

LEDGES LIONFISH SWIM TEAM

Fundamentals Begin With FUN!

First Practice:
Tuesday May 29th For L2
Wednesday May 30th For L1

Season Ends:
Conference Meet -
Sunday 7/22

**Sportsmanship
+
Teamwork**

**Learn To
Compete**



**4 Monday Evening
Dual Meets
6/11, 6/25, 7/9 & 7/16**

**Learn New
Skills & Meet
New People**

**Registration
Includes:
Team T-Shirt
&
Team Swim Cap**



**Level 1 - 1 Hour
Practice M-W-F \$195**

**Level 2 - 1-1/2 Hours
Practice M-F \$235**

The Ledges Lionfish are back for Summer 2018. Once again, the Ledges Lionfish Summer Rec League Team will be coached by the professional coaches, and operated by the volunteer parent board of directors of **The Stateline Aquatic Team**. **The Stateline Aquatic Team** is a year-round USA Swim Team for swimmers from throughout the Stateline Area.

Online Registration for the Ledges Lionfish will be open online at www.swimstateline.com. The Stateline Website will serve as the communication backbone for the Ledges Lionfish program. Each family will get their own login where they will be able to sign up for swim meets, volunteer to work swim meets as well as be a part of the very crucial communication component of our program.

For more information, please contact:
Head Coach: Scott Kitzman
C: 815-978-9071 - scottkitz@gmail.com

The Stateline Aquatic Team
www.swimstateline.com

Rockford Summer Swim Conference 2018 Schedule

(Tentative)

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|---------|---|--------|----------------------------|------------|
| June 11 | FHCC RCC MNTS | @ @ | Ledges Peak bye-week | Front Dive |
| June 18 | MNTS Peak Ledges | @ @ | RCC FHCC bye-week | Back Dive |
| June 25 | Ledges FHCC RCC | @ @ | Peak MNTS bye-week | Reverse |
| July 9 | Peak Ledges FHCC | @ @ | MNTS RCC bye-week | Inward |
| July 16 | RCC MNTS Peak | @ @ | FHCC Ledges Bye-week | |
| July 21 | Diving conference @ MNTS | | | |
| July 22 | Conference meet @ Peak Warm-ups @ 8 am/8:30 am Meet begins@ 9 | | | |