

GMMO Swim Team 2021

Medina Golf & Country Club



About GMMO

The GMMO Swim Team is comprised of swimmers from four private clubs (Golden Valley Country Club, Minneapolis Golf Club, Medina Golf and Country Club, and Oak Ridge Country Club) who unite each summer to compete under the GMMO team name in the Western Swim League. Other teams in the Western Swim

League include Woodhill/Lafayette, Interlachen/Minikahda, Wayzata, Bearpath, and Edina. Through swimming, one can learn self-discipline, goal setting, and confidence. Our goals as a team are to create a safe atmosphere in and around the water, foster a true sense of team among all club participants, and to have fun!

Practice Schedule

Swim team practices begin at all clubs on Monday, June 14th. The season will run through the last week of July. Practices are broken up by age group. We will also be offering an extended practice option for swimmers who train year round and are looking for a more competitive option.

| Age Group | Practice Days | Practice Times |
|--------------------------|--------------------------------|-----------------------|
| Ages 11-17 | Monday/Tuesday/Thursday/Friday | 8:45AM-9:45AM |
| Ages 10 & under | Monday/Tuesday/Thursday/Friday | 9:45AM-10:45AM |
| Extended Practice Option | Monday/Tuesday/Thursday/Friday | 8:45AM-10:45AM |

Swim Meets

More information will be coming soon! Although the Western Swim League has not yet made any final decisions about the 2021 season, we are optimistic that we will be able to offer a competitive swim meet experience this summer, whatever form that might take. Any swim meets we might have will take place on Wednesdays, with the possible exception of an end of season meet at the end of July. Keep an eye out for more information to come.

Registration

Registration forms can be completed online at:
<https://forms.gle/XNnqcroPqSjVNivC6>

The registration fee for the 2021 season will be \$350/swimmer.

Questions?

Contact Lindsey Palasek at gmmoswimteam@gmail.com with any questions you may have about this summer's swim team experience.