Welcome Swimmers and Parents!

COAST (City of Allen Swim Team) is looking forward to another year of TAAF swimming! COAST is sponsored by the Allen Parks and Recreation Department. Each participant is registered with the Texas Amateur Athletic Federation (TAAF), which is the governing body of the summer swim meets. 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 College Station, TX, July 30-August 2. 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.

Starting Monday, June 8, practices will be held at Ford Pool. The swim schedule is as follows:

7:00 – 8:30 a.m.	Ages 13 years +
8:30 – 9:30 a.m.	Advanced, 12 and under
9:30 – 10:15 a.m.	Int/Beg, 12 and under*
10:15 – 11:00 a.m.	Int/Beg, 12 and under*
11:00 – 11:45 a.m.	Int/Beg, 12 and under*

May register in whichever practice time you prefer

Cost: $95 Members | $105 Non-Members

IMPORTANT: All swimmers who register for COAST are REQUIRED to attend a quick tryout at Don Rodenbaugh Natatorium between 11:30 a.m.-12:30 p.m. on ONE of the following Saturdays: April 4, April 18, May 16, May 30.

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 and you will be fully refunded. The tryout will take just a few minutes and you can come anytime between 11:30 a.m.-12:30 p.m. that you would like. No appointment necessary.

Each age group will be divided into three skill levels on the first day of practice, please come to the time that you think your child might fit into:

- Beginner – Must be able to perform free style and back stroke correctly. May not know all four strokes. **Can swim the length of the pool**. Has a desire to compete.
- Intermediate – Knows all four strokes (free style, back stroke, breast stroke, and butterfly). Able to perform free and back correctly. Will be competing on a regular basis.
- Advanced – Must be able to perform all four strokes correctly. Will be competing on a regular basis. Was in advanced last summer, or swim in advanced stroke clinics.

The City of Allen will most likely host a formal swim meet this season in addition to a **mock meet on Saturday, June 6**. We will need volunteer assistance from YOU, the COAST parents, to be timers and to prepare award ribbons for both meets.

There is a **MANDATORY Parent Meeting** scheduled for Thursday, **May 29 at 7 p.m.** at the Natatorium. We will organize volunteers for the meets at that time.

This is going to be a GREAT season for COAST and we look forward to swimming with you!

Swim-cerely,

Nick Gaddis
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