



# Join the Conestoga Sharks Swim Team!

- What:** Conestoga Sharks Swim Team Registration
- When:** Online registration only! Opens on April 1<sup>st</sup> 2013
- Who:** Boys and Girls ages 5-18
- How:** Online at: [conestogaswimteam.org](http://conestogaswimteam.org)
- Cost:** \$105 for the first swimmer  
\$75 for additional swimmers in the same family

**\*All registrations received after May 30<sup>th</sup> 2013 will incur a \$15 late fee.\***

## SWIMMERS WILL:

- Improve their swimming technique and focus on strokes and skills
- Learn about commitment, sportsmanship and how to be part of a team!

## PRACTICE INFORMATION:

- **Pre-Season Open House and Indoor Practice-** Brooks Pool, Millersville University Campus on May 28<sup>th</sup>, May 29<sup>th</sup> and May 30<sup>th</sup>. Unsure about joining, come to the Open House and Indoor Practice.

<b>Times: New Swimmers – (age 8 and under)</b>	<b>6:00-6:45</b>
<b>Returning Swimmers – (8 &amp; 10 and under)</b>	<b>6:30-7:45</b>
<b>Older Swimmers- (ages 11-18)</b>	<b>7:30-9:00</b>

- **Pre-Season Outdoor Practice-**Conestoga Pool on June 4<sup>th</sup> and 5<sup>th</sup> from 5-6:15 (ages 10 & under) and 6-7:30 (ages 11 & older)
- **Regular Summer Practice will begin June 10<sup>th</sup>** ( pending Penn Manor School District's Last Day).Practices will be held Mondays-Fridays between 8-10:30am. (Specific sessions are determined by age groups)
- The season will end with All-League Championships on July 26<sup>th</sup> & 27<sup>th</sup>.

\*\*Prior swim team experience is unnecessary, but swimmer should display some swimming ability and feel comfortable in the water.

\*\***QUESTIONS??** Please contact the CST Board President, JoAnn Dings @ 689-0597 or [jodings@hotmail.com](mailto:jodings@hotmail.com), Coach Jillian Almoney @ [jbswim02@yahoo.com](mailto:jbswim02@yahoo.com) or visit our website: [conestogaswimteam.org](http://conestogaswimteam.org)