



Lee Hill Lightning
FAQ's (Frequently Asked Questions)



When is registration?

The registration period for the 2017 season runs from April 15th through June 21st.

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, 2017
- 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 late May to the beginning of August. Including the practice schedule, the 2017 swim season will begin on May 30th and end on August 6th.

When is practice?

Evening practice will begin on May 30th and will be held on May 31, June 1-2, 5-9 and 12-16

8 year olds and under	6:30-7:00 PM
9-12 year olds	7:00-7:45 PM
13 year olds and up	7:45-8:30 PM

Morning practices will begin on June 19th and follow the schedule below Monday-Friday:

13 year olds and up	7:30-8:30 AM
9-12 year olds	8:30-9:20 AM
8 year olds and under	9:20-9:55 AM

Throughout the summer, the coaching staff will hold evening practices from 6:30 – 8:00 PM on Monday and Tuesday.

There will also be evening stroke and turn clinics on Monday and Tuesday from 7:00-7:30 PM. The coaching staff will recommend when and if a swimmer needs to attend these clinics.



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Does my swimmer have to attend all practices?

Swimmers are asked to attend the evening practices when school is still in session and all morning practices after that. Stroke and turn practices attendance is based on coach recommendation. Please let the coach know if a swimmer will be missing practices or a meet.

When and where are meets held?

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

2017 Meet Schedule

June 14 – Mock Meet – Wednesday Evening (H)

June 21 – Massad YMCA - Exhibition (H)

June 28 – @Hampton Oaks (A)

July 5 – College Heights (H)

July 12 – Austin Ridge (H)

July 19 – @Ferry Farm (A)

July 24 – @Spotswood (A)

August 5 – American Division Finals @ King George YMCA

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 starting at the Ice Cream Social on Sunday May 7th at the South Lee's Hill Community Clubhouse and via the on-line volunteer registration system beginning Monday May 22, 2017.

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. We will also be sending text messages using the Rained Out App again this year to keep you informed.