

ROCKY HILL SEA LIONS SWIM TEAM WINTER 2019-20 INFORMATION

Dated 9/11/19

NEW TEAM MEMBERS: The coaches strongly suggest that parents stay the first couple of days of practice to learn as much as they can. Melisha will go over all team rules and procedures with the swimmers and parents on the first week of practice.

PRACTICE INFORMATION:

- Starts Monday, October 21
- Practice time: Monday-Wednesday-Friday, 5:00-6:30pm
- Practice time: Tuesday-Thursday, 5:15-6:30pm (NEW START TIME)
- Swimmer must attend practice 2-3 times/week
- Please be on time for all practices
- **NO PRACTICE:** Oct. 25, Oct. 31, Nov. 27-29, Dec. 24-26, Dec. 31-Jan. 1, Jan. 20, Feb. 17
- Practice will not be held when the high school has a home meet-schedule to follow

MEET SCHEDULE: see schedule at www.rockyhillct.gov/parkrec

PERSONAL PROPERTY: Be sure to have your swimmer bring a lock for the locker room or bring all their personal belongings onto the pool deck. The locker rooms will not be supervised and anyone can access them from the back hallway. We are not responsible for lost or stolen articles.

TEAM BATHING SUITS: Debbie Cosme from Metro Swim Shop will be taking orders at the pool for team bathing suits on Wednesday, Oct. 30 from 5:00-6:30pm. The suits are royal blue with the Sea Lions logo on them. Suits will be available to try on for sizing. Payment is due when ordering and no refunds will be given once ordered. Cash, credit cards and checks accepted. Checks should be made payable to Metro Swim Shop. **This is the only time suits can be purchased from Metro with our logo on it.**

COACHES:

Head Coach	Melisha DeMaio, 860-655-0246-c
Assistant Coach	Mark Catania
Assistant Coach	Shawn Flynn

CANCELLATION INFORMATION: If Rocky Hill Schools are cancelled or dismissed early, all recreation programs will be cancelled for that day. For information on the weekend, check our website at www.rockyhillct.gov/parkrec.

PARKS AND RECREATION DEPARTMENT:

Livia Jacobs, Aquatics Director/Recreation Supervisor
860-258-2784-w
ljacobs@rockyhillct.gov