

What are people saying about Lil" Lancers

"Little Lancers is a place where I know my little swimmers will be encouraged and challenged with kind coaches in a fun atmosphere. "

"There are any number of places that you can take your child to learn to swim. But when you sign up your child up for Little Lancers, you are getting more than swimming lessons. You are joining a team and a family. The quality of coaching and the attention to detail is exceptional. My children have thrived, both in skill and in confidence in swimming, while on the Little Lancers. The amount of time, energy, and encouragement that is poured into these young swimmers is extraordinary. My only regret is not having started them in Little Lancers sooner!"

Lake Ridge Lancers

Swimming at:
Lake Ridge Community Swim
Club

www.lakeridgelancers.com

Email: Lacey Yoho



2019

Lake Ridge Lancers "Lil" Lancers" Swim Program

A developmental swim
program offered by the
Lake Ridge Lancers

Lil' Lancers

Lil' Lancers is a 5 week program for children 10 and under who have the confidence and ability to independently swim across a 25 meter pool (in any manner!) but who still need to learn the proper skills in order to be successful on a competitive swim team. They meet 3 mornings a week (T, W, Th) to learn and practice proper freestyle (with side breathing) and backstroke. Coaches work with swimmers to begin to prepare them for the competitive swim team. They will have 2 mini-meets and also participate in Lil' Lancer team building activities.

As soon as the head coach believes a Lil' Lancer swimmer has mastered the team requirements, the swimmer may be invited to join the competitive team and will be able to compete in swim meets for the rest of the season.* Enrollment in Lil' Lancers is capped at 30 swimmers.

What are the fees?

Lil' Lancers Swim fee (includes registration fee, team photo, and trophy): **\$150 per swimmer.**

*Any Lil' Lancer who moves to the big team during the season will not be charged any additional registration fees.

How Do I Get Started?

Swimmers **must be evaluated** for inclusion in the Lil' Lancer program. The evaluation consists of a 25 meter length of independent swimming (any style is acceptable). Please note: Lil' Lancers is a swim team prep program. If your child is new to swimming and needs swimming instruction, please consider learn-to-swim lessons before joining Lil' Lancers

Email to set up an evaluation:

lancerlady@lakeridgelancers.com

What does my swimmer need?

Swimmers should come to practice in an appropriate swim suit (boys can wear trunks or jammers, girls must wear a one-piece suit, no bikinis or tankinis), well-fitting goggles, and swim cap if desired. (if your swimmer prefers no cap, please make sure hair is secured away from the face).

When are the practices?

Lil' Lancers practice three mornings a week for five weeks. The program will include two mini-meets.

June 18 10:00-10:45	June 19 10:00-10:45	June 20 10:00-10:45
June 25 10:00-10:45	June 26 10:00-10:45	June 27 Mini Meet
July 02 10:00-10:45	July 03 10:00-10:45	July 04 NO PRACTICE
July 9 10:00-10:45	July 10 10:00-10:45	July 11 10:00-10:45
July 16 10:00-10:45	July 17 10:00-10:45	July 18 Mini Meet*

* Mini meets will begin at 10:00am. Each swimmer will participate in three events. Please arrive with swimmers at 9:40am for a warm up. Supportive siblings and adoring fans are all welcome. Mini-meets will conclude with a presentation of ribbons and a celebration snack for the swimmers.

Where are Lil' Lancer practices?

The Lil' Lancer program will be held at the Lake Ridge Swim Club.