



A Competitive swim team empowering athletes to grow into champions in sport, spirit and life in a safe and healthy environment.

“Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming.” – John Wooden legendary basketball coach

WE WANT YOU!

Refer-A-Friend!

New to swim team?

- Invite your best bud for a free month of swimming learning and staying fit!
- When your friend enrolls, you both get a free month of swimming!

- Come try for 2 weeks of swimming, learning and staying fit!
- Invite your best bud for a free month of swimming, learning and staying fit!



- Coach Al Capron is rated as a Level 3 Coach with both the American Swimming Coaches Association (ASCA) and United States Masters Swimming (USMS).
- Al has been coaching swimmers since 1992 and he loves to share his passion for the sport with the athletes in his care.
- Legacy Aquatics uses video and headsets that allow swimmers to hear coaching instructions while they swim.
- Al was a four year varsity swimmer competing on the University of Washington Swim Team.
- Al swam distance freestyle and butterfly in college and was a member of the Pac-10 team.
- Al enjoys playing guitar and swim-

Have more questions?
Contact Dawn @
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Want to try out?
Contact Coach Al @
alcapron@hotmail.com



For More Information
Visit our Team Website at
<https://www.teamunify.com/team/orocst/page/about-us/how-to-join-ocst>