

# *Introducing...*

# **SWIMSTRONGSVILLE**

SwimStrongsville is a member of USA Swimming, which is the governing body of club swimming in the United States and the group responsible for selecting members of the US Olympic swimming team. USA Swimming is organized into 52 regional groups, called Local Swim Committees, or LSCs. Our LSC is Lake Erie Swimming and it covers the northern half of Ohio.

For swimming purposes, the year is divided into two seasons, called short course and long course. Short course season takes place in the fall and winter and is so named because all events take place in a 25-yard (short) pool. Long course season takes place in spring and summer. Events usually take place in a 50-meter or long pool, although some events are in short pools. Open water events (Lake Erie) are also becoming a popular part of long course season.

This year our short course season runs from September 8<sup>th</sup>, 2009 through May 28<sup>th</sup>, 2010. The daily schedule may vary based upon Strongsville school closures, civic holidays and weather conditions. A calendar is included in this packet, but is subject to change. We will also maintain a calendar on our website and use email extensively to keep you informed of changes.

Our practices are held in the aquatic center of the Ehrnfelt Recreation Center. The City of Strongsville requires that all of our swimmers are also members of the Rec Center. Generally practices are in the evenings, Monday through Friday. Some groups may have extra practices on Saturdays when we are not attending meets. Time commitments range from 3 hours and 3 nights per week for our youngest swimmers, up to 10 hours and 5 nights for high school swimmers.

Swimmers will be organized into 4 levels, based upon age and ability. Generally swimmers will practice with other swimmers of similar age and ability. An explanation of the levels and their practice schedules is covered in a separate document. The head coach has final say on all placement of swimmers by level.

SwimStrongsville and USA Swimming are competitive programs. We regularly attend swim meets sanctioned by USA Swimming at various locations in Northern Ohio. Meets are held on weekends. Swimmers are expected to attend and participate in certain meets during the season.

We try to host at least one meet each season. Every swimmer is expected to participate in such a "home meet" and all parents are required to volunteer their time to work before, during or after the meet. Hosting a meet is hard work, but is rewarding. This year we are hosting a two-day meet on November 7-8 (details to follow!).