

**Lake Shore Swim Club
2010 Summer Practice Schedule
June 1st – August 8th, 2010**

National Team Training Group: 1-2 lanes

M-F	6:00-8:00 am	Swim*
M/W/F	8:00-8:15 am	Supplemental Dryland Exercises
M-Th	3:30-5:00 pm	Swim**
T/Th	8:15-9:00 am	Dryland
S	8:00-11:00 am	Swim/Dryland

****You must have an invitation from the Coaching Staff to join this training group**

Senior Training Group: 4 lanes

M-F	6:00-8:00 am	Swim*
M/W/F	8:00-8:15 am	Supplemental Dryland Exercises
M-Th	3:30-5:00 pm	Swim**
T/Th	8:15-9:00 am	Dryland
S	8:00-11:00 am	Swim/Dryland

*Afternoon practice schedule must be set-up with Coach Laura on an individual basis.

Junior Training Group: 3-4 lanes

M/W	4:30-5:00 pm	Dryland
M-Th	5:00-6:30 pm	Swim
F	5:00-6:00 pm	Drill and Relay Night
S	8:30-10:00 am	Swim

Developmental Training Group: 2-3 lanes

M/W	5:00-6:00 pm	Swim (Includes Dryland and/or Video)
F	5:00-6:00 pm	Drill and Relay Night
S	10:00-10:45 am	Swim Only

***This group includes all Pre-Competitive Swimmers from the 2009-2010 season**

Pre-Competitive: 1 lane

M/W	5:00-5:45 pm	Swim (Includes Dryland and/or Video)
F	5:00-6:00 pm	Drill and Relay Night

****The new session of Pre-Competitive Training group will begin in June, 2010**

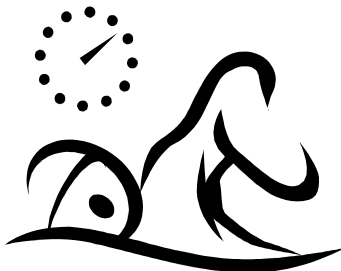
**National Team and
Senior Training
Groups:**

**Please note that Monday and Wednesday mornings (6/14-8/4) will be at Foster Pool in Lakewood. Practice time will remain 6:00-8:00 am.

**Select Junior swimmers will be invited to participate in these 50m practices.

Drill & Relay Night on Fridays was such a success during the Spring, that we will be continuing it during the Summer. Senior and National Team Swimmers are invited and encouraged to participate in *Drill & Relay Night* on Fridays!!

O*H*I*O
MASTERS SWIM CLUB
Summer 2010



Host: Lake Shore Swim Club
Dates: May 15th-August 8th, 2010

Practice Schedule:

Monday	5:45-7:15 a.m.
Wednesday	5:45-7:15 a.m.
Friday	5:45-7:15 a.m.
Saturday	10:00-11:15 a.m.

*PLEASE NOTE: There will be a slight practice time adjustment when summer break begins. Practice will still be MWFS mornings, however weekdays will be 6:00-7:30 a.m. More information to follow...

Facility:

Rocky River High School, located at the corner of Wagar Road and Detroit Road, has a six-lane, 25 yard pool. Please check-in with a coach before beginning each practice.

Coaches:

Laura Trzybinski, Head Coach – Lake Shore Swim Club

Josh Brown, Assistant Coach – Lake Shore Swim Club

**All practices will have a coach present on deck for the presentation of the workout and individual stroke technique.

Sponsored by Ohio Master's Swimming:

You must be a current Ohio Masters Swim Club member to participate due to health and liability insurance coverage. Registration, including membership in United States Masters Swimming (USMS) is \$55.00/year. You will also receive a team shirt and cap.

Cost: 3-month Summer Contract (5/15-8/8/2010)

Full Summer.....\$90.00

Monthly.....\$35.00

Drop-In Rate.....\$4.00 (must be registered with the Club)

**Meet fees will be in addition to the practice rates.

For more information: Please contact Head Coach, Laura Trzybinski at:
(440) 799-1240 or lelssc_lsscswimming@teamunify.org