



Welcome Swimmers and Parents!

COAST (City of Allen Swim Team) is looking forward to another year of TAAF swimming! COAST participates in weekly meets with other area TAAF teams, with the opportunity to advance to the TAAF State Games of Texas. The Games Swim Meet will be held in McAllen, TX, July 27<sup>th</sup>-July 30<sup>th</sup>. COAST participants do not have to compete in meets unless they desire to do so, but qualifying times are required to participate at the Games of Texas.

Practices will be Monday–Friday from June 5<sup>th</sup> – July 21<sup>st</sup> at FORD POOL

07:00 – 08:30 AM  
08:30 – 09:30 AM  
09:30 – 10:15 AM  
10:15 – 11:00 AM  
11:00 – 11:45 AM

Ages 13 years +  
Advanced, 12 and under  
\*Int/Beg, 12 and under  
\*Int/Beg, 12 and under  
Beg, 12 and under

**Int/Beg**  
\*May register in whichever practice time you prefer. \*  
**First Come First Serve**

**Cost:** \$95 – Members  
\$105 – Non-Members

**IMPORTANT:** New swimmers and swimmers looking to advance to the next level are REQUIRED to attend a quick tryout at the Don Rodenbaugh Natatorium on ONE of the following Fridays/Saturdays BEFORE they register for COAST. Past participants are not required to tryout!

-April 8<sup>th</sup> (10:30-11:30)      -May 13<sup>th</sup> (10:30-11:30)  
-April 14<sup>th</sup> (06:15-07:15)      -May 19<sup>th</sup> (6:15-07:15)

Your swimmer should come prepared to swim just ONE LENGTH of the Competition pool. If your child is unable to make it without holding on to lane lines, they will not be able to participate in COAST. The tryout will take just a few minutes and you can come anytime between 06:15-07:15 (Friday) or 10:30am-11:30am (Saturday) that you'd like. No appointment necessary – just come. The coach will determine your level at this time.

There is a **MANDATORY Parent Meeting** scheduled for Sunday, **May 21<sup>st</sup>, 2017 at 06:30 PM** at the Don Rodenbaugh Natatorium. We will go over a lot of information and answer any questions you might have so it is important that you make this meeting!

■ **Day of swimsuit fittings will be May 31st from 04:30pm - 07:00 pm**

Everyone wanting to participate in swim meets will be expected to purchase a swim team suit and cap, NO EXCEPTIONS:

Female Suit: \$52.75  
Male Suit: \$38.00  
Latex Cap: \$3.50  
Silicone Cap: \$15.00

**OTHER IMPORTANT DATES:**

June 3<sup>rd</sup> (11AM-12PM): Mock Swim meet

- For swimmers and parents new to swimming world who want to run through a practice meet!

July 18<sup>th</sup> (09AM-11AM): COAST Pictures

- We will not have practice on this day!

July 26<sup>th</sup> (06PM-08PM): End of year Party

- Come join us for some food and drinks as we celebrate a successful season of COAST and recognize our state competitors!

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