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# LAKWOOD-TRUMBULL YMCA

## LIGHTNING SWIM TEAM

LAKWOOD-TRUMBULL YMCA, A BRANCH OF THE CENTRAL CONNECTICUT COAST YMCA

The Lakewood-Trumbull YMCA Lightning Swim Team, 2018 season is rapidly approaching! There will be daily practices and swim meets throughout the summer. Our meets are designed to give swimmers a fun opportunity to showcase and improve their skills and demonstrate how hard they have worked in practice.

**6-8 years old (Mini Lightning):** Practice 2 times per week. Must be able to complete one full length of the pool freestyle, half a length backstroke and know the breaststroke kick

**7-10 years old (Red):** Practice 3 times per week. Must be able to swim two lengths of the pool freestyle and back stroke. One length breaststroke and know the dolphin kick

**9-12 years old (White):** Practice 4 times per week. Must be able to swim two lengths of the pool freestyle and back stroke and breast stroke and one length butterfly and a 100 IM

**11-15 years old (Gold):** Practice 5 times per week. Must be able to swim a full 200 IM, 100 yards of freestyle, backstroke, and 50 yards of butterfly and breaststroke

### 2018 PRACTICE SCHEDULE:

We have added group dryland (DL) sessions for each practice group. The dryland sessions are designed to improve the swimmers body awareness, strength and flexibility. Swimmers are expected to attend the dryland sessions if they are attending practice in the water. The dryland sessions will be conducted on the pool deck and swimmers can wear their bathing suits.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MINI LIGHTNING</b>		4:30-4:45(DL) 4:45-5:30(SW)		4:30-4:45(DL) 4:45-5:30(SW)		
<b>RED</b>		5:30 – 5:45 (DL) 5:45 – 6:45 (SW)		5:30 – 5:45 (DL) 5:45 – 6:45 (SW)		9:45 – 10:00 (DL) 10:00 – 11:00 (SW)
<b>WHITE</b>	4:45 – 5:00 (DL) 5:00-6:15(SW)		4:45 – 5:00 (DL) 5:00-6:15(SW)		4:45 – 5:00 (DL) 5:00-6:15(SW)	9:45 – 10:00 (DL) 10:00 – 11:00 (SW)
<b>GOLD</b>	5:45 – 6:00 (DL) 6:00– 7:30 (SW)	5:45 – 6:00 (DL) 6:00– 7:30 (SW)	5:45 – 6:00 (DL) 6:00– 7:30 SW)	5:45 – 6:00 (DL) 6:00– 7:30 (SW)		9:00 – 10:45(SW) 10:45-11:00(DL)

### 2018 SWIM TEAM FEE:

CCC YMCA/LAKWOOD-TRUMBULL YMCA MEMBERS:

6-8 years old (Mini Lightning): \$200

7-10 years old (Red): \$220

9-12 years old (White): \$230

11-15 years old (gold): \$250

\*\* All team members must be a facility member of the CCC YMCA.

## **REGISTRATION:**

Return the completed registration form **in person**, including payment & waiver to the Lakewood-Trumbull YMCA's Program Center (20 Trefoil Dr. Trumbull, CT, 06611).

We cannot accept registrations for the swim team after June 1.

## **DATES TO REMEMBER:**

<b>*REGISTRATION BEGINS:</b>	<b>Tuesday, March 1 for returning swimmers and Friday, April 1 for new swimmers</b>
<b>*SUIT UP NIGHT:</b>	<b>Thursday, May 22 5:00 – 7:00pm</b>
AFTER SCHOOL PRACTICE:	Monday – Friday, June 4 – 15
OFFICIAL START DATE:	Monday, June 18
KICK-OFF BREAKFAST:	Saturday, June 16
LAST DAY OF PRACTICE & COACH/PARENT RELAYS :	Saturday, August 11
AWARDS BANQUET:	Saturday, August 11

## **THUNDERSTORM POLICY:**

In the case of inclement weather, participants will be called no later than 1 hour prior to practice time at the home phone number provided on your registration form.

## **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 special event nights. All this requires help and participation from our 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 an event. A sign-up sheet for all volunteer positions will be posted at the pool between the women's and men's bath houses one week in advance of the event date. With your help, we can really make the season the best we can for our swimmers!

## **CONTACT:**

UNTIL JUNE 1: Contact the Family Program Center in Trumbull P 203 445 9633

AFTER JUNE 1: Contact the Outdoor Center in Monroe P 203 261 2566

## **TEAM SUITS:**

This year's team suit will be the same as last year but a different brand. Boys have a choice between jammers (tight, thigh-length, rather like bike shorts) or the traditional Speedo. Further details will be sent out prior to the start of the season. (Old team suits may be worn only if compliant with YMCA branding guidelines. See coaching staff with any questions).

## **MEET SCHEDULE:**

Lightning swimmers will compete in 4 or more meets this summer. All meets will be held at home our pool. The meet schedule will be finalized by June 1 and distributed at our pancake breakfast.

## **FACILITY USAGE:**

For those swimmers who chose not to belong to the Outdoor Center, regardless of YMCA membership status: Please be considerate of Outdoor Center members. Outdoor Center members pay annual membership dues for use of the pool during the day. Swimmers who are not members do not have access to the pool or facility outside of designated practice times. If you wish to use the pool during non-practice hours please contact us regarding membership at 203 445 9633.

From all of us here at the Lakewood-Trumbull YMCA, we can't wait to see you this summer!

**GO LIGHTNING!**

