

# Sharks Swim Team

The Sunrise Sharks Swim Team is open to swimmers ages 4 - 18. It is a great way to stay cool this summer, keep the kids in shape and make new friends! Meets will be held on Saturday's in June through July. Sunrise Sharks are in the Eureka Conference in the NorCal Swim League. Practices and home meets take place at Rusch Pool.

Each swimmer/family has fundraising (\$40) and volunteer (5 regular season shifts at 5 different meets and 2 Champs shifts) requirements.

## PRE-REQUISITES

- \*Participant must swim 25 yards of freestyle independently.
- \*Provide copy of birth certificate at try-outs.
- \*Participant must be 4 years old by April 2017.



## Team Information

**Ages:** 4 - 18  
**Location:** Rusch Park Pool  
**Fee:** \$208 per child  
\$188 per each additional sibling  
(Plus NorCal League fee of \$15 per swimmer)  
**Code:** 6301.201

## Tryouts for New Swimmers

**Location:** Rusch Park Pool  
**When:** Saturday April 1st @ 9am  
Monday April 3rd @ 6pm

## **EARLY SPRING PRACTICES: April 4 - May 26**

6 & Under / 7-8	Mon - Fri	6:00 - 6:45pm
9-10 / 11-12	Mon - Fri	6:45 - 7:45pm
13-14 / 15-18	Mon - Fri	7:45 - 9:00pm

\* No Friday Practice 5/19

## **SUMMER PRACTICES: May 30- July 21**

10 & under	Mon/Wed/Fri	8:30 - 9:15am
11 & up	Mon/Wed/Fri	7:30 - 8:30am
6 & Under / 7-8	Mon - Thurs	6:30 - 7:15pm
9-10 / 11-12	Mon - Thurs	7:15 - 8:15pm
13-14 / 15-18	Mon - Thurs	8:15 - 9:30pm

For more information contact Becky at [bherz@sunriseparks.com](mailto:bherz@sunriseparks.com) or (916) 725-0185

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