

**The Suffern Sea Lions
is a comprehensive year round
United States Swimming
affiliated program.**

The coaching staff is comprised of experienced and dedicated individuals.

Head Coach, Kirk Skoglund, has 12 years experience with Suffern Sea Lions.

He is Head Coach of the Suffern HS boys' and girls' Varsity Teams and seven times was voted *Coach of the Year* by his peers in Rockland County.

Our swim program offers opportunities for swimmers of all levels:

Advanced Beginners, Juniors and Seniors.

SWIMMING IS FUN

and a lifelong sport. Becoming a member of the SSL will provide you with opportunities to develop your self-confidence by meeting individual and team challenges!

For more detailed information, please call:



Jeanette Kunow at (845) 504-0064

Heidi Araujo at (845) 368-8678

Lisa Proietti-Fox at (845) 368-3143

Group 4 – Advanced Beginner

Introduction and training in the four competitive strokes. Training is comprised of a progression in drills to establish the core of each stroke.

**Coach: Rose Del Duca
Coach: Kelly Del Duca**

Practices are:

Tuesday and Friday

Practice hours will be:

5:00pm – 6:30pm

or

6:00pm – 7:30pm

Fee: \$505.00

Out of District Fee: Additional \$45.00

Group 3 – Juniors

A higher level of instruction and training in stroke and competitive techniques.

Emphasis is placed on individual stroke techniques, and increasing stamina and speed.

Coach: Dan Burzinski

Practice hours are:
Monday & Wednesday 5:30-7:30pm
Thursday 6:00 pm - 8:00 pm

(a minimum of two practice sessions are mandatory)

Fee: \$605.00

Out of District Fee: Additional \$55.00

Groups 2 and 1 – Seniors

Intense high-level training for the more advanced swimmer. Dryland training at least twice a week. Goals include state, regional, and national competition levels.

These two groups will be trained in conjunction throughout the season.

Coaches:

Carolyn Skoglund and Kirk Skoglund

Practice hours are:

Monday through Friday

Group 1 - 5:00pm-7:00pm or 7:30pm

Group 2 - 5:30pm-7:30pm

Beginning Nov: Practice 5-7:00pm

(a minimum of four practice sessions are mandatory)

Fee: \$605.00

Out of District Fee: Additional \$55.00

Tryouts

September 11 @ 5:30pm

Call or Email:

Heidi Araujo
845-368-8678

HeidiAraujo@aol.com

Place: Suffern High School

You must bring or wear a swimsuit!!

Registration for Returning Swimmers:

→ **Groups 1, 2, 3, 4** ←
September 8, 2008
September 9, 2008

Monday 4:45pm – 5:45pm
Tuesday 4:45pm – 6:30pm

**PRACTICE BEGINS THE SAME NIGHT
THE SWIMMER IS REGISTERED.**

♥♥Per Family Discounts♥♥

(only when paid in full at registration)

2 Swimmers	-	\$50 Discount
3 Swimmers	-	\$75 Discount
4 or more	-	\$100 Discount

**☞ PAYMENT IN FULL IS REQUIRED ☞
AT TIME OF REGISTRATION**

HIGH SCHOOL SWIMMERS:

JV OR VARSITY

The MEMBERSHIP FEE for the SSL is
\$375.00 (In District)

ALL FEES FOR
HIGH SCHOOL SWIMMERS
ARE DUE IN FULL **PRIOR** TO THE 1ST
SEA LION PRACTICE SESSION

NO DISCOUNTS WILL BE APPLIED
FOR LATE SEASON REGISTRATION

Suffern

Sea

Lions



**2008-2009
Fall-Winter Session**

**Kirk Skoglund
Head Coach
(845) 357- 4249**

e-mail: coachskog@suffernsealions.org