

SUNFISH MASTERS

TEAM INFORMATION: **SUNFISH MASTERS** will provide a program at the Freedom Aquatic and Fitness Center for adults 18 and over. Sunfish Masters is a registered United States Masters Swimming (USMS) program. Practices are open to USMS registered swimmers.

MISSION: To provide a stable, consistent training program that will be rewarding and challenging for both the fitness and/or competitive swimmer.

- Fitness
- Stroke Development
- Open Water (Triathlon) training
- Competitive experience
- Fellowship and camaraderie with other adults

REQUIREMENTS:

- Must be 18 or over
- Must be registered with United States Masters Swimming (USMS).
- Competitive experience is not necessary but swimmers must have the ability to swim 100 yards continuously in the circle swim pattern with a breathing ratio of one breath per stroke.

PRACTICE SESSIONS: All practices will be coach directed to accommodate various ability levels from the developmental to advanced swimmer.

September 15, 2009 - June 14, 2010

Tuesday and Thursday	6:00-7:30 AM
Monday, and Wednesday	8:30-9:30 PM
Friday	7:30-9:00 PM
Sunday	8:00-10:00 AM

June 15 – Aug 31 Times to be determined

COACH CY'S BACKGROUND

- Level 5 American Swim Coaches Association (ASCA) certified
- Over 40 years of coaching experience from novice to Olympians
- Member of 2001 United States Open Water Coaching Staff in Australia
- Co-Meet Director of 1991 United States Master Nationals

FEES: Team registration fee \$65 per year (Includes cap and USMS registration.)
Freedom Members: \$45.00 per month
Non-Freedom Members \$60.00 per month

INFORMATION: Call Coach Cy or Ginger (571)643-6615 or (571) 643-6619
Email: sunfishmasters@gmail.com