

Practice Schedule for Spring-Summer 2019

Updated July 1, 2019

April 8 to June 7, 2019 and September 9 to October 31, 2019

DSP	Monday-Thursday	5:00-5:45 PM	VISTA School
Diamond	Monday-Thursday	5:45-6:45 PM	VISTA School
Bronze	Monday-Thursday	6:45-7:45 PM	VISTA School
Silver 2	Monday-Friday	6:00-7:00 PM	Catherine Hall
Silver 1	Monday-Friday	6:00-7:30 PM	Catherine Hall
Sr. Spring 7:30	Monday-Friday	7:30-9:00 PM Saturday 7-9 AM	Catherine Hall
Sr. Spring 7:00	Monday-Friday	7:00-9:00 PM Saturday 7-9 AM	Catherine Hall
	*Mon/Wed Women	6:00-7:00 AM Weights	Hershey HS
	*Tues/Thur Men	6:00-7:00 AM Weights	Hershey HS
	*Only for Derry Township School District <u>students</u>		

Updated July 1, 2019

June 10 to July 31, 2019

DSP	Monday-Thursday	5:00-5:45 PM	VISTA School
Diamond	Monday-Thursday	5:45-6:45 PM	VISTA School
Bronze	Monday-Thursday	6:45-7:45 PM	VISTA School
Silver 2	Monday-Friday	6:00-7:30 PM	Catherine Hall
Silver 1	Monday-Friday	6:00-7:45 PM	Catherine Hall
Senior Summer	Monday-Friday	5:30-7:30 AM (Primary 1)	Spartan Center
	Monday-Thursday	7:30-9:00 PM (Primary 2)	Catherine Hall
	Monday-Thursday	7:45-9:00 PM (Extra)	Catherine Hall
	*Tuesday & Friday?	8:00-9:00 AM Weights	Hershey HS

*Only for Derry Township School District students

Senior Summer: There are two practices offered per day. We recommend attending 5 Primary practices per week. All swimmers will attend a “primary practice” before they attend “extra” practices. IE: If you attend Monday Primary 1 you can attend Monday Extra. If you do not attend Primary 1 your only option for the day is Primary 2. Primary 2 is an abbreviated Primary 1 practice. You may not exceed 8 practices for the week.



Swim Practice Group Placement “Guidelines”

Each practice group will be provided with 4 Lanes with a maximum of 24 in each group. Practice groups will be determined by the criteria listed below. **The time standard age used will be as of March 31.** The Head Coach determines all group placements along with recommendations from group coach.

Senior A 7:00

- Swimmers will have completed or currently finishing their first year of high school.
- Must meet the following time standards
 - 14 years old achieve the 13-14 “AA” time standard in 3 events
 - 15 years and older achieve the 15-16 “A” time standard in 2 different strokes in 3 events
- No more than 24 Swimmers in this group.

Senior B 7:30

- Comprised high school aged swimmers not meeting the required time standards for Senior A.

Silver 1

- *Swimmers will be 11 years or older prior to the first day of LCM Junior Olympics and completed 5th grade or higher.*
- Must Meet the following time standards
 - 10 year olds achieve a 9-10 “AA” time standard in a minimum of 2 events
 - 11-12 year olds achieve a 11-12 “A” time standard in a minimum of 3 events
 - 13-14 year olds achieve a 13-14 “BB” time standard in a minimum of 4 events
- No more than 28 swimmers in this group.

Silver 2

- *Swimmers will be 11 years or older prior to the first day of LCM Junior Olympics and completed 5th grade or higher.*
- Must meet the following time standards:
 - 10 year old achieve a 9-10 “BB” time standard in a minimum of 5 events
 - 11-12 year old achieve a 11-12 “B” time standard in a minimum of 4 events
 - 13-14 year old achieve a 13-14 “B” time standard in a minimum of 3 events

Bronze

- Swimmers will be between the ages of 7-12 as of December 1 (Fall) or June 1 (Spring).
- 11-12 year olds not meeting the Silver 2 time standards.
- 7-10 year olds can swim all four strokes (Butterfly, Backstroke, Breaststroke, & Freestyle) efficiently; able to understand or show signs of understand use of a pace clock; demonstrated good listening skills.

Diamond

- Comprised of swimmers Kindergarten to 5th grade and do not meet the Bronze requirements.
- Participants ages 7 & under must demonstrate the ability to do freestyle and backstroke.
- Participants ages 8-10 must demonstrate the above as well as and understanding of breaststroke and butterfly.

