**LANE SWIM TEAM PRACTICE SCHEDULE 2017**

**Afternoon Practices will begin**

**Tuesday, May 30th until Friday, June 9th, 2017**

* 4:30 -5:15 ages 7 to 10
* 5:15 – 6:30  ages 11U & up
* No 6U during this time, water temps are tricky can be super cold this time of the season, pool space is limited.

**Morning Practices Start Monday, June 12th 2017**

* 8:45 a.m. – 10 a.m. – **LSC - Electric Lane Group** - designed for swimmers ages 11 to 18 years of age – swimmers in this group need to complete at least 100 meters of freestyle without stopping. All swimmers at this age level should have a basic understanding of Butterfly, Backstroke, Breaststroke, and Freestyle.  This age group participates in League & Championship meets, no exceptions.  If your child is younger than the age level and has skill level as described – coach’s permission needed.
* 10 – 11 a.m. – **The LSC Thunderbolt Group** - designed for swimmers ages 7 years to 10 years – swimmers should be able to complete at least 50 meters of freestyle without stopping.  Swimmers should have a good understanding of Backstroke, Breaststroke & Butterfly.  Good Understanding does not mean Proficiency.  This Group is required to participate in League Swim Meets & End of the Season Champs.
* 11 a.m. to 11:30 a.m. – **The LSC Whips- Mini’s** - designed for swimmer ages 6 years and younger.  Swimmers MUST be a to comfortably float with kicking on a front prone float, kicking on back float a minimum of ½ lap of the pool, have a basic understanding of the Freestyle & Backstroke When we say “basic understanding”, this does not mean proficiency. We will slowly work on mechanics of both strokes, work on how to do a racing start, and add in stroke mechanics on Butterfly & Breaststroke.   The Lane Mini’s will be encouraged to participate in at least 2 league meets, and optional NBSL classic meet.