



# Summer Session 2022

We are thrilled to be back home in the newly renovated LHS POOL! As always, athlete and coach safety is our first priority. We will continue to follow COVID Safety Plans required by Onondaga County and LCSD. While there may be a few competitive opportunities built into the summer session, the main purpose of this part of the year is to will focus on building a base and a technical emphasis on stroke development in all four competitive strokes. Space is limited...but we will do our best to create opportunities for interested athletes. Questions – Contact Coach Zac 315-569-5387 or [zmekker@gmail.com](mailto:zmekker@gmail.com).



## 2022 SUMMER TRAINING OPTIONS

### SENIOR/JUNIOR – (JUNE 27-AUGUST 11)

\$395 (Payment plan 2 x \$210) – 4-5 practices per week typically 1.5 to 2 hours in length

*Typical Schedule: Mon-Friday 7-9am at LHS*

### AG2/AG1 – (JUNE 27 – AUGUST 11):

\$325 (Payment plan 2 x \$175) – 4 practices per week typically 1.5 hours in length

*Typical Schedule: Monday-Thursday Evenings 7-8:30pm*



### DEVELOPMENTAL (JULY 5-7 AND AUGUST 8-10):

\$90 – 6:00-7:00pm on dates listed...plus a swim meet on August 11

## REGISTRATION PROCESS

**ALL REGISTRATIONS WILL NOW TAKE PLACE ONLINE.**

**HEAD TO THE JETS WEBSITE AND SELECT THE**

**“[SWIM TEAM REGISTRATION](#)” BUTTON.**



**REGISTRATION WINDOWS:** Returning Swimmers ~ Opens June 5<sup>th</sup>

**NEW Swimmers:** We will begin contacting new athletes on our waiting lists on June 15<sup>th</sup> to inquire about filling the remaining open slots.

**USA REGISTRATION:** All athletes must be registered with USA Swimming for 2022. NEW Athletes will be registered AFTER they complete a 2-day trial. The cost of a Premium Membership (\$86) will be automatically billed to JETS Accounts *after* the registration is complete.

Once Capacity Limits have been hit for a training group, athletes will be added to waiting lists. In this case, money will not be collected until an athlete has been provided a spot on a roster.