

OST in August

TEAM SEA will be conducting off-season training for all interested swimmers during the month of August at Meadowbrook Country Club. Here are the details:

- 1) Senior
 - a. Monday-Thursday, 7-8:30 AM (August 3-27)
 - b. \$150
 - c. Coach Wright will lead these sessions
- 2) Gold
 - a. Monday-Thursday, 8:30-10:00 AM (August 3-27)
 - b. \$150
 - c. Coach James will lead these sessions
- 3) Silver & Bronze
 - a. Monday-Thursday, 10:00-11:00 AM (August 3-27)
 - b. \$100
 - c. Coach Gustin will lead these sessions

Limits may need to be placed on the number of swimmers allowed to train during each practice depending on the restrictions in play during August (as of June 10, each practice is limited to 18 swimmers). No refunds or prorating. Practices canceled due to poor weather will not be made-up. Deadline to sign-up is Monday, July 27. Forward payment (check made payable to SEA) to Coach Wright. Call 262.994.3157 or email south.eastern.aquatics@gmail.com if you need additional information.

