

Lenah Run Froggers

TEAM INFORMATION

The Lenah Run Froggers will be made up of resident and non-resident members that are placed as Froggers or Tadpoles depending upon their age and ability. The following provides details regarding these classifications as well as tryout information for each and some additional details that may be helpful for the season.

Froggers

- Those registered and planning to participate in all team activities, including swim meets, and meeting the skill set required will be Froggers for the season.
- As outlined in our bylaws, ALL new swimmers and ANY swimmer (new or returning) under the age of 8 will be required to tryout PRIOR to the start of the season. If you have a swimmer that is required to tryout you will receive an email with further details.
- Tryouts will be held at the Lenah Run Pool at 4:30pm on Tuesday, May 28th and will be conducted by members of the Board of Directors and the Froggers Coaching staff. If this date cannot be made, a make-up date will need to be arranged as soon as possible.
- To successfully pass the tryout the child must complete one lap of the pool unassisted, primarily above water, without stopping or grabbing onto the side of the pool or the lane lines, and also be able to demonstrate their ability to put their face in the water.
- If the tryout is not successful there are still a couple of options for the current season, depending upon the result of the tryout:
 - If the BOD and Coaching staff determines that the child is close to meeting the skill requirement, they may suggest that the child work for the next week and return the following week for a 2nd tryout – time and day will be determined on a case by case basis.
 - If the child is just not ready for the current season, the child may change their registration from a Frogger to a Tadpole and participate in that capacity for the current season.
 - If the child is just not ready for the current season and does not wish to participate as a Tadpole, then the registration will be cancelled and a refund will be given as outlined in the fee policy.
- Froggers are required to purchase a spirit pack of the choosing for the season that includes:
 - For girls – swim suit (V2 or HP back options), team t-shirt, and team swim cap
 - For boys – swim suit (jammer or brief options), team t-shirt
- Additional swim caps will be available for sale throughout the season.
- Additional spiritwear will be available for sale through an online store through the established close date which will be sometime toward the end of May.
- Froggers will practice 5 days a week beginning in the afternoon on May 28th and on June 10th the practice sessions will move to mornings. Practice sessions are split based on age and are detailed on the Froggers website.

Tadpoles

- Those registered and planning to participate in team practices and social activities, but will not participate in swim meets will be Tadpoles for the season.
- As outlined in our bylaws, ALL new swimmers and ANY swimmer (new or returning) under the age of 8 will be required to tryout PRIOR to the start of the season. This INCLUDES those registered as tadpoles to ensure the right classification has been made for the swimmer for the season. If you have a swimmer that is required to tryout you will receive an email with further details.
- Tryouts will be held at the Lenah Run Pool at 4:30pm on Tuesday, May 28th and will be conducted by members of the Board of Directors and the Froggers Coaching staff. If this date cannot be made, a make-up date will need to be arranged as soon as possible.
- To successfully pass the tryout to be classified as a tadpole, the child must be able to come very close (about $\frac{3}{4}$ of a lap – final decision coach and board based) to completing one lap of the pool unassisted, primarily above water, without stopping or grabbing onto the side of the pool or the lane lines, and also be able to demonstrate their ability to put their face in the water. Tadpoles is not a learn to swim program, instead it is an option for those that wish to participate on the swim team but just are not quite there in hopes of getting them ready for the following season.
- If the child is registered as a tadpole, but tryouts show that their skill set is strong enough to be a Frogger, the swimmer can change registration at this point.
- If the tryout is not successful then the child is just not ready for the current season and registration will be cancelled and a refund will be given as outlined in the fee policy.
- Tadpoles are NOT required to purchase a spirit pack for the season, but their registration does include a team t-shirt.
- Swim caps will be available for sale throughout the season.
- Additional spiritwear will be available for sale through an online store through the established close date which will be sometime toward the end of May.
- Tadpoles will practice 3 days a week beginning on June 10th – exact days of the week and timeframe will be determined once more is known about the registered group.