

Twin Lakes Tritons 2021 Swim Team Information

Twin Lakes will once again be competing in the Rochester Area Swim League (RASL), and will be swimming with teams from Oakhurst, Great Lakes Athletic Club, Fox Hills, and Wyndgate. Ryan Golden and Traci Naylis will be returning to Twin Lakes as our swim coaches.

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

Wednesday, April 21, 2021 at 7:00pm

The parent meeting will take place in the main clubhouse banquet facility. If we are unable to host an indoor gathering, the meeting will take place via Zoom. Coach Ryan will be sharing important information for new, potential, and returning swimmers. Online registration is now available.

Practice Schedule

Tuesday, June 1st - Friday, June 11th:

Please see Early Season Schedule posted on the Twin Lakes website

Monday through Friday, June 14th - July 23rd

Ages 13 & older	7:00-8:00 am
Ages 11-12	8:00-9:00 am
Ages 9-10	9:00-10:00 am
Ages 8 & younger	10:00-10:45 am

All swimmers must bring their own kickboard and fins to practice every day.

Swim Meet Schedule

Thursday, June 17	vs. Great Lakes
Wednesday, July 7	at Wyndgate
Wednesday, July 14	vs. Fox Hills
Saturday, July 17	at Oakhurst

Finals: Three-site format

8 & younger	Friday, July 23 @ Twin Lakes
9-12 yrs old	Saturday, July 24 @ Oakhurst
13 & older	Sunday, July 25 @ Wyndgate

Swim Team Pricing

Swim Club Member Cost:

\$215.00 per swimmer

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

Team Picture Day

Swim Team Suit Ordering Information

The Tritons team suit can be purchased through Sun & Snow, by phone or email.

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