



Lee Hill Lightning FAQ's (Frequently Asked Questions)



When is registration? The registration period for the 2010 season runs from April 25th through June 16th.

Who is eligible to participate? To join the Lee's Hill Lightning Swim Team, your child must:

- be a member in good standing according to the rules and policies described in the governing documents of the Lee's Hill Community Association (LHCA).
- have a valid Pool pass.
- must be no older than 18 as of June 1, 2010.
- must have a basic comfort level in the water, to include floating independently on front and back and being able to put his/her head underwater. Swim team is not a "learn-to swim" program.
- must be able to swim one length (25 meters) of the pool (any stroke) without advancing using the walls, lane ropes or pool floor **before** participating in a meet. Participation in a meet is up to the coaches' discretion.

Does my swimmer have to try out for the team? There are no tryouts. However, each swimmer must

- must have a basic comfort level in the water, to include floating independently on front and back and being able to put his/her head underwater. Swim team is not a "learn-to swim" program.
- be able to swim, under the supervision of a team coach, a full 25 meters in the pool without advancing by using the walls, pool deck, pool floor, or lane rope before they can participate in a meet.

How long is the season? The swim season usually runs from June to August. Including the practice schedule, the 2010 swim season will begin on June 1st and end on August 7th.

When is practice?

Evening practice will begin on June 1st and be held on Tuesday, Wednesday and Thursday night during the first two weeks of June.

8 year olds and under	6:00-6:30pm
9-12 year olds	5:15-6:00pm
13 year olds and up	4:30-5:15pm

Morning practices will begin on June 15th and follow the schedule below:

8 year olds and under	9:25-9:55am
9-12 year olds	8:30-9:25am
13 year olds and up	7:30-8:30am

Throughout the summer, the coaching staff holds evening practices from 6:45 – 8 pm Monday, Tuesday and Thursday. These practices will begin on June 14. These practices are focused on stroke and turn skills. The coaching staff will recommend when and if a swimmer needs to attend these practices.

Does my swimmer have to attend all practices? Swimmers are asked to attend the June evening practices and all morning practices. Stroke and turn practices attendance is based on coach recommendation.

When and where are meets held?

Meets are held in Spotsylvania, Fredericksburg and Stafford. Three swim meets are held at the North side pool and three are held at the pools of other swim teams.

- Saturday, June 19 Home - Mock Meet
- Wednesday, June 23 Home - Spotswood
- Wednesday, June 30 Home - Ferry Farm
- Wednesday, July 7 Away - Country Club
- Wednesday, July 14 Away – Eden Estates
- Wednesday, July 21 Home – Fox Point



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Monday, July 26 Away - Lake of the Woods
Finals will be held Saturday, August 7. Location TBD.

Does my swimmer have to participate in every meet?

Swimmers are encouraged to but not required to swim in all the meets.

How long are the meets?

Meets usually begin at 6pm and usually last about 4 hours. The younger swimmers are usually scheduled earlier in the meet.

Are parents required to volunteer?

YES, parents are required to complete six volunteer duties over the course of the season.

How do I sign up to volunteer?

Parents may sign up to volunteer via the on-line volunteer registration system beginning April 26th.

If I don't volunteer, can my swimmer still participate?

Each season requires over 2500 volunteer hours. In order to make our swimmers' season fun and successful all parents are required to volunteer in order for their child to participate.

Will meets be cancelled when rain is forecasted? Meets will begin and continued as scheduled in the rain unless there is thunder and lightning. In this case, meets will be delayed and in some cases postponed for another day.

Where do I find the most up to date information about meets and practices? Please check the blog on our website (<http://golightning.org>) for the most up to date information about practices and meets. In cases of inclement weather, the **blog** will be updated as soon as rain delays and cancellations are announced.