

## Gateway Heights Synchronized Swim Families,

We are excited to offer Synchronized swim again this year! Molly Goss will be coaching again this year and has planned some fun songs for the groups. Molly's friend, Ellie Withers, has volunteered to help Molly coach the team. Both Molly and Ellie have been involved with synchronized swim since they were 5 and still enjoy it today.

We will have a parent meeting on June 3, 2021 at 5:00 p.m. at the pool to discuss the program and a chance for you to meet Molly and Ellie. You can also submit your application form and check at this time if you haven't already mailed it in. Please note that due to insurance reasons, we cannot allow your child(ren) to participate without a signed registration form.

Practices will be Monday, Thursday and Saturdays, beginning Thursday, June 10, 2021. For the first two weeks, Monday and Thursday practices will be from 6:00 p.m. to 7:00 p.m. and Saturdays ages 12 and under will be 10:00 a.m. to 11:00 a.m., and ages 13 and older will be 11:00 a.m. to 12:00 p.m. Molly and Ellie will use the first 2 weeks to determine the groups based on the number of swimmers we have and the swimmers skill level. While we realize your child(ren) might want to be in the same groups as their friends, this may not be possible as Molly and Ellie want to maintain manageable group sizes and an even distribution of swimmers throughout the groups.

The practice schedule for the remainder of the season will be the following:

### Mondays and Thursdays:

Group A: 5:30 p.m. - 6:30 p.m.

Group B: 6:30 p.m. - 7:30 p.m.

### Saturdays:

extra routines: 9:00 a.m. - 10:00 a.m.

Group B: 10:00 a.m. - 11:00 a.m.

Group A: 11:00 a.m. - 12:00 p.m.

This year, Molly is offering an opportunity for our older swimmers to perform an extra routine. This extra routine is a chance for the swimmers to pair up with their friends and choreograph a routine to a song of their choice. The song must fit the theme for the year and be approved by the coaches.

This year's show will be on August 7th. There will be a dress rehearsal on August 6th. We will need parent volunteers for the following: Dress rehearsal hair; dress rehearsal make up; pizza party helpers; pizza party donations; show decorating; show make-up; and show hair. A sign up sheet will be posted on the bulletin. Also, the Gateway Heights swim program banquet will be held on August 8th, 2021.

We are looking forward to a fun synchro season this year.

Best,  
Chuck Kaminski

## **Gateway Heights Synchronized Swim Team Registration Form**

Name: \_\_\_\_\_  
(Family Name) (Parent/Guardian 1) (Parent/Guardian 2)

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Alt Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_

Swimmer(s) First name	Grade completed as of June 2021	Swimmer: Return or new?	Birth date:	Swimmer Experience: (Circle one)
				Beginner Intermediate Advanced
				Beginner Intermediate Advanced
				Beginner Intermediate Advanced

**Registration Fee:** \$45 per child. \$25 if the child is also a member of the swim team.

I hereby consent for my child(ren), named above, to participate in the activities of the Gateway Heights Swim Team. I also release the Gateway Heights Club Inc, its officers and coaches from any and all liability for any injury or damages resulting from such participation and, in my absence, authorize any reasonable and necessary medical treatment and/or hospitalization for these participants.

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Checks should be made out to: Gateway Heights Swim Team.

Please send application and checks to: Chuck Kaminski, 2114 Pendleton Drive, Monroeville, PA 15146 or turn it in at the parent meeting. Due to insurance reasons, forms must be submitted before your child(ren) can participate.