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LHY SWIMMING

Swim Team Tryouts 2015-2016

All 9/Older, plus 8/under Team Members from 2014-2015:
Choice of Sunday, July 12th or Sunday, July 19th
Arrive at 5:40PM, warm-up begins at 6:00PM, tryouts start at 6:30PM, and end around 8:30PM
Age as of 12/1/2015

8/Under Not Previously on the LHY Team:
Choice of Tuesday, July 21st or Thursday, July 23rd
Arrive at 5:10PM to check-in. Tryout Clinic starts at 5:30PM and ends at 6:30PM
For swimmers **not previously on the LHY team** that are 8/younger, age as of 12/1/2015

Registration

- Begins July 1st (after 8:00 AM) online or at the front desk.
- Fee is $5 if registered by midnight the day before, or pay $10 at the door.
- No need to be a LHY member to try out.
- Swimmer's age for tryouts is determined as of 12/1/15.

8/unders and 9/10's will swim freestyle and two other strokes of their choice. 11/12's, 13/14's, and 15-18's will swim IM, plus two strokes of their choice. Try-outs are conducted like a time trial. Final team selection will be posted on Monday, August 3rd on the team's website. Practices begin on Monday, September 14th.

For more information, check out our website at www.lhyswim.com or contact the swim team office 973-334-2820 ext. 31 or Head Age Group Coach Greg

Age Group	IM	Free	Back	Breast	Fly
8/under	N/A	*25 yds	25 yds	25 yds	25 yds
9/10	N/A	*50 yds	50yds	50 yds	50 yds
11/12	*100 yds	50 yds	50 yds	50 yds	50 yds
13/14	*200 yds	100 yds	100 yds	100 yds	100 yds
15/18	*200 yds	100 yds	100 yds	100 yds	100 yds

*Mandatory swims

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