and loaded
with sun screen.

**I would like to personally welcome you,if you have
any questions or problems feel free to contact me.**

Christopher Hunter, Head Swim Coach

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