

## **MEET SCHEDULE:**

### **Saturday, June 8<sup>th</sup> –**

Time Trials  
Arrive at 7:00am  
Meet begins at 8:00am  
Lake Ridge Swim Club

### **Saturday, June 15<sup>th</sup> –**

Lancers vs. Sudley Seahorses  
7:00am-noon  
**8613 Rixlew Lane, Manassas, Virginia 20109**

### **Saturday, June 22 –**

Lancers vs. Bridlewood  
7:00am-noon  
**13622 Harness Shop Ct, Gainesville, VA 20155**

### **Saturday, June 29<sup>th</sup> –**

Lancers vs. Kingsbrook  
7:00am-noon  
Pool address:  
**9101 Braided Stream Dr, Bristow, VA 20136**

### **Saturday, July 6<sup>th</sup>**

Lancers vs. Ridgewood  
7:00am-noon  
**12350 Oakwood Drive, Woodbridge, VA 22192**

### **Saturday, July 13<sup>th</sup>**

Lancers vs. Dominion Valley  
7:00am-noon  
**15200 Arnold Palmer Drive, Haymarket, Virginia 20169**

### **Saturday, July 20<sup>th</sup> –**

Lancers vs. Ashland Stingrays  
7:00am-noon  
**5550 Fincastle Dr, Manassas, VA 20112**

### **Saturday, July 27<sup>th</sup> –**

Yellow Division Championship Meet  
Lake Ridge vs. Victory Lakes vs. Dale City (@Victory Lakes)  
7:00am-2:00pm  
**12608 Victory Lakes Loop, Bristow, VA 20136**

## **COACHING:**

At the helm of the Lake Ridge Lancers is Kristen Misencik. In 2006, Kristen became the Head Coach of the Lake Ridge Lancers and continues to serve in that capacity. She describes her coaching philosophy as, "I believe my job is not only to teach swimmers how to swim and improve, but also to promote important character building skills such as goal setting, sportsmanship, teamwork, and team unity." She also believes the summer swim experience should have a balance between improving stroke technique, working hard to achieve the team/individual goals, and taking time to build friendships and have fun!

Working with Coach Kristen, the Lake Ridge Lancers employ a "grass roots" support staff. All of the Assistant Coaches grew up swimming on the Lancer team and have worked their way up the coaching ladder. The Lancer Coaching staff is comprised of highly qualified individuals, many of who possess certifications in CPR, First Aid, and as lifeguards. Most importantly, they love to work with kids and are passionate about the sport of swimming.

## **VOLUNTEERING:**

The Lake Ridge Swim Team relies on parents/guardians of swim team participants to volunteer their time in connection with swim meets. This is done to ensure an equitable distribution of volunteer efforts among team parents/guardians to reduce the workload (and uncertainty) for volunteers. There are 3 shifts to work during each swim meet; when everyone volunteers, shifts can be short and sweet.

Volunteer positions include: Apparel Sales, Card Running, Concession Grill Cooks, Concessions Prep, Clerk of Course, Computer Operations, Heat Ribbon distribution, Meet Marshall, Time Recorder, Awards Assembly (Ribbons), Scorer, Timer, Verifier, and many more! We provide training for all jobs.

Volunteer selection is completed by sign-up prior to each week's meet, through the LRST website.

# 2019

## LAKE RIDGE



## LANCERS SWIM TEAM

[www.lakeridgelancers.com](http://www.lakeridgelancers.com)

[facebook.com/lakeridgelancers](https://facebook.com/lakeridgelancers)

# LANCERS SWIMMING



## ABOUT:

The Lake Ridge Lancers Swim Team (LRST) is a seasonal, competitive swim team that participates as a member of the greater Prince William Swim League. The team is mid-sized, comprised of approximately 100 swimmers, 18 years and younger, who typically reside in the Lake Ridge, Woodbridge, and adjacent areas. Our competition season typically begins in May and runs through the end of July. At the beginning of each summer, participants are assigned to one of two programs:

1. **Competition Team** – To participate on the competition team, swimmers must be able to legally swim a 25-meter freestyle with good side breathing and a 25-meter backstroke. The competition team's season begins right after Memorial Day and continues through the end of July. New interested swimmers must complete a swimmer evaluation.

2. **Lil' Lancers:** (Developmental program)-This program is designed for 4-10 year olds who are able to swim independently but are looking to develop stroke technique to qualify them for the competition team. See Lil' Lancer flyer for more information.



## COST & REGISTRATION:

2019 Registration Fee	\$150
Team Unify Fee (charged once per household)	\$25

Registration for all Lake Ridge Swim Team Programs & Events is available through the LRST website ([www.lakeridgelancers.com](http://www.lakeridgelancers.com)). Payments can be made with VISA/Master Card, or by personal check. If you choose to pay by check, please follow the directions provided on the website and contact Lacey Yoho at [lancertady@lakeridgelancers.com](mailto:lancertady@lakeridgelancers.com) for more information.

*\*Swimmers who are new to the Lake Ridge Lancers must be evaluated by the coaching staff. Once registered, we will contact you to set up an evaluation. Registration status will be "pending" until completion of a successful evaluation.*

*\*\*Note: Refunds prior to June 11<sup>th</sup> will incur a \$10/swimmer processing fee. No refunds will be processed after June 11<sup>th</sup> \*\*\**

## WHAT TO BRING TO PRACTICE:

For each practice swimmers will need:

1. Athletic swim suit (jammers for boys, one-piece for girls)
2. Competitive goggles
3. Swim cap (boys with short hair are not required to wear a cap)
4. Swim fins (more information will be given about which ones to purchase)
5. Water bottle marked with swimmer name

## PRACTICES:

### EVENING PRACTICE May 28-June 13

(while school is still in session):  
Practices are Monday-Friday and are held at the Lake Ridge Swim club.

TIME	GROUP	DRYLAND	POOL
4:45-5:30	8&Under	4:45-5:00	5:00-5:30
5:15-6:05	9-10	5:15-5:30	5:30-6:05
5:45-6:50	11-12	5:45-6:05	6:05-6:50
6:30-7:45	13-18	6:30-6:50	6:50-7:45

### MORNING PRACTICE June 17-July 28

Morning practices run Monday – Thursday

AGE GROUP	PRACTICE TIME
13-18	7:45 – 9:00 AM
11-12	8:15 – 9:30 AM
9-10	9:00 – 10:00 AM
8 & Under	9:30 – 10:30 AM
FRIDAY FUN DAY*	9:00 – 10:45 AM

