



SETON SWIMMING

GRATITUDE • EXCELLENCE • MEEKNESS • SACRIFICE

Top Reasons to Join Seton Swim Team:

1. Hangout with friends on Saturday during FUN Swim Meets
2. Almost a quarter of the whole school is on the team
3. Everybody swims, no one sits on the bench
4. Free pizza after Home Meets
5. Fun way to learn all 4 strokes. Swimming is a life skill.
6. Caring coaches and a cool group of parent volunteers
7. Great way to get in shape
8. Feel GREAT from the aerobic exercise & strength training
9. Swimming beats the winter blues
10. Challenge yourself to do hard things

Important Dates and Details:

Monday, October 1st: **Registration Opened** on www.setonswimming.org

Wednesday, October 24th: **New family Information meeting** at Seton at 7:00 p.m.

Tuesday, November 6th: **1st practice** at Central Park Aquatics at 6:04 a.m.

Saturday, Nov 10th: **Team Event, TBD**

Everything you need to know is on www.setonswimming.org. Look under Meet & Team Information for the Swim Team handbook

For more information, please email Coach Koehr at Coach@KoehrFamily.com