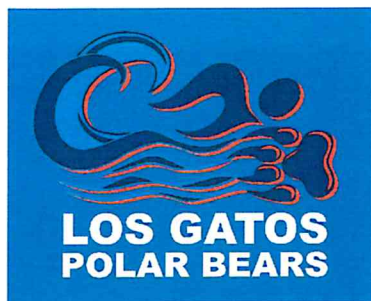


MAR 19 2018

-  HEAD COACH NICK
-  COACH MIKE
-  COACH CLAIRE



cc (408) 833-2566
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LOSGATOSPOLARBears.ORG

LGHS COMMUNITY AQUATICS CENTER 20 HIGH SCHOOL CT LOS GATOS CA95030

SUMMER PROGRAMS

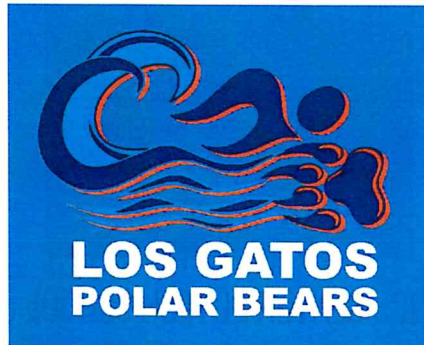
SUMMER
SWIM TEAM

MASTERS SWIM
PROGRAM

PRE TEAM



THIS IS NOT A UNION SCHOOL DISTRICT SPONSORED EVENT



Welcome to the Polar Bears of Los Gatos, a USA Swimming Team. We are a non-profit organization offering competitive swim programs for the novice through national caliber athlete. By choosing Polar Bears of Los Gatos you have joined one of the newest, and soon to be one of the best teams in the area. Our swimmers have achieved success at the local, regional, and national levels.

The sport of swimming is a good, clean, wholesome sport full of fun. We train our swimmers to associate enjoyment with their time spent in the pool with the Polar Bears, and hope we are starting the swimmer on a lifelong journey of health and fitness. One of the greatest benefits in participating with USA Swimming and the Polar Bears are the life skills that your swimmer will develop through their participation. Some of these skills are dedication, perseverance, sportsmanship, time management, and self-discipline, just to name a few. Swimmers go on to be very successful in life, using the skills gained from their swimming experience.

The Polar Bears of Los Gatos coaching staff is dedicated to the improvement and success of our team as a whole and of each individual swimmer. Our coaches work very hard to provide an atmosphere where every swimmer can strive for success and achieve their highest potential. We are confident that you will enjoy the Polar Bear experience.

Nicholas Jufiar
Head Coach
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