



## The Molalla Aquatic Center & Oregon City Swim Team have partnered up to form OCST-Molalla

### WE WANT YOU!

#### *Refer-A-Friend!*

- 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 swim practice!**

#### *New to swim team?*

- 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!
- When your friend enrolls you both get a **free month of swim practice!**



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.

At OCST-Molalla we use video and also 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 swimming in his spare time.

**OCST is a competitive swim team that is athlete driven, coach guided and parent supported. In a safe, healthy and positive environment. OCST strives to promote lifelong fitness, character and interpersonal growth through hard work and challenges in and out of the pool.**

#### Interested?

Contact  
[teammanager@ocst.net](mailto:teammanager@ocst.net)  
to sign up

#### Check Us Out At

<https://www.teamunify.com/team/orocst/page/about-us>

*(Pools are currently closed, but we are running dry-land practices to keep swimmers fit and healthy during COVID shutdown)*