

L'Anse Creuse North – Girls' and Boys' Swimming Team

General Information

WHO: The team is open to any person who wishes to join the team. It is OK if someone joins the team that does not know how to swim because it is the coaches' job to teach the participants. It should be understood however; swimming practices are very tiring and difficult. Practices are designed to help each swimmer excel at their ability. Please realize that at the same token we want every swimmer to excel individually, the team must surpass any and all expectations others may have of the LCN swim program. Whether a swimmer is a beginner or highly advanced does not matter to us coaches, our goal is to help every swimmer achieve any goals he/she may set for himself/herself.

EQUIPMENT: Each swimmer will need a one-piece swimsuit for practice. Many stores sell these suits at prices ranging from \$5.00 to \$50.00. The coaches' recommend that parents be frugal shoppers and purchase swimsuits that are on sale. It does not matter what practice suits look like as long as they are appropriate. Generally speaking, girls will need 2 or 3 practice suits and boys will need 1 or 2, this is due to the amount of time the athletes are in the water and the effects the chemicals have on the suits. If a suit is well maintained, it can last an entire season (meaning the suit is rinsed thoroughly after use). A couple pair of swimming goggles is also HIGHLY recommended. The most expensive goggles are not necessarily the best. Find a pair that is comfortable on the athletes face.

Every member of the team will be required to purchase a team suit (\$35 - \$50 girls, \$20 - \$30 boys) and a team swim cap (members of the team with extremely short hair do not have to purchase caps). These are personal items for which the school cannot pay for due to the law. The school does provide for each swimmer a swim bag, warm-up suit, and a parka. These items must be returned in the same condition in which they are passed out otherwise appropriate fees will be assessed (usually at replacement cost). Every swimmer will receive a disclaimer that will list the prices.

PRACTICES: Depending on which part of the training season each team is in will determine the practice times. Usually, the beginning of the season will have practices that meet once a day for 2-3 hours, the middle of the season, the swimmers can expect to have practices before school and after school (yes, 2 times per day), and during taper the practices will return to single practices after school. During the heart of the season, the swimmers should also expect to have Saturday morning practices as well. A detailed schedule will be provided for every member of the team. Please remember, ALL afternoon, Monday morning and Saturday morning are mandatory and missing a practice WILL result in not being allowed to participate in a swim meet and could result in the participant being asked to leave the team.

SWIM MEETS: Swim meets are generally on either Tuesday or Thursday nights. There are four meets during the season in which this does not occur: (a) County Meet (Friday, Saturday – only those swimmers who qualify will participate in this meet, every member of the team WILL attend the meet, (b) MISCA (Friday – Diving, Saturday – swimming – only those swimmers who qualify will attend, the rest of the team may come if they want), (c) Division Meet (Thursday – Diving, Friday – swimming prelims, Saturday finals – entire team attends both days, however not all swimmers may swim on Saturday), (d) State Meet (Friday prelims, Saturday finals – only those swimmers who qualify will attend, the rest of the team may come if they want)

MHSAA PHYSICAL FORMS: A physical must be given after April 15th and is valid from that day forward through the end of the following school year. Boys, if you participated in a fall sport, please inform the coach that your paperwork is on file. All swimmers need to have a physical on file with the athletic department to be eligible to participate in high school swimming.