

Twin Lakes Tritons 2019 Swim Team Information

Twin Lakes will once again be competing in the Rochester Area Swim League (RASL), and will be swimming with teams from Lifetime Fitness, Oakhurst, Great Lakes Athletic Club, Fox Hills, and Wyndgate. Ryan Golden will be joining Twin Lakes as our new Head Swim Coach.

The Twin Lakes Tritons Swim Team is comprised of children ages 5 to 18, and is currently open to new swimmers. Swim club membership is required. New swimmers may qualify for the team by showing they can swim or paddle one length of the pool on their front, and one length on their back, in any fashion. New swimmer assessments (TBD) will be held during the first week of swim team practice.

Twin Lakes will compete in five swim meets this season, in addition to the RASL Championship Finals. These events need volunteer assistance from our swim team families in order to run smoothly and timely. All families are expected to fulfill multiple volunteer shifts during the season. There are many different ways families can help out, and a list of available volunteer positions will be posted prior to each swim meet. Parents are also needed to help coordinate snack days and spirit wear. More information will be available as we get closer to the start of the swim team season.

Please feel free to contact Erika or Coach Ryan with any questions. We are looking forward to another great season!

Swim Team Parent Meeting and Registration

Tuesday, April 30th, 6:30pm

The parent meeting and registration will take place in the main clubhouse banquet facility. Coach Ryan will be sharing important information for new, potential, and returning swimmers. We will also have team suit and t-shirt samples on hand for sizing and ordering. Online registration is also available.

Practice Schedule

Monday through Friday, May 28th - June 13th

Ages 11 & older 3:45-4:45 pm

Ages 10 & younger 4:45-5:45 pm

(no practice May 27th or June 14th)

Monday through Friday, June 17th - July 19th

Ages 13 & older 7:00-8:30 am

Ages 9-12 8:30-9:30 am

Ages 8 & younger 9:30-10:30 am

(no practice July 4th)

Swim Meet Schedule

Wednesday, June 19th vs. Wyndgate 4:45 pm

Wednesday, June 26th @ Oakhurst 5:15 pm

Saturday, June 29th @ Lifetime 8:15 am

Thursday, July 11th vs. Fox Hills 4:45 pm

Saturday, July 13th @ Great Lakes 8:15 am

Sat.-Sun., July 20th & 21st Finals

* Sunday, July 21st 5:30 pm *

* Banquet/Awards Ceremony at Twin Lakes *

Swim Team Pricing

One Swimmer: \$215.00

Two Swimmers: \$415.00

Three or more Swimmers: \$600.00

Swim team prices include:

- Highest quality professional coaching and instruction
- Practice time (8 weeks, 5 days per week)
- Swim meet entries (5 swim meets)
- Championship Finals entry
- Banquet and awards ceremony (one ticket per swimmer)
- Tritons t-shirt and swim cap

Swim Team Suit Ordering Information

The Tritons team suit can be purchased through Sun & Snow (ordering information available soon).

Team apparel / spirit wear online ordering will be available soon.

Erika Pardon - Registration
(248)601-4170 erika@twinlakesgc.com

Ryan Golden - Head Swim Coach