

Emerald Bay Wahoos Swim Team 2023

Orange Coast Aquatics Conference (OCAC) has been in existence for over 40 years, originally started by legendary Coach Don Watson from Orange Coast College. He was a pioneer in developing a children's swim programs in Orange County. OCAC has expanded over the last few years as the league offers amazing instructors, great local teams to swim against and a fast development for all of the participants.

This Summer our league will have the following teams for 2023:

Balboa Bay Club

Newport Ridge

Shady Canyon

One Ford Road

Newport Coast

Newport Shores

CMAC

Newport Beach Tennis Club

Newport Beach Country Club

Pacific Ridge

Bonita Canyon

Emerald Bay



Season Fee:

Emerald Bay Residents: \$405
(sibling discount available)

The Fee Includes:

* T-Shirt *Individual Trophy *Team Picture

*Practices 4 days per week

*Swim Meets with ribbons for all participants

Season Dates:

June 12 - July 27
Monday - Thursday

5-6 years

4:00-4:30 PM

7-8 years

4:30-5:15 PM

8 & Up & advanced

5:15-6:00 PM

What to Expect from the Emerald Bay Swim Team in 2023

- Our Instructors will be in the water helping each of the kids to get better in their strokes.
- Kids will learn all four strokes (Freestyle, Backstroke, Breaststroke, and Butterfly)
- We want all our swimmers to be lifelong aquatics lovers, and occasionally we will do other aquatic activities to strengthen their water skills.
- Most swim competitions will be on Thursdays. Our goal for the swim meets is for all the swimmers to compete in all four strokes, 25 yards distance. All Swimmers will receive place ribbons after each race.
- We will have an All-Star Meet for the top swimmers in the League (Invite Only).
- All our meets are located in Coastal Orange County, and the farthest away meet will be at Costa Mesa HS in Costa Mesa. We use the Olympic-size facilities for the big championship meets as we have the most bleachers and deck space to accommodate all parents and swimmers.
- Private lessons will be available for all participants to get the extra edge.
- We would love to have some volunteers on meet days for timing and handing out ribbons.
- We are confident that you will have a fantastic summer swim season and you will be a great experience.

For Questions of more information please contact the OCAC Swim Office:



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www.emeraldbayswimteam.com