

ARF! ARF! ARF! Hey Sea Lions!

It seems like we just got out of the pool, but the 2015 season is just around the corner. I would like to wish you a warm welcome on behalf of all the coaching staff this season.

Our team is welcoming many new faces to the coaching staff. Coaches Drew, Aaron, Andrew, Brent and Jane are all very eager to start the new season and be a part of the team once again, but this time in a new way! This great group of coaches will be sure to bring excitement and experience to every practice, meet and pep rally throughout the whole season.

The Sand Creek Sea Lions are known for their intensity in the swimming pool, excellent sportsmanship on and off the deck and unrivaled team spirit! This is not just a swim team, this is a family. Last summer, I learned so much about the passion and dedication Sea Lions have for swimming, having fun and making friends. I know I have made many new friends from this team and I see the same bonds being made between all the swimmers. Everyone's team spirit and energy makes every day a great day to be a Sea Lion and our enthusiasm is enough to make anyone jealous. This quality is priceless, and I am thankful that I can coach for this team and provide kids and families a place to enjoy their summer and grow closer together.

The coaching staff and I look forward to helping the kids excel in the pool at every opportunity. I remember there was no greater feeling than reaching "that time" you were working for all season, whether it was a new personal record or a Ponderosa cut. Our coaching staff will be doing everything we can to help each and every swimmer achieve their best all season!

I am extremely excited for this upcoming season and cannot wait to get back in the water. I look forward to seeing all of you at the pool this summer!

Head Coach Sarah

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