

Calling All Swimmers!

The Nottingham Forest Sharks, our neighborhood swim team, is preparing for the 2016 season. Youths from ages 5 to 18 are invited to join this neighborhood tradition -- hang out with friends, get in shape for summer, and be a part of the *fastest season under the sun*.

It is friendly competition -- in the Memorial Spring Branch Swim Conference -- with swimmers grouped by gender and age. Swimmers develop the four strokes (freestyle and backstroke only for 6 & under) and compete on relay teams and in individual races.

Registration will open to all Nottingham Forest and Ashford Forest residents on April 3. Training begins on April 25 and swim meets will be in June. Practices are after school in April and May. Once school lets out, training will take place in the mornings before the pool opens for the day.

Swimmers who are members of year-round club teams (Dad's Club, ECS, or other) must **end USA workouts by March 6** to be eligible to swim with the Sharks.

Calling All Coaches!

Teens interested in applying for an assistant swim coach or junior coach position may contact Head Coach Adam Bruce by email --adam.bruce22@gmail.com -- before Monday, March 7.

If you would like more information on the Nottingham Forest Swim Team, please contact Michele Higgins at mhiggins002@comcast.net or go to the team website at <http://www.nfswimteam.com> updates are happening regularly.

Go, Sharks!

NF Swim Team Committee