



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LEHY SWIM TEAM

2020 LONG COURSE SEASON

Laurel Swim Club's Long Course program is for experienced competitive swimmers interested in continuing and furthering his/her strength and stamina for long course competition. Five to six practices a week are offered depending on the level of swimming experience. Our goal is to help swimmers reach his/her maximum potential in the sport of swimming. Emphasis on development of proper stroke technique through demonstration and stroke drills are consistently offered throughout the season. New swimmers will need to demonstrate their swimming skills and then will be assigned to a specific practice group. Returning swimmers should report to the pool at which they were assigned last season until notified of a change by the coach.

LEHY College Summer Program is for college swimmers (swimmers going into their sophomore, junior or senior year of college) who are looking to continue training throughout the summer months. Swimmers are invited to participate in meets but it is not mandatory. College swimmers must be USA Swimming registered and will be expected to pay meet entry fees for any meet in which they decide to swim.

Laurel Swim Team's 2 Day Stroke Clinic is an instructional program for swimmers ages 6-12 with limited competitive experience. The program is designed to improve stroke technique and competitive skills through demonstration and drills. Swimmers should plan to attend 2 days per week. Program starts in April and continues until the end of the East Hartford Public School Year.

Laurel Swim Team's 3 Day Stroke Clinic program is a combination of the Long Course and Stroke Clinic programs. The program is designed to improve stroke technique and competitive skills through demonstration and drills. Swimmers in this program will have the opportunity to participate in Long Course swim meets throughout the season.

New Swimmers will need to demonstrate his/her swimming skills and then be assigned to a specific program. The swimmer evaluation dates for the 2020 Long Course season will be Monday, March 23, 2020 and Tuesday, March 24, 2020 at 5:00 pm at East Hartford High School. Please contact Head Coach Ed Steinnagel at 860.614.4045 with your intentions of attending.

Current USA Swimming Athletes transferring from another team should contact Coach Kaeley Steinnagel at 860.614.2008 to discuss which program is appropriate for the swimmer or to discuss if attending the evaluation dates is necessary.

Returning Swimmers should report to the pool at which they were assigned last season until notified of a change by the coach.

PRACTICE SCHEDULE

INDOOR PRACTICE - Monday, April 20, 2020- to last day of the East Hartford school year

**Long Course Practice Group (includes all college swimmers)
East Hartford High School**

- Monday, Tuesday, Thursday - 4:30-6:30 pm
- Wednesday, Friday 4:00 - 4:30 pm, Dry Land (dry land days may vary)
- Wednesday, Friday 4:30 - 6:30 pm, Pool Time
- Swimmers should come prepared with sneakers and clothing to be outside
- Minimum 4 practices per week

**Long Course Practice Group
East Hartford Middle School**

- Monday, Tuesday and Thursday - 5:30 - 6:30 pm
- Schedule may change to 7:00 pm depending on pool availability
- Wednesday and Friday - 5:30 - 7:30 pm
- Minimum 3 practices per week for 12 and under swimmers
- All 13 and over swimmers should plan on attending a minimum of 4 practice a week
- Dryland schedule will be implemented after pool assignments have been verified

**Three Day Stroke Clinic
East Hartford Middle School**

- Wednesday and Friday - 4:30 - 5:30 pm
- 3rd Day will be assigned

**Two Day Stroke Clinic
East Hartford Middle School**

- Wednesday and Friday - 4:30 - 5:30 pm
- Ends last day of school in East Hartford

OUTDOOR PRACTICE SCHEDULE- begins after school is out for year

- Odessa Terry Pool
- Monday through Friday - 6:00 - 8:30 am
- East Hartford High School Practice Group
 - 13-year olds and over swimmers
 - Minimum 4 practices per week
- East Hartford Middle School Practice Group
 - Will be notified of practice times by coaches
 - Minimum 3 practices per week

PROGRAM REGISTRATION INFORMATION

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

FEES:					
Payment Schedule Dates	1st Child	Additional Child	3 Day Stroke Clinic	2 Day Stroke Clinic	College **Must currently be in college
Registration	\$ 227.33	\$ 212.66	\$ 164.66	\$ 187.00	
May 11, 2020	\$ 227.33	\$ 212.67	\$ 164.67	\$ 187.00	\$ 440.00
June 8, 2020	\$ 227.34	\$ 212.67	\$ 164.67		
TOTAL	\$ 682.00	\$ 638.00	\$ 494.00	\$ 374.00	\$ 440.00

MEET ENTRIES- Families will be billed for meet entries **AFTER** the entry has been completed. Entry fees will be charged based on the YES/NO meet sign up sheet.

- **New Swimmers and College 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 2020. All non-college swimmers must pay this fee unless you are currently registered with USA Swimming for 2020. The USA Swimming fee is paid by all swimmers in September will pay for their 2021 USA Swimming registration. This must be paid when registering for the SC season. College swimmers planning on attending Sectionals or above must pay this fee.
 - **Seasonal (college swimmers only) membership -(good through August 2020) - \$40
- **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 Monday, March 23, 2020. You can register after this date if needed until Monday April 20, 2020, but meet entries may have already been completed.**
- **Meet YES/NO Sign-Up Sheets will be out as soon as possible and will be due by Friday, March 27, 2020 before the Long Course practice season starts.** Swimmers who do not turn in Meet YES/NO Sign-Up Sheets will not be entered into meets. The Long Course season meets fill up VERY quickly and we are going to do all we can to ensure our swimmers do not get cut out of meets. Signing up YES on the YES/NO Sheet authorizes the EH YMCA to withdraw the meet fees from your meet entry escrow account.
- Current or returning families may register in person, by phone (860.289.6612), or by mail (770 Main St., East Hartford, CT 06108) beginning on Tuesday, February 18, 2020.
- New program participants should register in person at the East Hartford YMCA (770 Main St., East Hartford, CT). Please contact the East Hartford YMCA at 860.289.6612 to register.
- Need based scholarships and alternative payment schedules are available. Please contact the East Hartford YMCA at 860.289.6612.