

## Los Angeles Swim Club (LASC) Frequently Asked Questions

- What are the requirements for joining the Los Angeles Swim Club (LASC)?
  - There are different requirements depending on how old your child is.
    - 10 and under swimmers
      - Must be able to swim multiple yards without stopping in both freestyle and backstroke.
        - Your child will be asked to perform freestyle and backstroke using their entire body (arms and legs), and then just using their legs so we can evaluate their kick.
        - A proficient freestyle and backstroke kick is required to join.
        - This is the minimum requirement to join our **Pre-Team** group.
      - Your child will be asked to showcase their breaststroke and butterfly if they know how to swim them. It is not a requirement to join LASC, but it will help us better understand which group to place them in based on their technique.
      - We will also be asking your child to perform a head first dive.
    - 11 and over swimmers
      - Must be able to perform what is listed above and basic breaststroke and butterfly.
      - Depending on skill level, your child may also be asked to swim a short set showcasing their endurance and speed.
      - Must be able to perform a head first dive.
- Why does LASC have a two step tryout process?
  - LASC has adopted a two step tryout process to ensure that your child is ready to train with the group the tryout coach thinks would be the best fit for them.
    - **Step 1- Initial Tryout:** Come in for an **initial tryout** to see if your child meets the minimum qualifications to join LASC. If they do, the tryout coach will determine which group they think your child would be best placed in. This tryout will last about 15 minutes depending on age and skill.
    - **Step 2 - Practice Tryout:** If your child makes the minimum qualifications to join LASC, your child will be offered a **practice tryout** with the group the tryout coach thinks would be the best fit for your child. After the 2nd tryout, the tryout coach will be able to determine if your child is ready to join LASC.
- Where does LASC train?
  - LASC uses two pool facilities
    - **Harvard-Westlake Upper School** - 3700 Coldwater Canyon Ave, Studio City, CA 91604
    - **Los Angeles Valley College** - 5738 Ethel Ave., Valley Village, CA 91401
- What is the cost of joining the Los Angeles Swim Club (LASC)?

- **The quarterly cost depends on what group your child is placed in.** The cost per quarter ranges from \$530 to \$800 depending on which group your child is placed in. Our team charges quarterly - so swimmers are allowed to attend all practices offered in a quarter. **We are currently in our 4th quarter taking place from May 24th to September 5th.**
- We will prorate the quarterly cost of joining LASC if your child qualifies for the team and you decide to join.
- If your child is new to USA Swimming, there is an **annual \$72 USA Swimming registration fee**. This fee covers general insurance in practice and at USA Swimming events like swim meets. If your child was attached to a different team and was previously registered with USA Swimming, there is a \$10 team transfer fee.
- There are additional fees that come with attending competitions, but those fees are separate and will be charged on the 1st of the month following the swim meet.
- Are there makeup practices for the days our child cannot attend?
  - No, since our team charges quarterly and not by practice, there are no makeup practices offered.
- When and where are the practices?
  - It depends on which group your child is placed in. Most younger swimmers train in the late afternoon from approximately 4 or 5 to 5:30 or 6. Most older swimmers train for about an hour and a half to two hours after that.
  - We are currently training mainly at the Harvard-Westlake upper school pool. We are using the Verdugo Aquatic Facility on some weekdays, but most practices are at Harvard-Westlake.
- Is it required to attend all practices?
  - No, but a high practice attendance is recommended to solidify technique and increase strength and endurance.
- Do we need to commit to specific days of practice?
  - All practices offered are available for your child to attend. You do not need to inform the coach which days your child will be attending practice, and it is ok for your child to attend different practices each week.
- Is it required to attend swim meets?
  - It is required to attend meets for all groups besides Senior 1, but it is not required to attend all meets offered.
- Do the younger swimmers attend swim meets?
  - Yes, our younger swimmers (ages 10 and below) do attend swim meets. The swimmers in our Streamline program are offered Novice swim meets that last approximately 3 hours. These meets are much smaller in size and are much quicker.
- How are the groups structured?
  - LASC is separated into three main groups: the Streamline Program, the Age Group Program, and the Senior Program. Please note that the descriptions of all

groups below are general descriptions, and that children are placed in the group that the coach believes is the best group for your child.

- The Streamline Program - Novice swimmers are placed in Pre-Team, Bronze, Silver, Gold, and the Racers groups. These swimmers are learning the basic rules for all four strokes, working on improving their technique, increasing their strength and endurance, and learning swim terminology needed for training.
  - Pre-Team -. Has a basic understanding of freestyle and backstroke. Is able to swim multiple yards without stopping in both freestyle and backstroke.
  - Bronze - Understands basic freestyle and backstroke and has a proficient kick in both strokes. Also has a basic understanding of breaststroke kick.
  - Silver - Has a legal breaststroke and a strong freestyle and backstroke kick.
  - Gold - Understands basic rules and knows how to legally swim all four strokes: butterfly, backstroke, breaststroke, and freestyle.
    - Ages 10 and under
    - Learning how to train while continuing to emphasize basic technique necessities like streamlining off of every wall, doing all flip turns when available, always touching the wall with two hands on breaststroke and butterfly, etc.
  - Racers - Understands basic rules and knows how to legally swim all four strokes: butterfly, backstroke, breaststroke, and freestyle.
    - Ages 10 and over
    - Learning how to train while continuing to emphasize basic technique necessities like streamlining off of every wall, doing all flip turns when available, always touching the wall with two hands on breaststroke and butterfly, etc.
- The Age Group Program - this means that swimmers placed in these groups are generally ages 14 and below. These swimmers are learning how to train by increasing their strength and endurance while also continuing to work on their technique and are expected to attend USA Swimming competitions.
  - Age Group 1 - Boys/Girls
    - Boys and girls are separated to give each gender to grow and train comfortably with their separated genders.
    - Swimmers in this group and above are expected to attend USA Swimming competitions.
    - Swimmers ages 8 to 12
  - Age Group 2 - 11-12 Junior Olympic time standards have been met. Has a freestyle threshold of at least 1:40 per 100 yds, an average of 1:00 for a 50 freestyle kick, and a threshold of 1:50 for a 100 yd IM.

- Age Group 3 - 13-14 Junior Olympic time standards have been met. Has a freestyle threshold of at least 1:25 per 100 yds, an average of 0:50 for a 50 freestyle kick, and a threshold of 1:35 for a 100 yd IM.
- The Senior Program - is meant for swimmers ages 13 and up. These swimmers range from athletes who are interested in club swimming but don't want to compete, to athletes who compete at high level meets such as Nationals.
  - Senior 1 - This group is meant for swimmers that need an emphasis on technique work while still regularly being given sets to increase their strength and endurance. Swimmers in this group are not required to compete.
  - Senior 2 - 14 and up swimmers who have met 13-14 Junior Olympic time standards have been met. Has a freestyle threshold of at least 1:30 per 100 yds, an average of 0:55 for a 50 freestyle kick, and a threshold of 1:45 for a 100 yd IM.
  - Senior 3 - 13 and up swimmers who have AAA times in multiple events for their age. Has a freestyle threshold of at least 1:15 per 100 yds, an average of 0:45 for a 50 freestyle kick, and a threshold of 1:20 for a 100 yd IM.
  - Senior 4 - Sectionals time standards have been met. A 90% attendance rate is required to qualify for this group.
- How does someone move up in groups?
  - Move ups happen once a quarter and at the end of every quarter. Move ups are determined by the coaching staff. Those requirements are relatively broad and can be discussed between you and the lead coach of the group or the program director of the group your swimmer has been placed in.