



2019 COBRA SWIM TEAM!

- **For:** Students interested in the 2019 Cobra Swim Team
 - **Regarding:** **COBRA SWIM TEAM PRE-SEASON CONDITIONING**
 - **When:** June 4-July 18 every T,W,Th 9-10:15am
 - **Where:** Lake Lytal Pool, 3645 Gun Club Rd. WPB 33460
 - **Cost:** 2 Checks: \$25 USAS Registration (Made out to LLL) \$95 for entire 7 week program (Made out to BOCC)
 - **What's Included:**
 - Proficiency gained in all 4 Competitive Swim Strokes: Butterfly, Backstroke, Breaststroke, Freestyle
 - Enhanced Aerobic conditioning & ability to complete a 500 yard swim
 - Out of water functional body weight training for swimming
 - **Coaching Staff:**
 - Coach Pete Ninivaggi (head coach Cardinal Newman HS & Developmental Head Coach Lake Lytal Lightning Swim Team)
 - Coach Sarah Andrews (head coach John I Leonard HS & Performance Enhancement Coach Lake Lytal Lightning Swim Team)
 - Coach Gordon Andrews (head coach Park Vista HS & Head Coach Lake Lytal Lightning Swim Team)
- CONTACT:** gordon.andrews@palmbeachschools.org or Asst. Coach: sharon.moorhouse@palmbeachschools.org
- **FAQ:**
 - "I don't know how to swim, can I still attend to learn how to swim?"
 - **NO. You have to have the rudimentary skill down of being able to swim across a 25yd. pool with proper breath control**
 - "I don't know how to do all 4 strokes in competitive swimming, can I still be a part?"
 - **YES. If you are willing to be taught and get uncomfortable in training and learning you will learn the 4 strokes**
 - "My family is going to be away part of the summer on vacation, can I get a discounted rate?"
 - **NO. The \$95 is a single fee whether you attend 1 practice or all 20 practices offered throughout the summer (no practice on Thurs. July 4th).**
 - "Will this prepare me to make my high school team if I am going to be a freshman?"
 - **YES. If you dedicate yourself to all/most practices you will be able to make your high school team with proficiency in all 4 strokes, and an aerobic ability to complete a 500 yd. swim.**
 - "What kind of personal equipment will I need?"
 - **GOOGLES (sold at pool if you don't have a pair), a SWIM SUIT, a GREAT ATTITUDE willing to get uncomfortable and learn.**