

April 5, 2011

Dear Parents,

Hello and welcome to the 2011 season of **Summer Swim League (SSL) at the Ballard Pool**. We have had some amazing summers with our awesome swimmers and you, their parents, and we look forward to the same this year! We would like to provide you with some important information about this program:

**Team Focus –**

The SSL season is six weeks long, so it is vital for us to keep the kids moving in the water and learning as much as they can! While our focus is on learning the basics of competitive swimming, we also emphasize strong teamwork, sportsmanship, and lots of FUN! During the season we have a total of four swim meets. The meet schedule is included in the parent packet. As in previous years, your team t-shirt is included in the registration fee. We expect the t-shirts to be ready just in time for our first meet! We'll provide more information about each of the meets during the **Parents' Meeting at 9 a.m. or 6:30 p.m. on Wednesday, June 29**. Please choose one meeting to attend. All of the information regarding swim meets, rules of Summer Swim League, etc., can be found in the parent's packet. **Please read the packet in advance of the parent meeting. It is available online: <http://www.seattle.gov/parks/aquatics/ballardp.htm>.**

**Practice Times –**

Our practices will run Monday through Friday mornings from June 27 through August 6. Please register for whichever time fits your schedule best! Times offered are 7:30 – 8:30 a.m., 8:15 – 9:15 a.m. or 9 – 10 a.m. Each of these practices will begin with a 5-minute stretch, and end with 10 minutes of starts and turns.

Another opportunity that swimmers have to improve skills is a Stroke and Turn Clinic held during the six weeks of our season. This program runs on Mondays at 5:30 p.m. The cost for this class is \$32.50.

**Volunteer Opportunities –**

Summer Swim League's main focus is on the swimmers' participation; however, there are plenty of opportunities for the parents to participate too!! There's no need for a swim team background – we just need willing volunteers! More help from you, the parents, will help make our meets run smoothly. Before, during, and after each swim meet the team will need many parents to help with many tasks, such as filling out entry cards, running cards, handing out ribbons, timing, and ushering swimmers to their events. To get a better feel for what Summer Swim League is all about, learn more about the volunteer opportunities, and sign up to volunteer, please attend one of our Parent Meetings on June 30.

Be sure to mark your calendars for our **team potluck on Saturday, July 30, from 5 – 7:30 p.m., here at Ballard Pool**. Bring the family to play in the pool and wrap up the first 5 weeks of a great season!

If you have any questions, please call Coach Courtney at (206) 684-4094 or email her at [courtney.carvajal@seattle.gov](mailto:courtney.carvajal@seattle.gov). With coaches, swimmers, and parents all working together, this season should go smoothly, successfully, and end up with a whole new batch of strong, happy **Polar Bears!**

Sincerely,

Ballard Summer Swim League Coaches

## 2011 SSL Schedule

Registration: April 5<sup>th</sup>  
Program: June 27<sup>th</sup> – August 6<sup>th</sup>

### Dual Meets

*Home Warm-Ups at 5:00-5:30, Away Warm-Ups 5:30-6:00, Meet Starts at 6:00*

Friday July 15 <sup>th</sup>	Mounger	@	Queen Anne
	Southwest	@	Medgar Evers
	Ballard	@	Madison
	Meadowbrook	@	Evans
Friday July 22 <sup>nd</sup>	Medgar Evers	@	Queen Anne
	Mounger	@	Southwest
	Madison	@	Meadowbrook
	Evans	@	Ballard

### Championship Meets

*Warm-Ups at 8:00, Meet Starts at 9:00*

Saturday July 30 <sup>th</sup>	Southern Division	@	Medgar Evers
	Northern Division	@	Madison
Saturday August 6 <sup>th</sup>	All City	@	Madison