

What's Up Ducks? ... May 1st 2018



Reminders ...

College closed ... the college is closed this week for Spring Cleaning. We will open the doors for practices approximately 15 minutes prior to practice and close them approximately 5 minutes after practice starts. Coaches will not be able to stay on door-duty during practice, please be on time for practice.

Long Course Season Registration ... We have a few swimmers who have not registered for the current season. **Please go to the Registration Page today if you have not registered.**

Daniel Jaekel Friendship Classic Meet Roundup

Forest Bootery Swimmer of the Meet



*Congratulations to all our swimmers who competed in the Daniel Jaekel Friendship Classic. We had many outstanding performances over the weekend, new Championship Meet cuts and breakthrough swims. Next up . . . **Blue Devil May Mania!!!** ... stay tuned for results!*

- **Senior Squad** -- Colby Treschl and Isabella Lewin
- **Bronze Squad** -- Aliah Levinson and Sidd Ojha
- **Green Squad** -- Morgan Fitzgerald and Gabriel Bialek
- **Yellow Squad** --

On behalf of Leslie Crouch and Susan Lewin (Volunteer Coordinators), Andy Zimmerman and Coach Laurel (Meet Directors), and the entire LFSC Board of Directors, thank you to for your commitment to the club and swimmers in the competition.



*Show your #SwimDuck
spirit
and*

*#SpeedDuck pride with
LFSC team apparel and gear!*

It's time for the Lake Forest Swim Club Spirit Sale and we are excited to offer several new options for the season! There's a lot of cool stuff ... custom sandals, awesome LFSC Team Towel, baseball caps, Proud Parent apparel.



Custom Ducks Sandal



Sublimated Microfiber Velour
Towel



Parent Tee



60th Anniversary Tee



Baseball Tee (Youth & Adult)

Click this link to go directly to the online Spirit Store

<https://orders.corp-imaging.com/forestswimclub/#>



All orders must be placed by May 18th with a delivery goal of June 5th, just in time for the LFSC SwimFest.



Questions? ... call Sandi King (847)-826-9606 or Kiddles Sports (847)-234-0025

***NOTE: the Arena line runs small, order accordingly. Kiddles plans to have samples to try on for size if needed.**

**Join Us for the 2018
Lake Forest Swim Club WINTRUST Golf Outing
and Celebrating 60 years**



**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: Celebration, cocktails, dinner, raffle, awards, silent auction

Join us for golf, dinner or both



[Online Registration](#)

[Sponsorship](#)

[Press Release](#)



Blue Devil May Mania

18-20 May 2018

Lakeview RecPlex, 9900 Terwall Terrace, Pleasant Prairie, WI 53158

We head back to the RecPlex this weekend for the Blue Devil May Mania. Information—timing assignments, timeline, &c—is still coming in *Be sure to check the LFSC website regularly for updated information!*

- **LFSC Warm-up** -- warm-up is usually assigned . . . **Early is on-time, on-time is late!**
 - **Fri PM session -- 4:00pm**
 - **Sat/Sun AM session (13&older) -- 7:30am**
 - **Sat/Sun PM session (12&younger) -- 12:30pm**



LFSC SwimFest 2018

9-10 June 2018

Lakeview RecPlex, 9900 Terwall Terrace, Pleasant Prairie, WI 53158

Entries are coming in and we expect another strong competitive field at the SwimFest. There's still time to sign up ... don't miss a chance to make a splash!

- **Volunteer Support** -- All families with a swimmer entered in the meet is required to assist with meet operations. Please login to your account and select a support position.
- **LFSC Warm-up** --
 - Sat -- Warm-up 8:00am/Start 9:00am // Warm-up 12:30pm/Start 1:30pm
 - Sun - Warm-up 8:00am/Start 9:00am // Warm-up 12:30pm/Start 1:30pm

LFSC Calendar

Month						
Sun	Mon	Tue	Wed	Thu	Fri	Sat



Be sure to check the [Club Calendar](#) frequently!!! ... we try to limit changes to the schedule but we are always #2 in line behind LFC/LFA program demands. Pay special attention to practice as we transition from the school year to the summer.

At press time we are having a problem getting our Club Calendar to display properly on our website. We are in transition to a new Google Calendar format using Google's Non-Profit services. The problem is temporary and should be fixed very soon.

Here are some important LFSC dates to save ...

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|---|--|
| ✔ New Swimmer Evaluations | By appointment, 5:30pm @LFC |
| ✔ Blue Devil Summer Invite Meet | May 18-20 @ RecPlex |
| ✔ Age Group Challenge Meet | May 23^d @ LFC |
| ✔ LFSC Distance Duck Meet | June 2 @ LFC |
| ✔ 5th Annual Wintrust Golf Outing | June 8th @ Deerpath GC |
| ✔ LFSC SwimFest Meet | June 9-10 @ RecPlex |
| ✔ Barrington Summer Invite (12&un) | June 15-17 @ RecPlex |
| ✔ Purdue Boilermaker Bash (13&up) | June 21-24 @ Purdue |
| ✔ Lake Bluff 4th of July Parade | July 4th |
| ✔ PX3 Summer Meet | July 6-8 @ RecPlex |
| ✔ Sr Champs | July 12-15 @ RecPlex |
| ✔ Speedo Sectionals | July 19-22 @ Iowa |
| ✔ Regionals | July 20-22 @ (TBA) |
| ✔ US Nationals | July 25-29 @ Irvine (CA) |
| ✔ Age Group Champs | July 26-29 @ RecPlex |
| ✔ | |
| ✔ US Jr Nationals | July 31-Aug 5 @ Irvine (CA) |
| ✔ US Futures Champs | Aug 2-5 @ Rochester (MN) |
| ✔ Central Zone Champs | Aug 2-5 @ Minneapolis |
| ✔ End of Season Team Party!!! | July 24th (TBC) |
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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 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.

Support our Lake Forest Swim Club Sponsors



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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