



Secaucus Patriots

Swimming

**OPEN TO
SECAUCUS
RESIDENTS
AGES: 5 - 18**

2019 COACHING STAFF:
Head Coach: Michelle Sanchez
Assistant Coaches: Juan Medina,
Rob Turner, & Emma Bowers



**IN-PERSON
REGISTRATION:**

**NOW EXTENDED UNTIL
FRIDAY, MAY 10 @
SECAUCUS REC CENTER
1200 KOELLE BLVD**



\$75.00 registration fee (check only)

*Please bring proof of address and a
photocopy of birth certificate

TRY OUT DATES: THURS, 5/9 - ALL 11 & OVER - 3:30PM
FRI, 5/10 - ALL 10 & UNDER - 3:30PM

FOR MORE INFO CONTACT US AT: MSANSWIMMING@GMAIL.COM

SECAUCUS PATRIOTS SWIM TEAM ADDITIONAL INFO



Formerly Secaucus Seahawks Swim Team

1 REGISTRATION REQUIREMENTS

\$75.00 fee includes team suit, team cap, and team t-shirt.
***Please bring proof of address and photocopy of birth certificate upon in-person registration at the Secaucus Recreation Center at 1200 Koelle Blvd.

2 SWIM SEASON LENGTH

The summer swim season will last from May 13 - end of July.

3 SWIM TEAM REQUIREMENTS

All 5-6 year old swimmers must be able to swim **1/2** length of the pool unassisted.

10 & Under swimmers must be able to swim **ONE** length of the pool completely unassisted and without stopping or touching the floor.

11 & Over swimmers must be able to swim **TWO** lengths of the pool completely unassisted and without stopping or touching the floor.

4 EQUIPMENT REQUIREMENTS

Swimmers are required to have goggles, a swim suit, and for individuals with longer hair, a swimming cap. A team uniform suit and cap will be provided after try outs. *Note about swim shirts: though allowed at practice, they are heavy and will make it more difficult for your child to swim.

5 ATHLETE EXPECTATIONS

We are very excited to raise the level of competitive swimming in Secaucus! As such, this program is for swimmers who want to learn how to race and compete in the sport of swimming. Basic competitive swimming skills (at least freestyle and backstroke) and comfort in the water are required. We expect all swimmers who train with us to compete at our swim meets in July! We look forward to meeting you, and if you have any more questions contact Coach Michelle at msanswimming@gmail.com