

The **Lake Central Barracudas** offers training and practice groups for swimmers of all ages and ability levels. It is the goal of the **Lake Central Barracudas** to offer age specific training for all of our athletes geared towards challenging each individual and developing each individual to the best of THEIR abilities.

Please call Coach Jeff Kilinski at **(219) 365-1406** to schedule a tryout, or email coachjeff@lcbsswim.com to request for more information.

Copper Group

The Copper group is our beginner group which focuses on learning all the fundamentals of competitive swimming. Copper practices on Monday and Wednesday thru Friday during the school year and Monday through Thursday during the summer. Swimmers should attend 2-3 practices a week. The goal for this group is to teach all four strokes, beginning with Freestyle and Backstroke techniques, including start, turns and finishes. Once we learn Freestyle and Backstroke, we will move on to Breaststroke and Butterfly technique. Copper swimmers are encouraged to participate in meets once they feel they are ready.

Contact the Copper group parent representative at (copperrep@lcbsswim.com).

Copper Swim Practice: Monday, Wednesday, Thursday, Friday from 4:45 PM to 5:45 PM during the school year and Monday through Thursday from 6 PM to 7 PM during the summer.
(Always check the swim calendar for any adjustments.)

Bronze Group

The Bronze group practice 5 days a week for 75 minutes each day. Swimmers should participate at least 4 days. The goal in Bronze is to refine stroke technique and work on beginning endurance training. Bronze swimmers will start thinking about goals and how to achieve them. They will also learn how to be competitive in racing. The Bronze group will participate in all competitive meets. Swimming is a sport that demands discipline and it will be encouraged in this group.

Contact the Bronze group parent representative at (bronzerep@lcbsswim.com).

Bronze Swim Practice: Monday and Wednesday thru Friday from 5:30 PM to 7 PM and Tuesday from 4:45 PM to 6:15 PM during the school year and Monday through Thursday from 6:45 PM to 8:15 PM and Friday from 6 PM to 7:30 PM during the summer.
(Always check the swim calendar for any adjustments.)

Silver Group

The Silver group practices 5-6 days a week for 120 minutes each day. Swimmers should participate 5 days. The Silver group is for swimmers that are 11 & over (or at the coach's discretion). Swimmers in this group are to learn how to be more competitive and self-disciplined so they can achieve the highest success in swimming. Silver practices will become more intense by increasing the level of training, amount of training, and competitive awareness. Stroke technique is a must for this group and will be focused on at all practices. The Silver group will participate at all competitive meets.

Contact the Silver group parent representative at (silverrep@lcbsswim.com).

Silver Swim Practice: Monday and Wednesday thru Friday from 6:30 PM to 8:45 PM and Tuesday from 6 PM to 8:15 PM during the school year and Monday through Friday from 4:15 PM to 6:15 PM during the summer.
(Always check the swim calendar for any adjustments.)