

MILES RIVER YACHT CLUB SWIM TEAM



Celebrating 46 years of swimming on the shore!

Home of the MRYC Invitational and the Crescendo Relay.

Go MRYC Marlins!

<u>Head Coach:</u> Liz Benford-Tryon	mryccoachliz@gmail.com	410-924-3764
<u>Assistant Coach:</u> Christina Policastro	kpolicastro@classicind.com	724-396-1370
<u>Assistant Coach:</u> Katie Sagaser	ks1448@messiah.edu	410-200-8825
<u>Team Rep:</u> Charlie Petosa	tpetosa@thomaspetosa.com	954-218-2404

Facility:

Our facility is a 25 meter, five lane outdoor chlorine pool with non-turbulent lane lines and starting blocks. Pool is 3' at shallow end and 9' at deep end. The team uses a wireless Dolphin timing system. We have rest room, shower and changing facilities with certified life guards on duty. There is a concession stand available during all meets.

About the Club:

Located at the Miles River Yacht Club, in charming & historic St. Michaels, MD, our club is a family oriented group of swimmers who enjoy both the sport and the camaraderie of competitive swimming. We offer high quality, professional coaching and technique instruction for children ages 5 to 18 years. The goal of our team is to provide every member an opportunity to improve swimming skills and achieve success at his or her level of ability, from novice to experienced competitor. At MRYC, team members also are encouraged to support each other, build friendships and develop the discipline required through daily practice and dedication.

Miles River Yacht Club Pool, St. Michaels, MD

Directions:

Follow Rt. 50 from the North or South into Easton, MD. Exit onto Rt. 322 (Easton Parkway/Bypass) and follow to intersection of Rt. 33 (St. Michaels Rd.). Turn onto Rt. 33 and follow through St. Michaels, MD. Once through the town of St. Michaels, turn right onto Yacht Club Road and follow to end. Plenty of parking is available.

Address: 24750 Yacht Club Road, St. Michaels, MD 21663

Phone #: 410-745-9511

