

SPRING LAKE SWIM TEAM 2009

Head Coaches: Colleen Phillips-Panzini and Cathy Clark- Miksic
Assistant Coach:

- 1 .Practices: Monday thru Thursday 6pm to 6:45pm 10/U, 8/U, 6/U age groups
6:45pm to 7:30pm 11/12 AND 13/14 groups
 2. Start Date: Monday June 22nd North End Pool
 3. All swimmers are expected on pool deck 10 minutes prior to scheduled practice time ready to have a fun practice. Parents can observe practices from the upper observation deck.
 4. Goggles are HIGHLY recommended
 5. Girls NEED to wear caps at both practices and meets
 6. Team suits (not mandatory) can be purchased on:
Date to be announced
 7. Meet Schedule is as follows: To Be Announced
- ****IF YOUR CHILD IS NOT ABLE TO ATTEND A MEET, YOU MUST CONTACT COLLEEN OR CATHY AT LEAST 24HRS PRIOR TO MEET.
9. The swim team is now being run by the Beach Dept. Therefore, workers for swim meets (ie. Timers, runners, announcer, etc.) will be provided by said dept. However, if any parent wishes to assist the team at meets, pizza parties, PLEASE do not hesitate to speak with either Colleen or Cathy.
 10. Preferred form of communication is email: Panzinic@aol.com.
Our cell #'s are: Colleen 908-902-0210
Cathy 732-306-3627