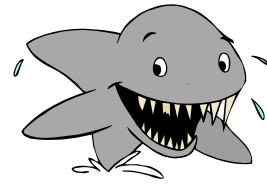


Nottingham Forest Shark Alert!!!



Registration:

Summer is fast approaching – Swim Team Registration **begins April 17th, 2010** Online at <http://nfsharks.com>

Practices begin Monday May 10th after school and run Monday through Friday. Practice times are the same as last year:

6 & Under	4:00 to 4:45pm
7 & 8s	4:45 to 5:45pm
9 & 10s	5:45 to 6:30pm
11 & Ups	6:30 to 7:30pm

Morning practices begin Monday June 7th and will run Monday through Friday:

9 & 10s	7:30 to 8:30am
7 & 8s	8:30 to 9:30am
6 & Under	9:30 to 10:15am
11 & Ups	10:15 to 11:45

Meet Schedule

Monday, June 7 – Wilchester @ home
Thursday, June 10th, @ Memorial Bend
Monday, June 14 - @ Plaza Oaks
Monday, June 21st – Memorial Forest @ home

Important Dates

Here are some other important dates for your calendar:

Sunday, May 9th, Sharks and Minnows Rodeo 3 - 4:00pm (meet the coaches)
****Important – 1st time swimmers can attend the first week of practice and will have until May 14th to make their qualifying lap across the pool****

May 14th - Swim Suit Fittings & Sales (see below)

May 23rd - Pizza, Popsicles & Pictures (team & individual photos)

Optional Saturday practices beginning in June

May 31st, Memorial Day is on a Monday – No Practice

Red Cross Swim-A-Cross – Date TBD

June 26 – 27th - Meet of Champs

June 29th - End of Season Party

Swim Suits

Team Swim Suits will be available Friday, May 14th from 3:45 until 6:45pm.

Please come before your practice time to try the suits on dry.

The prices of the suits are as follows:

Girls sizes 22-28 are \$50.00

Girls sizes 30-40 are \$51.50

Boys sizes 24-28 are \$31.00

Boys Sizes 30-38 are \$32.50

(checks and cash are accepted to Texas Swim Shop)

New Team T-Shirts & Swim Caps will be available this year.