

2026 Fall Sea Lions

STARTS: Wednesday September 9th, 2026

ENDS: Thursday, December 19th, 2026



No practice:

Monday, October 12th – Club closed for Indigenous Peoples' Day

November 24th - 27th – Club closed for Thanksgiving Break

PLEASE READ CAREFULLY:

Current Sea Lions do not need to try out. New swimmers interested in joining the team **must** make an appointment to have their skills assessed and complete a formal try-out. Please email cgarcia-wedge@salembgc.org to set up an appointment.

TRY OUTS: Tryouts are available - *please email the head coach for appointments.*

Team Information

Group 1: These swimmers have been introduced to freestyle and backstroke and have basic knowledge of breaststroke and butterfly. This group will focus on competitive swimming terminology, endurance, and start/turn education. Swimmers in this group must be able to swim 25 yards in both freestyle and backstroke. This is an excellent introduction for those interested in joining a team.

Group 2: These swimmers are proficient in all strokes and will continue to refine their technique. Practices will be geared toward endurance, sprinting, turns and achieving personal best in time and technique.

- Swimmers in this group must be considered 'legal' in all areas of competition.
- Swimmers in this group must have a 50 Free time of 0:50s or lower.

Practices:

Group 1: \$563 MON/WED/THURS 5:00PM – 6:00PM

Group 2: \$608 MON/WED/THURS 6:00PM - 7:30PM

How to Sign Up:

REGISTRATION DOES NOT ROLL OVER FROM SESSION TO SESSION, IS SUBJECT TO AVAILABILITY, AND NOT CONSIDERED COMPLETE UNTIL SWIMMERS ARE REGISTERED AND PAYMENT HAS BEEN MADE.

Please go to:

<https://online.traxsolutions.com/salembgc/main>

*Financial Aid is available to qualified applicants – application (www.salembgc.org/registration), Tax Form 1040, 2 recent pay stubs, and \$30 program deposit fee required upon registration if applying. Financial assistance paperwork **ONLY** can be emailed to info@salembgc.org once completed in its entirety.*

***MONTHLY PAYMENTS ARE AVAILABLE, PLEASE EMAIL Christina Garcia-Wedge to arrange; cgarcia-wedge@salembgc.org

Meets:

Meet schedules will be released once meets are finalized. The team will be competing in the NENEAPC Boys and Girls Club league. Meets will begin around November / December and will occur regularly through February. Swimmer participation is not required but highly recommended. Parent volunteering is required in **at least 2 meets**.

Swimmer Guidelines: *all swimmers, returning and new, must go over and follow these guidelines*

- Swimmers should respect the pool, deck, locker rooms and equipment.
- Swimmers must respect coaches, staff, teammates and parents.
- Swimmers must be a good representation of the team and the club.
- All swimmers should be prepared for all practices and meets.
- Swimmers should arrive at all practices and meets with a positive mindset.
- Harassment, bullying, or abuse of any kind is not tolerated.
- Swimmers will show good sportsmanship to fellow swimmers, timers, officials or any other meet staff.
- Swimmers must be welcoming towards new teammates.

Safety Guidelines:

- Locker rooms will be available for changing and restroom usage only – the use of hair dryers is prohibited. It is preferred that swimmers wear their swimsuit to practice under their clothing.
- All swimmers should wear flip-flops or crocs on the pool deck.
- Bullying, harassment, or abuse of any kind is not tolerated. Swimmers will be asked to sit out of meets or practices if they do so.
- Attendance will be taken.
- Swimmers must bring their own water bottle. Glass bottles are not allowed.
- All swimmers will **enter and exit through the glass pool doors** by the outside basketball courts near the rear parking lot.
- Parents and guardians are not permitted to use the locker rooms. Bathroom usage is available in the middle single stall.
- No food or glass is allowed on deck.