

Twin Lakes Tritons 2022 Swim Team Information

Twin Lakes will once again be competing in the Rochester Area Swim League (RASL), and will be swimming with teams from Oakhurst, Great Lakes Athletic Club, Fox Hills, and Wyndgate. Ryan Golden and Traci Naylis will be returning to Twin Lakes as our swim coaches.

The Twin Lakes Tritons Swim Team is comprised of children ages 5 to 18, and is currently open to new swimmers. Swim club membership is required. New swimmers may qualify for the team by showing they can swim or paddle one length of the pool on their front, and one length on their back, in any fashion. New swimmer assessments (TBD) will be held during the first week of swim team practice.

Twin Lakes will compete in five swim meets this season, in addition to the RASL Championship Finals. These events need volunteer assistance from our swim team families in order to run smoothly and timely. All families are expected to fulfill multiple volunteer shifts during the season. There are many different ways families can help out, and a list of available volunteer positions will be posted prior to each swim meet. Parents are also needed to help coordinate snack days and spirit wear. More information will be available as we get closer to the start of the swim team season.

Please feel free to contact Erika or Coach Ryan with any questions. We are looking forward to another great season!

Swim Team Registration and Parent Meeting

Wednesday, April 20, 6:00-8:00pm

Registration will take place in the main clubhouse banquet facility. The parent meeting will begin at approximately 7:00pm. Coach Ryan will be sharing important information for new, potential, and returning swimmers.

Practice Schedule

Tuesday, May 31 - Thursday, June 9:

Age 13 & older 3:45-4:45pm on: 5/31, 6/2, 6/6, 6/8

Age 11-12 3:45-4:45pm on: 6/1, 6/3, 6/7, 6/9

Age 9-10 4:45-5:45pm on: 5/31, 6/2, 6/6, 6/8

Age 8 & under 4:45-5:45pm on: 6/1, 6/3, 6/7, 6/9

Monday through Friday, June 13 - July 22

Age 13 & older 7:00-8:00 am

Age 11-12 8:00-9:00 am

Age 9-10 9:00-10:00 am

Age 8 & younger 10:00-10:45 am

All swimmers must bring their own kickboard and fins to practice every day.

Swim Meet Schedule

Friday, June 17 at Great Lakes

Wednesday, June 22 at Fox Hills

Wednesday, June 29 vs. Oakhurst

Monday, July 11 vs Wyndgate

Finals: Saturday, July 23 @ Oakhurst (all day)

End of season celebration: Monday, August 1
5:30-8:30pm

Swim Team Pricing

Swim Club Member Cost:

\$215.00 per swimmer

Swim team prices include:

- Highest quality professional coaching and instruction
- Practice time (8 weeks, 5 days per week)
- Swim meet entries (5 swim meets)
- Championship Finals entry
- Banquet and awards ceremony (one ticket per swimmer)
- Tritons t-shirt and swim cap

Team Picture Day

Friday, June 17 (9am approx. Time TBD)

Swim Team Suit Ordering Information

The Tritons team suit and gear can be purchased through D J Sports. Order deadline June 10.

djsports.com/teams/twin-lakes-swim-club

Contact information:

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