

Practice Schedule for Spring-Summer 2020

Updated February 27, 2020

April 13 to June 5, 2020

Swim Lesson	Monday-Thursday	5:00-5:45 PM	VISTA School	
Age Group Silver	Monday-Thursday	5:45-6:45 PM	VISTA School	
	Saturday	7:30-8:00 AM	Catherine Hall	
Age Group Gold	Monday-Thursday	6:45-7:45 PM	VISTA School	
	Saturday	8:00-8:30 AM	Catherine Hall	
Pre Senior Silver	Monday-Friday	6:00-7:00 PM	Catherine Hall	
Pre Senior Gold	Monday-Friday	6:00-7:30 PM	Catherine Hall	
Senior	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 students

Saturday Long Course Training at Keystone Aquatics

When: 10:00-12:00 April, 11, 18, 25, May 2, 16, 23 (4 Lanes)

Cost: \$50

Requirements:

- Senior Swimmers = MA Senior Champs Qualifying Time
- Pre Senior Gold = 11 years and older w/ Junior Olympic Times

Registration: Qualifiers will register similar to meet registration. An invite will be sent and you will declare your attendance.

June 8 to July 31, 2020

Swim Lesson	Monday-Thursday	5:00-5:45 PM	VISTA School
Age Group Silver	Monday-Thursday	5:45-6:45 PM	VISTA School
Age Group gold	Monday-Thursday	6:45-7:45 PM	VISTA School
Pre Senior Gold	Monday-Friday	6:00-7:30 PM	Catherine Hall
Pre Senior Silver	Monday-Friday	6:00-7:30 PM	Catherine Hall
Senior	Monday-Friday	5:30-7:30 AM (Primary 1)	Spartan Center
	*Tues. & Thurs.	8:00-9:00 AM	Weights

*Only for Derry Township School District students

Long Course Training at Keystone Aquatics

- Offered twice weekly ~ Time and Days TBD
- Cost ~ to be determined by Keystone Aquatics



Swim Practice Group Placement “Guidelines”

Each practice group will be provided with 4 Lanes with a maximum of 24 in each group w/ the exception of the Senior 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 the group coach.

Senior

- **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.

Pre Senior Gold

- ***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.

Pre Senior Silver

- ***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

Age Group Gold

- 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 Pre Senior Silver time standards.
- 7-10 year olds can swim all four strokes (Butterfly, Backstroke, Breaststroke, & Freestyle) efficiently; able to understand or show signs of understanding use of a pace clock; demonstrated good listening skills.

Age Group Silver

- Comprised of swimmers Kindergarten to 5th grade and do not meet the Age Group Gold 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.

