



## STAR (of the South) Swim Team Summer Maintenance Program 2019

**Dates:** June = 10-13, 17-20, & 24-27  
July = 8-11, 15-18, & 22-25

**Participants:** Boys and Girls entering 9<sup>th</sup>-12<sup>th</sup> grade.

**Schedule:** Monday – Thursday = 7:30 – 9 AM at St. Kate’s Pool (Swimming)  
Tuesday & Thursday = 6-7 AM Cretin-Derham Hall (CDH) Fitness Center  
(Weight Training)

**Maintenance Program Coaches:**

**Primary Coaches:**

**Mike Steineman** – Head Coach CDH Boys Swimming & Diving, Asst. Coach CDH Girls Swimming & Diving, & STAR Substitute Coach

**Adam Weis** – Assistant Coach CDH Girls & Boys Swimming & Diving & Former STAR Coach

**Assistant Coaches:**

**Kate Steineman** – Asst. Coach CDH Girls & Boys Swimming & Diving & Former STAR Coach

**Shannon Van Oosterom** – Head Coach CDH Girls Swimming & Diving, Asst. Coach Boys Swimming & Diving, & Current STAR Coach

**Cost:** \$350 – Includes pool rental fees, coaching fees, T-Shirt, and Seasonal Swimmer Registration with USA Swimming.

**Registration: Opens Friday, April 12, 2019**

Please register at the STAR Swim Team website:

<http://www.starswimteam.net/Home.jsp?team=mnssc>

**Registration Questions:** Please contact Paul or Sue Lundsten (STAR Head Coaches)  
Office: 651-704-0024 MWF 9AM – 12 PM.  
Email: [starswim@hotmail.com](mailto:starswim@hotmail.com)

**Maintenance Program Questions:** Please contact Mike Steineman  
Email: [msteineman@c-dh.org](mailto:msteineman@c-dh.org)