

# Sea Dragons Swim Team

*Providing a year-round competitive swimming experience for children ages 6-18.  
Registered with USA Swimming and led by head coach Amanda Wall.*

## Practice Schedule (until June 1, 2012)

*We follow Lewisville ISD's school schedule.*

**Novice** –10 & Under beginners to competitive swimming.

**M/W/F 5-5:45pm or 5:45-6:30pm**  
*Optional practice on Tuesdays (7:30pm)*

**Intermediate** –11 & Over beginners to competitive swimming and 10 & Under with competitive experience.

**M/W/TH/F 5-6pm; 6:00-7:00pm**  
*Optional practice on Tuesdays (7:30pm)*

**Advanced** – 11 & Over with competitive experience. Great for those interested in or already swimming for high school.

**M/W/TH/F 6-7:30pm and Tuesdays 7:30-9pm**

*Drylands included with your practice time. Activities will be held the first half-hour on Tues. and last half-hour on Thur.*

## 2012 Swim Meet Schedule

*Swimmers may be required to meet qualifying times. Attendance at all meets is not required. Meet fees are additional costs.*

<u>Dates</u>	<u>Meet</u>	<u>Location</u>
Jan. 21-22	B/C Short Course Invitational	Rockwall
Jan. 27 & 29	BB Short Course Invitational	Allen
Feb. 17-19	BB Short Course Championships	TBD
Mar 2-4	B/C Short Course Championships	Plano
May 4-6	A/BB Long Course Invitational	Addison
May 11-13	B/C Short Course Invitational	Allen
May 18-20	BB Long Course Invitational	Plano
June 1-3	A Long Course Invitational	Dallas—SMU
June 8-10	B/C Short Course Invitational	Plano
June 15-17	BB Long Course Invitational	Addison

***Practice and swim meet schedules are subject to change. Holiday hours will vary.***

## Tryouts Held Each Week!

**Mon./Wed./Fri.—6:30pm**

Swimmers must demonstrate all four competitive strokes and swim at least 50 yards freestyle and back-stroke comfortably. Some may be asked to complete a sample workout set. Tryouts take 15 minutes.

**Please RSVP to [info@seadragons.net](mailto:info@seadragons.net).**

Space is limited.

## Cost Per Swimmer

**\$90 registration fee (additional siblings \$75)**

*This includes your 2012 USA Swimming Athlete registration.*

**Novice—\$65 monthly**

**Intermediate—\$75 monthly**

**Advanced—\$85 monthly**



<b>Sea Dragons Swim Team</b>	<b>Practice Location</b>
5100 Eldorado Pkwy.	The Colony Aquatic Park
Ste. 102, PMB 367	5580 N. Colony Blvd.
McKinney, Texas 75070	The Colony, Texas 75076

(713) 829-7748 (972) 624-2225  
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