



Lake Shore Yacht & Country Club

6777 Lake Shore Road, Cicero, NY 13039

699-2797 699-1623 (fax)

www.lakeshoreycc.com

SWIM TEAM 2011

Lake Shore Yacht & Country Club will be offering its 6th year of Swim Team, to enable the member's children to have the opportunity to make new friends, condition, and participate in a competitive swim program. They will work with experienced CNS swim coaches Brad Ranieri, Paul Gill, and Jessica Svoboda. Bring a friend, make new ones, and compete in swim meets against swimmers in your own age and ability. Swim Team is open to members and non-members.

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
6:00-7:30pm	7:00-8:30pm	7:00-8:30pm	7:00-8:30pm	9:00-9:45am

Season Runs: Monday, June 27th – Saturday, August 6, 2011

Swim Meets: Tuesday's and Thursday's, beginning 7/5 and ending 8/6

Compete against six country clubs throughout Central New York

Home Meets: 7/5, 7/21, and 7/26

Team members will not be required to practice every day, but will be encouraged to make 4 practices a week. Some sessions may be cancelled or rescheduled based on weather and events taking place at the pool throughout the summer months.

Swim Team Fees: (charged to member's account)

Seniors: \$175 for members; \$150 for 2nd child (9 – 18 yrs old)
\$225 for non-members; \$200 for 2nd child

Juniors: new age categories! 6 & under and 8 & under (must be able to swim 25 yards)
\$100 for members; \$75 for 2nd child
\$125 for non-members; \$100 for 2nd child

Juniors will practice: Mondays 10-10:45am and Fridays 9-9:45am

Fees include meets and a Swim Team t-shirt (please indicate size on registration form)

All interested should attend the **"Meet the Coaches Night" on Monday, June 20th 6 -7pm** at the club's pool for pre-registration and to see sizing kits for swimsuits. Swimsuits and caps may be purchased this year by June 20th. For more swimsuit information, visit:

www.theDEEPendONLINE.com, click on 'team lockerroom', on the top left, enter user name: Lakeshore & password: Lakeshore77.

2011 Swim Team Registration Form

Please Return to the **Club Manager:** Lakeshore Y&CC, 6777 Lakeshore Rd, Cicero 13039

Child's Name: _____ Age: _____

Parent's Name: _____ E-mail address: _____

Membership #: _____ Phone #: _____ Best time to call: _____ am/pm

Help name the Swim Team – suggestions: _____

Has your child been on a Swim Team before? _____

If so, what team, when, & how many years? _____

What strokes have been learned? _____

What would you or your child like to accomplish by joining the Lake Shore Y&CC Swim Team?
