

EAST HARTFORD YMCA LEHY SWIM TEAM

2019-2020 SHORT COURSE SEASON

Program Overview

For over fifty years, the Laurel East Hartford YMCA Swim Team (LEHY) has been developing youth to reach his/her highest potential through the sport of swimming. Using the Y core values of Caring, Honesty, Respect and Responsibility, LEHY coaches work to instill commitment, dedication, teamwork, along with a love of swimming in each and every member of the team. LEHY has consistently been seen as one of the top age group development programs in Connecticut Swimming. LEHY Short Course program is for the experienced competitive swimmers who are interested in continuing and furthering his/her strength and stamina for competition.

All new swimmers must have a completed New Swimmer Information form and YMCA Waiver form with their registration.

New swimmers must also attend an evaluation at East Hartford Middle School on September 4th or 5th. Evaluations begin promptly at 5:30 PM. Swimmers will need to demonstrate their skills and then be assigned to a specific program. You only need to attend one of the two dates.

Registration will close by the first week in October. We will not accept any new registrations after this date. The registration deadline will be posted on the website when it is established.

A Parent night will be held in early October at 6:30 PM for new and returning swimmers, to learn more about the team and the expectations for participating in meets and volunteer assignments.

8 and under:

Ages 8 and under

These swimmers are introduced to the sport of swimming in an enjoyable and comfortable environment. The swimmers learn the four competitive strokes, starts and turns through a multitude of drills and individual instruction. Eight and under swimmers practice two day a week therefore every attempt should be made to make ALL practices.

Developmental:

Ages 9-12

Our developmental program works on refining stroke mechanics of all the competitive strokes. Starts, turns and some endurance training (through interval sets) are also a component of this squad. The swimmers are expected to supplement their two practices with one additional practice during regular practice times. This allows the swimmers to be exposed to longer distances in practice and is an important step towards continued improvement. There are 2 practices weekly along with a third day regular practice. Swimmers

should make every attempt to attend all practices. If coaches feel the swimmer should only be doing the 2 day developmental program fees will be adjusted accordingly.

LEHY Competitive Program

Ages 9 and older Swimmers in this program are expected to have made a commitment to the sport of swimming. There is an emphasis on longer distance training, and challenging sets where swimmers learn to independently motivate themselves. Swimmers continue to focus on the basic mechanics of swimming while learning to be more independent in the sport. Within this program there are different "squads" with different attendance expectations. Five practices weekly along with Saturday practices for the senior level swimmers.

High School Girl Swimmers

Girls who are swimming with their high school program (September–November) are allotted a price brake due to the overlap of the high school program and the LEHY program. **HIGH SCHOOL GIRLS MUST BE SIGNED UP BY THE SPECIFIC REGISTRATION DEADLINE AND NOT AFTER THE HIGH SCHOOL SEASON.**

High School Boy and Private School Swimmers

Boys and private school swimmers who are swimming with their high school program (day after Thanksgiving–March) are allotted a price brake due to the overlap of the high school program and the LEHY program.

Short Course Season Practice Schedule

Practices are held at East Hartford High & East Hartford Middle School. Swimmers will be notified of pool assignments and practice times by coaches.

Monday, Sept. 9, 2019 – Mar. 2020

East Hartford High School

Mon. – Fri.

4:50 — 6:30 PM

–Plus dryland practices, two hour practices when available, Saturday practices when available

East Hartford Middle School

Mon., Tues., & Thurs.

5:30 — 6:30 PM

Wed. & Fri. 5:30 — 7:30 PM

East Hartford Middle School 8/Under Team

Wed. & Fri. 4:30 — 5:30 PM

East Hartford Middle School Developmental

Wed. & Fri. 4:30 — 5:30 PM, plus an additional practice to be assigned by the coaches

PROGRAM REGISTRATION INFORMATION

All open balances due to the GH YMCA must be paid before participants can enroll.

Payment Due Dates	High School Swimmers		SC Competitive Program		8 & Under 2 day only- Dev. Program
	HS Boys Team	HS Girls Team	1 st Child	2 nd Child	1 st Child
Upon Registration	\$ 219.00	\$ 0	\$ 227.00	\$ 213.66	\$ 148.00
September 30, 2019	\$ 219.00	\$ 232.00	\$ 227.00	\$ 213.67	\$ 148.00
October 14, 2019	\$ 0	\$ 232.00	\$ 227.00	\$ 213.67	\$ 148.00
Total Program Fee	\$ 438.00	\$ 464.00	\$ 681.00	\$ 641.00	\$ 444.00
USA Registration -due upon registration	\$ 75.00	\$ 75.00	\$ 75.00	\$ 75.00	\$ 75.00
TOTAL	\$ 513.00	\$ 539.00	\$ 756.00	\$ 716.00	\$519.00

- **ALL Swimmers must pay USA Swimming Registration fees:**
 - **USA Full year membership - (good through December 2020) - \$75**
 - **This fee covers your child for the duration of 2019.**
- **If payment for the program is not made in full, families must set up an automatic payment program with the YMCA.**
- **In order to help the coach's plan for the season, please register by Friday, September 6, 2019. Swimmers must be registered before they will be allowed to practice.**

Meet Policy

Meets will be posted at both practice facilities. Swimmers/Parents must sign up at the pools to be entered in meets. Any swimmer not signed up will not be entered. We will be switching over to Team Unify and sign up will be available online. More information will follow!

Entry Fee Policy

Families are responsible for all meet entry fees. Signing up for a meet signifies that you acknowledge you are pay the entry fees for your swimmer(s). Families will be sent an invoice with a payment due date after the entries are completed. Payments not made by the due date may result in swimmers not being able to participate in additional practices/meets until payment is made in full. Championship entry fees will be due after the entries are complete and will be collected by the coaches. All payments for championships must be made prior to the start of the meet.

Registration Notes:

- **Current or returning families may register in person, by phone (860.289.6612), by mail (770 Main St., East Hartford, CT 06108) beginning on Monday, August 5, 2019.**
- **Need based scholarships and alternative payment schedules are available. Please contact the East Hartford YMCA at 860.289.6612.**