

SPRING / SUMMER SEA LIONS 2026

STARTS: Monday May 4th, 2026

ENDS: Thursday, August 6th, 2026



No practice:

Monday, May 26th- Memorial Day

June 8th to June 11th - club is closed for staff training all week.

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: April 29th and April 30th 5:00-6:00pm; *please email the head coach for appointments.*

Sea Lions 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.

Practices:

<u>Group 1:</u>	\$475	MON/WED/THURS	5:00PM – 6:00PM
<u>Group 2:</u>	\$520	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:

The team will be competing in our local GSSA league for the summer months. Meet schedules and league information will come out middle to end of June.

The GSSA provides trainings over the summer for those who would like to be an official at meets. Officials training is typically held at the Nashua Country Club. Please reach out to the head coach for exact dates and times. 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.