

Hi NEW Scout families,

Thank you so much for reaching out and your interest in Scout Aquatics!

We currently have around 120 swimmers on the team, ages 6-18, and are still rebuilding. We build our training programs around correct stroke technique, then challenging that technique as we ramp up endurance and also have fun while racing and competing.

We are just finishing up our Fall/Winter season this month. We will begin our new Spring/Summer season on April 8th and will go through to July 16th. For new swimmers, we will have the tryout/placement on Wednesday, April 6th from 6:00-7:00pm at LFHS. This is a chance for new swimmers to show their best strokes and for coaches to see the ability in each stroke. We will place new swimmers in the group that will fit their ability and then you may register your swimmer for the season.

We are just getting back to a bit of normalcy and we will be entering the facility by the athletic office doors. The pool is located at the LFHS East campus, 1285 N. McKinley Rd. Park in the northwest paver lot near the track and walk in the doors and to the right. The stairs to the balcony will be to the right and swimmers can enter and exit at the door at the base of the balcony stairs. The locker rooms may be used to change in. Have goggles ready, waiver in hand and be ready to jump right in. Parents need to stay off the deck and out of the locker rooms.

Attached to this email is the Tryout Waiver for all swimmers to bring to the tryout. After the tryout, I will use this to email all families the instructions and registration paperwork. We do offer a "jump start" for Little Scouts and Junior Scouts for those families that want to take a break during the summer.

Spring/Summer season is called Long Course (LC) season because most competitions are swum in a 50 meter pool. LFHS is usually a 25 yard pool (the shallow end is 20 yards across), but I switch the main pool to 25 meters (SCM) after water polo season is done to train in a distance comparable to competition. We will have a few opportunities to swim in the 50 meter outdoor Lake Bluff pool as well. Next season is the Fall/Winter season and we will be back to Short Course (SC) 25 yards.

As always, practices and meets are optional once we begin, but the more you do in the water, the better you get! We do not prorate based on absences. Thanks again for the email and I look forward to meeting you and your family on April 6<sup>th</sup>.

If you have any additional questions, let me know,  
Coach Carolyn