

PRACTICE SCHEDULE

All practices are held at Lake Ridge Swim Club

EVENING PRACTICE June 1-June 11 (Mon-Fri)

4:45-5:30	8&Under
5:15-6:00	9-10
5:45-6:45	11-12
6:30-7:45	13-14 and 15-18

MORNING PRACTICE June 14-July 31 (Mon-Thurs)

9:00-10:15	13-14 and 15-18
10:00-11:00	11-12 and 9-10
11:00-12:00	8&Under
11:15-12:00	Lil' Lancers*

Friday FunDay (for all competitive team swimmers)
9:00-10:30am

Lil Lancers are provided the opportunity to compete in 2 mini-meets during their seasons. These are held at Lake Ridge Swim Club during their regular practice times. Ribbons will be awarded immediately following the completion of the meet.

Lil' Lancer Mini Meet # 1 July 1

Lil' Lancer Mini Meet # 2 July 22

For mini-meets, please arrive at 10:30 for warm-ups and clerk of course.

COACHING:

At the helm of the Lake Ridge Lancers is Lauren Downer. Coach Lauren has been swimming in Lake Ridge her whole life. She grew up in the PWSL as a Ridgewood Barracuda starting at the age of 6. Her love for swimming continued to grow as she was a team member on OCCS, QDD, and the Woodbridge High School Swim Team.

She was elated to join the Lancer Swim family as an Assistant Head Coach and in 2020 joins us as our Head Coach.

"I believe my job is to not only nurture and develop swimmers, but to also contribute to growing their life skills and promoting positive character traits. It is also my desire to create a fun, supportive, uplifting team atmosphere that causes these swimmers to fall in love with summer swim just as I did. I cherish the opportunity to share my passion for this sport with these swimmers so they too can have wonderful memories."

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

VOLUNTEER COMMITMENT:

Parent volunteers are at the heart of the Lancers success. Each family is asked to help with timing, recording, concessions, ribbons, computer, officiating, or scoring and verifying during each meet. Training is provided for all volunteer positions.



2021

LAKE RIDGE LANCERS

Hosted by the Lake Ridge Swim Club

12640 Harbor Dr, Woodbridge, VA 22192

KEY DATES

Saturday, June 5th Time Trials & Pancakes!

Arrive at 6:00am, Meet begins at 7:00am

Lake Ridge Swim Club

***Saturday, June 12th** Lancers @Ashland Stingrays

7:00am-noon

Lake Ridge Swim Club

***Saturday, June 19th** Lancers vs. Old Bridge Breakers

7:00am-noon

Lake Ridge Swim Club

***Saturday, June 26th** Lancers @ Montclair Seahawks

7:00am-noon

Lake Ridge Swim Club

Saturday, July 3rd No Meet-Happy 4th of July!

***Saturday, July 10th** Lancers @ Braemar Blasters

7:00am-noon

TBD (Braemar Swim Club)

***Saturday, July 17th** Lancers vs Kingsbrook

7:00am-noon

TBD (Lake Ridge Swim Club)

***Saturday, July 24th** Lancer vs Dale City Frogs

7:00am-noon

TBD (Lake Ridge Swim Club)

***Saturday, July 31**Yellow Division Championship Meet

Lake Ridge vs. Brookside vs. Meadowbrook

7:00am-2:00pm

TBD (Lake Ride Swim Club)

Lancers Awards Banquet

Sunday, August 1 @6:00pm (details to follow)

*The PWSL has decided that meets in the first half of the season will be cybermeets. We will swim at our own pool and results will be calculated electronically. Ribbons will be awarded. During the July 4th break a determination will be made by the league as to whether the meets in the second half of the season will continue to follow the virtual format or will be allowed to proceed as dual meets. The location shown in parenthesis is the location of the meet if teams are allowed to travel.

ABOUT US:

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. (swimmers who are 9 or older must be able to demonstrate 50 meters of each) 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. Email us to set up and evaluation. (lancerlady@lakeridgelancers.com)

WHAT TO BRING TO PRACTICE:

For each practice swimmers will need:

1. Athletic swimsuit (jammers for boys, one-piece for girls)
2. Competitive goggles
3. Swim cap (boys with short hair are not required to wear a cap in practice but all competitive swimmers must wear a Lancers cap in competition)
4. Swim fins (more information will be given about which ones to purchase)
5. Water bottle marked with swimmer's name

WHAT TO BRING TO SWIM MEETS:

Saturday swim meets are long, early and so much fun! Swimmers and fans should be prepared with the following:

1. Lancers swim cap (required for all swimmers)
2. Water and healthy snacks
3. Tent, Chairs, blankets for "camping" area
4. Team spirit!!
5. Sunscreen



LAKE RIDGE Lancers

COST & REGISTRATION:

2021 Registration Fee	\$125
Family Fee	\$25
Non-Member fee (families who are not members of the LRSC)*	\$65

*Non-member fee comes with a Lake Ridge Swim Club Daily Pass Membership. With this membership, Lancers families are invited to use the club during member hours (12pm-6pm daily) for the cost of just \$5 per person per day. This payment can be rolled into a regular membership at any time during the season.

Registration for all Lake Ridge Swim Team Programs & Events is available through the Lancers website (www.lakeridgelancers.com)

**Swimmers who are new to the Lake Ridge Lancers must be evaluated by the coaching staff. Registration status will be "pending" until completion of a successful evaluation. To set up an evaluation please [register here](#) or email*

lancerlady@lakeridgelancers.com