

What's Up Ducks? ... Feb 20th 2018



Long Course Season Registration ... Registration for the upcoming Long Course (Spring/Summer) season is now open. All families must re-register each season and complete all agreements and waivers (including Annual Members). Be sure to update any changes to contact information, membership options, and apparel sizing information (especially t-shirts) for your swimmer(s) in your team account.

Contact Coach Laurel Liberty with questions regarding registration. [Click here](#) to get a registration tutorial doc. [Click here to go to the Registration Page.](#)

Month						
Sun	Mon	Tue	Wed	Thu	Fri	Sat




Be sure to check the Club Calendar frequently!!! ... this is a very busy time in the swimming world with competitions, holidays and spring break on the calendar. Pay special attention to practice schedules through the end of the season. Here are some important LFSC dates to Save ...

- ✔ **New Swimmer Evaluations** Mar 5, 6, 12, 13 5:30pm @LFC
- ✔ **New season start date (Team)** Apr 2
- ✔ **New Session Mighty Ducks** Apr 2
- ✔ **New Session Mini Ducks** Apr 3
- ✔ **LFSC Spring Parent Meeting** Apr 18, 5:30pm @ LFC
- ✔ **Team Equipment Day (Kiddles)** Apr 18, 5:00-7:00pm @ LFC
- ✔ **Short Course Meter Challenge** Apr 22, 8:15am @ LFC
- ✔ **Daniel Jaekel Friendship Meet** May 5-6 @ RecPlex
- ✔ **5th Annual Wintrust Golf Outing** June 8th @ Deerpath GC
- ✔ **LFSC SwimFest Meet** June 9-10 @ RecPlex
- ✔ **Lake Bluff 4th of July Parade** July 4th
- ✔ **End of Season Team Party!!!** July 24th (TBC)



New Swimmer Evaluations ... Swimming with your friends is fun! New Swimmer Evaluations are scheduled by appointment with Coach Laurel at Lake Forest College. Please ask your swimming friends to [contact Coach Laurel](#) to schedule an evaluation. Don't forget ... we have a new member referral program that offers account credit when your friend joins the team.



Speedo Sectionals Spring 2018

8-11 March 2018

RecPlex Aqua Arena, 9900 Terwall Terrace

Pleasant Prairie, WI 53158



Our club has been tapped to run the **2018 Spring Speedo Sectionals** on March 8-11 at the RecPlex in Pleasant Prairie. This prestigious meet brings swimmers from throughout the country for elite competition in the long course pool. Many of these swimmers will go on later this summer to vie for a spot on the Pan Pacific Games team.

This meet brings in significant revenue to the team and we need as many families as we can marshal to help with meet operations. Please volunteer using the link below.

https://www.teamunify.com/EvJobSignup.jsp?event_id=815250&team=illfsc&from_login_direct=1

Thank you for your continuing support.

LFSC Championship Season Info

Everybody loves the Championship Season and we are ready for some great swimming! Each Championship meet is entered by our coaches and reviewed in practice by swimmers. A meet flyer is available for each meet ... be sure to get one and follow along.

[Regional Championships](#)

23-25 Feb @ Deerfield High School

[Senior Championships](#)

1-4 March @ UIC Natatorium, Chicago

[Age Group Championships](#)

15-18 March @ RecPlex, Pleasant Prairie

Join Us for the 2018
Lake Forest Swim Club WINTRUST Golf Outing



Friday, June 8th, 2018
Deerpath Golf Course, Lake Forest

11:00am: Registration, driving range open for practice

12:00pm: Shotgun start, 4 person scramble format

4:45 pm: Reception, cocktails, dinner, raffle, awards, silent auction

Join us for golf, dinner or both

Swimmer Evaluations, Squad Objectives, and “Move Ups”

Each season we evaluate the progress of each swimmer in the program and make roster changes accordingly. Sometimes this is easy, sometimes not so. Each Squad has specific objectives and swimmers need to achieve those in order to lay a strong foundation for their career. Here’s a quick rundown of our Squads and Objectives ...



Mini Ducks ... an advanced swim lesson for children ages 5+ who are comfortable (floating) in the water but have not mastered arm strokes and breathing in freestyle or backstroke arms and kicking. The goal is to learn freestyle and backstroke AND gain swimming strength to swim 25m of each stroke competently.



Mighty Ducks ... The Mighty Ducks squad is for young swimmers (generally 5-10 yrs) able to swim 25 meters of freestyle and backstroke with fundamental stroke integrity. The goal of the Mighty Ducks is to learn legal breaststroke and butterfly, all starts and turns, practice organization, group learning and gain the swimming strength for success in the Yellow Squad.



Yellow Squad ... The Yellow Squad is for swimmers ages 7-12 who can swim all four strokes legally, understand practice organization, and can complete 10 x 50 freestyle @ 1:30 cycle. The goal of the Yellow Squad is to further develop all swimming skills, introduce simple training protocols and develop necessary practice and competition skills for the Green Squad.



Green Squad ... The Green Squad is the core of our Age Group program, for swimmers ages 8-14. All swimmers must be able to complete 8 x 100 freestyle @ 2:30 cycle (with turns and 3-stroke breathing), ability to swim all other strokes in a training set, and be willing to practice for 90 minutes. The goal of the Green Squad is to establish the foundation of a successful Sr swimming career.



Bronze Squad ... The Bronze Squad is a focused Pre-Senior program for swimmers age 11-14 who have achieved specific training requirements, and are willing to commit to higher practice attendance, regular dryland sessions, a higher daily physical demand. Swimmers must be able to complete 16 x 100 freestyle @ 1:45, 10 x 50 of each stroke, 8 x 200 IM, and have experience swimming the 1500 in the Distance Duck Meet.



Senior Squad ... The Senior Squad offers swimmers in HS and college the opportunity to pursue the highest levels of swimming performance. Elite-level training protocols and an extremely rigorous dryland program are available to all HS/College-age swimmers in our program.

Important Contact Information

Coaches are generally available in the office 2:00-4:00pm Monday-Thursday. We make every effort to respond to messages within 48 hours, your patience is appreciated.

LFSC General Club Contact Info

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