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# LHY SWIM TEAM

## Evaluations 2021-2022

### 9-12 Year Olds Not Previously on the LHY Team:

#### Choice of Sunday, July 25<sup>th</sup> or Sunday, August 1<sup>st</sup>

Arrive at 5:45 PM to check-in. Swimmers will receive a latex cap with their name on it to wear during the evaluation. Tryout Clinic starts at 6:00 PM and will end at approximately 7:15 PM

Practices are 5 days/week, schedule varies depending upon group.

### 8 & Younger Not Previously on the LHY Team:

#### Choice of Tuesday, July 27<sup>th</sup> or Thursday, July 29<sup>th</sup>

Arrive at 5:15 PM to check-in. Swimmers will receive a latex cap with their name on it to wear during the evaluation. Tryout Clinic starts at 5:30PM and ends at 6:30PM

Practices are 3 days/week, usually Sunday's, Tuesday's, and Thursday's.

## Registration

- o Begins July 5<sup>th</sup> (after 8:00 AM) [online](#) or at the front desk
- o Fee is \$5 if registered by midnight the day before, or pay \$10 at the door
- o No need to be a LHY member to be evaluated
- o Swimmer's age is determined as of 12/1/2021

Evaluations are comprised of an instructional clinic and an informal time trial. Final team selection will be posted on Wednesday, August 11<sup>th</sup> on the team's website. Practices begin on Monday, September 13<sup>th</sup>. For more information, check out our website at [www.lhyswim.com](http://www.lhyswim.com) or contact the swim team office 973-507-7044 or [Head Age Group Coach Greg](#).

Swimmers must be competent in a minimum of two strokes and be able to swim the following distances:

Age Group	IM	Free	Back	Breast	Fly
8/under	<b>N/A</b>	<b>*25 yds</b>	<b>25 yds</b>	<b>25 yds</b>	<b>25 yds</b>
9/10	<b>N/A</b>	<b>*50 yds</b>	<b>50yds</b>	<b>50 yds</b>	<b>50 yds</b>
11/12	<b>*100 yds</b>	<b>50 yds</b>	<b>50 yds</b>	<b>50 yds</b>	<b>50 yds</b>

\*Required swims