



## 2018 LHHS Swim Team Information

### Expectations

All swimmers should be able to swim at least 3 of the 4 competitive strokes (freestyle, backstroke, breaststroke, butterfly)

It is highly recommended that all swimmers have prior competitive swimming experience (club or high school), played high school water polo and/or have taken PE swimming. All of these programs are offered at the Lake Howell Aquatic Center. Visit [www.silverhawkaquatics.com](http://www.silverhawkaquatics.com) for information on these programs.

### Attendance

Attendance at practice is mandatory and we do practice and compete over school breaks.  
Attendance at all meets is mandatory.

### Important Dates

#### 1<sup>st</sup> Practice:

July 30, Time TBA

-must have completed all necessary paperwork with Athletic Department

-must have swim suit, cap, goggles, shoes

July 31 - August 9 Practice Schedule

Specific Times TBA

Regular Practice Schedule (Begins August 10):

Monday - Friday, 3:00 - 5:30

Parent Meeting:

August 22, 6:00

Swimmer Meeting:

August 22, 3:00

### Equipment

Must have swim suit (1-piece for girls; brief or jammer for boys), cap, goggles, shoes. You must also bring dryland clothes to every practice (shorts, running shoes, and t-shirt).

### Parental Commitment

Parents will need to volunteer at meets and social activities

### Financial Commitment

\$100 per family. A fundraising project may be assigned to the swimmer(s) to cover the financial commitment.

### Other

Please join the Remind App to stay current on all LHHS Swim Team Updates. Join by texting "@3f8339" to 81010.