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# LHY SWIM TEAM

## Evaluations 2023-2024

### **9-12 Year Olds Not Previously on the LHY Team: Choice of Sunday, July 23<sup>rd</sup> or Sunday, July 30<sup>th</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 6:00PM and will end at approximately 7:15PM.

### **8 & Younger Not Previously on the LHY Team: Choice of Thursday, July 20<sup>th</sup> or Tuesday, July 25<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.

### **Registration**

- Begins July 3<sup>rd</sup> (after 8:00 AM) [online](#) or at the front desk
- Fee is \$5 if registered by midnight the day before, or pay \$10 at the door
- No need to be a LHY member to be evaluated
- Swimmer's age is determined as of 12/1/2023

Evaluations are comprised of an instructional clinic and an informal time trial. *Final team selection will be posted on Friday, August 11th on the team's website.* Practices begin on Monday, September 11<sup>th</sup>.

For more information, see our website at [www.lhyswim.com](http://www.lhyswim.com), contact the swim team office 973-507-7044, or email [Head Age Group Coach Greg](mailto:Head Age Group Coach Greg)

Swimmers must be competent in a minimum of two strokes; 8-and-under swimmers should be able to complete 25 yards of each stroke. All 9–12-year-old swimmers should be prepared to swim 50-yard distances.

**LAKELAND HILLS FAMILY YMCA**  
100 Fanny Road, Mountain Lakes, NJ 07046  
P 973.507.7044

[www.lhyswim.com](http://www.lhyswim.com)   [greg@lhyswim.com](mailto:greg@lhyswim.com)   [matt@lhymca.com](mailto:matt@lhymca.com)

23 ST Evaluation