



Knowlton Swim Team News: 2015



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Hello members!

The coaching staff of the Knowlton Golden Warriors would like to invite you to our pre-season swim practices starting **Tuesday, May 26 – Friday, June 5** (excluding Saturdays and Sundays). For these first two weeks, practice will be held indoors at **Springton Lake Middle School from 5:30-7:00 PM (time subject to change)**. To all new comers, these practices will be a fun and pleasant welcome, as we will be working on stroke technique to prepare for the rest of the summer.

Paul Stockett will be returning as head coach. Paul is a long time Knowlton Swimmer and Diver with over 11 years of swimming experience. He currently swims for Purdue University, a Division 1 school in the Big Ten Conference. He was a high school all American and three time scholastic all American. Also returning this year is Emily Davis, an 8 member of Knowlton Swim Team as well as Penncrest Women's Varsity Team and Millersville. Pat Lewis, an icon with Knowlton will also be returning for the 2015 season. Pat was a standout swimmer at both Knowlton and Sun Valley and has also coached West Chester East High School where he is currently an English teacher. This year we welcome two new coaches to the Knowlton family. Nick Platt swam at Cherry Hill High East and was the captain for Cabrini Men's Swim Team. Ally McHugh swam for Little Flower High School and will be swimming for Penn State University this fall.

Knowlton's Swim Team is a great way to get your child involved for the summer. We are always looking for new families to join our big Knowlton family. Kids will learn swimming in a fun, casual environment. Our season is jam- packed with friends, events, competition, and, most importantly, fun! All of our members are very welcoming and our tradition of excellence in the Delco League is one of a kind. This will be a very exciting year as **we host the Delaware County Daily Times Elite Meet.**

Here are some details for this season:

Requirements- The child needs to be able to swim one length of the pool without stopping, freestyle and/or backstroke. Must be between 4 and 18 years of age.

• **Sign Ups-** At the pre-season practices starting May 26.

• **Where?** Springton Lake Middle School for the first two weeks and then at Knowlton Swim Club. Morning practices will begin once school lets out.

When? (Pre-Season) 5:30pm to 7:00pm Mondays – Fridays. In-Season: regular practice is **9-11 am** for older swimmers (most 12's to 18's) and **11-12 am** for younger swimmers (12 and under). Varsity Meets are Saturday mornings and JV Meets are Wednesday evenings.

Team Dues- Payable when you start, \$55 for first child and \$45 any additional child.

If you have any questions you may contact Patty Stockett @ paulleyrn@verizon.net or reach Coach Paul Stockett @ KSCswimcoach@gmail.com

Thank you, can't wait to see you all on May 26, 2014,
Your Coaches