



Spring/Summer 2020 LCM New Swimmer Tryouts

When: Please only attend **ONE** day.

Tuesday March 3rd **OR**
Thursday March 5th

Time:

5:45pm - 8&unders

6:30pm - 9-10s

7:00pm - 11&up or transferring swimmers
from another club. (WEST, Bullets,
Lifetime, ect - not a summer league team)

Where: [Lyons Township High School NORTH Campus Pool 100 S. Brainard La Grange, IL](#)
(Parking & Pool information- the pool is located closest to the tracks at Brainard and Burlington. You may park along Burlington by State Farm or Edward Jones.)

Spring/Summer Season: April 6th - mid July

[Group Descriptions](#) - please review.

About Us

LYONS Aquatics practices out of LTHS South and North campus pools. We are a year-round competitive swim team which provides a safe, fun and enriching experience for all ages and ability levels. Our professional coaches are all certified and receive continuing education through USA swimming.

What will my swimmer be asked to do?

- 8&under Swimmers will be asked to swim 25yds (one length) of the pool freestyle, backstroke, breaststroke and butterfly.
- 9&over swimmers will be asked to swim 50yds (two lengths) of the pool freestyle, backstroke, breaststroke and butterfly. Swimmers may be asked to perform a racing start, a flip turn or demonstrate additional skills for higher group placement.

Your swimmer must be able to complete these requirements unassisted and without stopping. Swimmers must be comfortable in deep water. Coaches are not in the water with swimmers.

What should my swimmer bring?

Your swimmer should wear a competitive swim suit and a pair of goggles. Towels can be left in the locker room. We recommend bringing a lock for personal belongings in the locker room or keeping them with a parent.

Parents are required to observe from the observation area. Per USA Swimming, and for your athlete's protection, **parents may not enter the locker room or observe from the pool deck.**

Questions? Please contact Coach [Julie Jackson](#) @ jjackson@lyonsaquatics.com