

# LOE SWIM TEAM

Guppy School | Practice Times | Coaches

## Guppy School

LOE Swimmer that have signed up to participate in Guppy School will begin next week. **April 24 - 28th @ LOEN**

4:30pm to 5:30pm - 12 & Up

5:35pm to 6:15pm - 6 & Under

6:20pm to 7:05pm - ages 7-8

7:10pm to 8:00pm - ages 9-11

## Regular Practice

**Regular Practice begins Monday May 1st.**

### Practice Location:

Mon @ LOE

Tue/Wed @ LOEN

Th/Fri @ VAL

### Practice Times:

4:25pm to 5:20 - 13 & Up

5:25pm to 5:55 - 7 & Under

6:00pm to 6:40 - 7\*-8

\* more intense/rigorous practice for proficient 7 year olds)

6:45pm to 7:25 - 8\*-10

\* more intense/rigorous practice for proficient 8 year olds)

7:30pm to 8:15 - 11-12

**Altered Practice times for Pep rally Days**



## Coaches

We are excited to welcome back our amazing and sometimes goofy Coaches; Amanda, Blair and Nic. Coach Amanda is the Head Swim Coach at Cy Ridge High School. She will begin her 4th year with us! Coach Blair, a student at USC, has been with us for 3 years. Coach Nic, a student at A&M, has been with us for 2 years. To learn more about our coaches or to reach them for private swim lessons visit our website and click on the "About Our Team" -> "Coaches"

For more information visit our website at <http://loedolphins.swim-team.us> and click on "About our Team"

