

GATOR GAZETTE



**WELCOME BACK TO ANOTHER
GREAT GATOR SEASON!!
2010 IS GOING TO ROCK!!**

March Clinics start next week!

Kids between the ages of 5 & 18 are invited to sign up for swim clinics. All skill levels included. Each of the 4 strokes will be covered beginning Monday, March 1st. First week is free, second week is back, 3rd week is breast & 4th week is fly (6 and unders will repeat free & back for weeks 3 & 4) Clinics meet twice a week--for an hour. Mon/Wed is 10 and unders; Tues/Thurs 11+. Cost is \$30/week or \$125/month for all 10 lessons. Great for beginners just starting out or advanced swimmers looking for stroke techniques. Advanced swimmers (11-13) will get endurance sets, stroke specialization, nutrition info & athletic development. A great way to get a jump on the season! Also a perfect opportunity to "try out" the Gator team! More info at the front desk!



IMPORTANT DATES

March clinics start	March 1
2010 season begins	April
Time Trials	May 8
Rio Invitational	May 15
LCRC vs Folsom	May 22

There are a few spots left for the Mini Gator pre-season semi private lessons. There will be 3 sessions in both April & May and Coach Sara is offering up 3 add'l time slots for 3 or less swimmers: 2-2:30, 2:30-3 & 3-3:30 twice a week--Tues/Thurs--for 4 weeks (8 lessons per session) Each session is \$99. Please see her for add'l information.

Private Swim Lessons

If your swimmer is unable to attend March Clinics or you're interested in one-on-one stroke work, Coach Sara has started private lessons. Contact her at sara.ruddell@gmail.com if you're interested.

TEAM SUITS & SPIRIT WEAR

Norcal Swim Shop will be on deck Wednesday, March 3rd from 4:30-6:30 for suit fittings. We are getting a new team suit this year and it's custom made with our Gator logo screened onto it, so we need orders in ASAP. This may be the only opportunity your swimmer has to try a suit on to ensure a correct fit, to please stop by!

There will also be samples of our Spirit Wear for you to peruse and try on. We have team sweats, t-shirts, swim caps, ball caps, visors and more! Orders will be due April 16th.