

Updated information on 2020 Swim Season

July 14, 2020

Tryouts:

Tryouts will occur on August 10th 1:00-3:00pm and August 11th 2:00-4:00pm at the KROC center. All swimmers will be emailed by noon August 12th to know if they are the 16 males or 16 females that have made the LCHS swim team.

You will need to have your swim gear AND dryland gear (tennis shoes, appropriate shorts, and t-shirts, and water bottle). We will be split into groups during tryouts due to pool capacity limits.

In order to tryout you MUST have the following completed:

- Be registered online at: <https://www.registermyathlete.com/login/>
- Physical form completed (Freshman, Juniors, anyone new to the team) **OR** Interim questionnaire completed (Sophomores/Seniors)-**bring with you to tryouts**
 - Physical Form:
<https://www.cdaschools.org/cms/lib/ID01906304/Centricity/Domain/2178/Physical%20Form.pdf>
 - Interim Questionnaire:
<https://www.cdaschools.org/cms/lib/ID01906304/Centricity/Domain/2178/Interim%20Questionnaire.pdf>

AFTER the team is announced, those that make the team will need to turn in the following:

- ASB fees (paid at LCHS)
- Travel Fees (Paid at LCHS)
- Team Fees (Paid to LCHS Swim team-given to Coach Sobek at the pool) TBD
- Additional team forms that will be provided by Coach Sobek to those that make the team

Want to be ready for tryouts? See attached documents for Yoga videos, some Dryland workouts, and some swim workouts for workout ideas. We know everyone has different access to facilities right now, so we have given you 3 different ways to work out and be ready for the season. If you are already on a swim team, keep working with your coaches to be prepared, and use the dryland/yoga to supplement your time in the pool. The swim workouts may need to be adjusted based on your level, so just do the best you can...they are just ideas/a starting point to help those that want to swim on their own to prepare.

Practice Schedule: For those that make the team, minimum 80% attendance is REQUIRED beginning August 12th. Please adjust your work schedules now if you plan to be on the team.

For August 12th-September 4th practice schedule will be as follows:

- Monday/Wednesday/Friday 1:00-2:30pm pool and 2:30-3:00 dryland outside
- Tuesday/Thursday 2:00-4:00pm

There will be NO practice on Monday September 7th for Labor Day.

The KROC usually closes for 1-2 weeks in August for maintenance. However, they were able to complete all maintenance during the COVID-19 shut down in March, so we will have access to the pool every day for practices.

Starting September 8th, practices will be from 3-4:30pm at the KROC. We will NOT be allowed to do dryland in the spectator area of the pool this year due to COVID concerns, so we are working on a dryland plan, and will let you know more when we have a set plan. This means practices may go longer than 4:30pm.

We are still waiting for our competition schedule. It will be sent out once it is finalized.