



Dear Swimmers and Parents!

The Lakewood Lightning 2010 season is rapidly approaching. Once again we will be having one unified team, intended to benefit everyone! Both those new to swimming and those who have swum competitively before are encouraged to participate. We will have daily practices as well as a few meets throughout the summer. We hope the meets will give swimmers a fun opportunity to show how hard they have worked in practice.

Requirements:

The swim team program is designed for children between the ages of **6 and 16**. Swimmers 8 years and younger must be able to complete a solid 25 yards (one length of the pool) unassisted in order to participate. Swimmers 9 and older must be able to complete a solid 50 yards unassisted. We will be happy to work with the swimmers to improve their existing skills, but we have this requirement so that all swimmers can benefit from a swim practice rather than a swim lesson. During practice we will work on all of the competitive swimming strokes (freestyle, backstroke, breaststroke, and butterfly) as well as drills.

Registration:

Upon receiving this letter and registration form through e-mail, **returning** team members/parents may return the 2010 Registration Form to the Camp and Outdoor Center (PO Box 89, Monroe, CT, 06468). Returning swimmers have first priority for a week and then new participants may join if there is room. This means that starting **May 24th**, spots for returning members will not be guaranteed.

Registration for **new** members can be done at the Outdoor Center (Rte. 25), or the Family Program Center (Trefoil Drive). Returning members need only fill out the enclosed registration form and mail it back to the Camp and Outdoor Center. No registrations for the swim team will be accepted after June 18th. **Outdoor Center Members will again get the member rate!**

Swim Team Prices are as follows:

Member: \$192

Community Member: \$232

***When you register, please take care to provide your e-mail address so we can get an address book started right away. *This includes returning members.*

Schedule:

The 2010 season will run **Saturday, June 26th** and will continue until **Saturday, August 7th**. It is best to attend about 3 practices per week. The schedule for practices is as follows:

Monday-Thursday

5:30 - 7:00 pm

Saturday

9:15 – 10:00 am

* A meet schedule will be provided at the beginning of the season.

A Note on Outdoor Center Members vs. Facility/Program Members:

We want to clarify the YMCA policy for program members. **Only** Outdoor Family Center (OFC) members may use the pool during the day. Facility and Community members can only use the pool during swim practices and meets. This is because the OFC members pay an extra fee for recreational pool use. If you wish to stay at the pool during non-practice hours, an OFC member can pay a guest fee for you. Or if you would like information on an Outdoor Center membership, please call the office at the OFC (203-261-2566).

Parent Participation:

The swim team is a program packed full of activities. We will have swim meets as well as the annual swim team breakfast, a pizza party, and bake sales. All this requires help and participation from the parents. We ask that parents involve themselves in at least 2 ways this season. This can be by timing or ribbon-writing at a meet, or helping organize and run a bake sale. A sign-up sheet for all volunteer positions will be posted on the record board between the

women's and men's bath houses one week in advance of the date. With your help, we can really make the season the best we can for the swimmers.

Contact:

Please be sure to check your e-mail frequently for updates, as this is the most reliable way of getting a message out. We will also have a phone tree for emergency use (such as the pool being closed) that will be available as soon as registration is complete. Finally, the number for the facility is 203-261-2566. If at any point during the season you need to get in touch with the coaches, feel free to e-mail or call that number. We would recommend e-mail as the most reliable source.

Thunderstorm Policy:

The pool is outdoors so weather does impact our activities. Coaches will cancel a practice due to weather forecasts. We will be at the pool at practice time. If the pool is open, we will practice. If it is not, we will cancel practice. The coaches will call your provided phone number to inform you of a cancelled practice. Coaches cannot be held responsible for weather patterns.

Team Suits:

We will have a suit try-on Tuesday, July 6, from 5:00 – 6:00 pm. (As soon as it is over, we will hold a short practice). The team suit will be Speedo Axcel Splice in black and green. Both Pro-Back and Fly-Back will be available. Pro-Back has thicker, more comfortable straps. The suits will be available to purchase that day. Suit prices are \$48.75 for female suits and \$32.25 for male suits. **Please note, the swim shop representative does not accept credit cards. Only cash or checks are accepted.** Boys have a choice between jammers (tight, thigh-length, rather like bike shorts) or the traditional Speedo. There will also be some goggles on sale. Please make every effort to be there. If you can't make it, you can order the suit through me, or go to a Metro Swim Shop. It is best to always try suits on before purchase.

*A note: it is not required to purchase a team suit. It is meant to enhance team camaraderie, so we do recommend swimmers to get one. Old team suits may be worn.

Annual Swim Team Breakfast:

After the morning practice of June 26th, we will hold our annual breakfast. We will send around an e-mail letting you know what to bring to the breakfast prior to the day. This is a chance for the swimmers to get to know the coaches and each other and for any questions and concerns to be addressed (of course, questions swimmers or parents may have about anything can be asked anytime).

Swim Team Banquet:

As always, we will have a banquet at the end of the season. We will send out more information when the date is closer.

I hope this was helpful. Please get in touch with us if you have any more concerns. We're looking forward to another great season!

Sincerely,

Lakewood Lightning Swim Team Coaches
Lakewood-Trumbull YMCA
Camp and Outdoor Center
Ph: 203-261-2566
Fax: 203-261-3146