

**OPST Mailing Address:**

Ocean Pines Swim Team  
PO Box 1485  
Ocean Pines, MD 21811  
[www.opsthammerheads.org](http://www.opsthammerheads.org)

**Pool Facility Address:**

Swim and Racquet Club Pool  
10 Seabreeze Road  
Ocean Pines, MD 21811  
410-641-7227

**Head Coach:**

Suzy Toner  
[suzytoner@aol.com](mailto:suzytoner@aol.com)  
513-616-8556

**Team Representative:**

Gary Adelhardt  
[swim@owlcreek.net](mailto:swim@owlcreek.net)  
410-430-1046

**Facility Information:**

The Swim and Racquet Club pool is a 7-lane, 25-yard pool. Our organization provides non-turbulence lane lines, a Colorado timing system, backstroke flags, and competition starting blocks. The facility also offers large rest rooms with showers, spectator seating, parking, and a snack bar.

**Pool Directions:**

*From the West:* From Route 50 East, take exit onto Route 90 East (Ocean Pines/North Ocean City). Follow Route 90, then take Ocean Pines/Route 589 exit. From exit ramp, turn left onto 589 North. Turn right at second traffic light onto Ocean Parkway at the North Ocean Pines entrance. Continue on the Parkway for 1.9 miles. Turn left onto Seabreeze Road (third street after White Horse Park). Pool facility is at the end of the road.

*From the North:* Take 113 South. Six miles south of Selbyville, Delaware, take Route 589/Ocean Pines exit. At flashing light, make left onto 589 South. Turn left at second traffic light onto Ocean Parkway at the North Ocean Pines entrance. Continue on the Parkway for 1.9 miles. Turn left onto Seabreeze Road (third street after White Horse Park). Pool facility is at the end of the road.

*From the South:* From 113 North, take exit onto Route 90 East (Ocean Pines/North Ocean City). Follow Route 90, then take Ocean Pines/Route 589 exit. From exit ramp, turn left onto 589 North. Turn right at second traffic light onto Ocean Parkway at the North Ocean Pines entrance. Continue on the Parkway for 1.9 miles. Turn left onto Seabreeze Road (third street after White Horse Park). Pool facility is at the end of the road.

**Hammerhead Swim Club History:**

The team is an independent, nonprofit entity organized to promote positive sportsmanship, team spirit, dedication and self-improvement while nurturing the competitive aspects of swimming. OPST – known as the Hammerheads – was founded in 1975 and began competing in 1976.