



Malibu Seawolves Youth Swim Team



MSS
Malibu Seawolves
SWIMMING

Malibu Seawolves Swimming (MSS) is a United States Swimming sanctioned organization that is designed to train competitive swimmers from beginner level to nationally ranked athletes.

Upon joining MSS, swimmers are asked to do a swim assessment so they can be placed in the correct skill level. Swimming competitions are available and encouraged at all skill levels. For questions about Malibu Seawolves Swimming please email swimfitla@gmail.com and visit the team website at www.malibuseawolves.com

Starts Sept 6

Sealions- \$594/ Quarter (ages 5-10)

For swimmers that have completed swim lessons and can successfully swim the length of the swimming pool. Sealions are taught the correct swimming techniques and strokes in a fun and healthy atmosphere, including stroke drills and learning how to dive. Skilled Sealions are invited to join our fun, introductory LASA Novice swim competitions. M, W 5-5:45pm, Sat 10:30-11:15am

Blue Group- \$660/ Quarter (ages 8-12)

Swimming stroke proficiency is developed, while learning how to officially complete all swimming strokes. Blue group swimmers are given complex training sets by coaches and are expected to join our LASA Novice swim competitions. M-F 5-6pm, Sat 10:30-11:30am

Green Group- \$726/ Quarter (ages 12-14)

Swimmers are competing at Junior Olympics and Southern California Swimming's Age Group Championships. Green swimmers develop swimming abilities through introduction to complex training strategies and are held to team attendance expectations. Green group swimmers are expected to join Southern California Swimming's Blue, Red & White meets as well as selection competitions. M-F 5-6:30pm, Sat 10:30am-12:00pm

Gold Group-\$825.00/Quarter (ages 14-18)

High School students prepare for competitive USA Swimming competitions and CIF competition. These competitions include CA/ NV Sectional Championships and Junior National and National Championships. A 90% attendance is expected and extensive pre-form and dryland training are included in practice to increase strength and body awareness. Our goal is for our Gold athletes' swimming performance to contribute to college acceptance and build a strong work ethic for successful results. M-F 5-7pm, Sat 10:30am -12:30pm

SEAWOLVES COACHING STAFF



Head Coach Max Jabben, has assisted athletes to USA Swimming Olympic Trials, CIF championships & CIF records, multiple Malibu High

School team records, Coastal Club Championships and Junior Olympics. Coach Jabben handpicks the Malibu Seawolves coaching staff all of which have met USA Swimming Coach requirements that include coach's education and athlete safety training

Fall Quarter begins September 6 at the Malibu Community Pool

Information: malibuseawolves.com

Registration: malibucity.org/aquatics

Sibling Discounts are available for higher levels (inquire with coaching staff for amounts).