



# L'anse Creuse EARTH Swim & Dive Team

*where EAsT meets noRTH in the water*

**7 Week Commitment  
Starts April 10, 2023**

This is a FUN and COMPETATIVE swim team taught by the LCN swim team members and their coaches, and could be the start of your LCN Swim & Dive FUTURE!

Monday & Wednesday Practice  
6-7:30p

Tuesday & Thursday Practice  
3:45-5:15p

**\*\*TENTATIVE MEET SCHEDULE\*\***

May 4 - LCN v Romeo @ Romeo

May 11 - LCN v LC @ LCN

May 18 - LCN v Utica @ LCN

May 22 - Diving Prelims @ LCN

May 23 - 7/8 Grade Championship @ LCN

May 24 - 6th Grade Championship @ Chippewa

ATTENTION  
PARENTS

## Your child needs 3 things to participate

1. PHYSICAL - If you do not have a current sports physical, please get it AFTER April 15th which will make it valid for the following school year.
2. SWIMSUIT & GOGGLES - Girls must have a one-piece suit. Suits for both boys and girls can be purchased from any store or the website [www.lcnswim.com](http://www.lcnswim.com). Follow the link that says "Team Store"
3. REGISTER at [www.lcnswim.com](http://www.lcnswim.com) - The cost to participate is approximately \$80 per swimmer. This cost covers the registration fee, personalized swim cap and a t-shirt. Payment will be discussed at the upcoming meeting on **March 29th, 6p @ LCN Pool - hold payments until then!**

## EVENT LIST

200 Medley Relay  
 100 Freestyle  
 100 Ind Medley  
 50 Freestyle  
 3 Dives  
 50 Butterfly  
 200 Freestyle  
 50 Backstroke  
 50 Breaststroke  
 200 Free Relay

Call Coach Mike at 586.855.3119  
 Be sure to send an email to Coach Mike at [owensmi@lc-ps.org](mailto:owensmi@lc-ps.org) to stay up to date on important EARTH info

*Carpools can be available for early practices.  
 Please let Coach Mike know you'd be interested.*

*\*Schedule is TENTATIVE\**

**QUESTIONS?**

**6-8th grade  
WELCOME!**



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## Middle School Swim & Dive - Frequently Asked Questions

*Q-Why is it called EARTH Swim/Dive Team?* This is a co-ed swim team made up of students from both Middle School North and Middle School East (EAsT + noRTH = EARTH) If your student stays with the swim/dive program in high school, they will be teammates at LCN

*Q-Can 6th graders participate?* YES THEY CAN! 6th graders will have their own championship meet at the end of the season, but otherwise will be combined with 7th and 8th graders for dual meets

*Q-Is EARTH part of Pay to Play?* No. EARTH Middle School Swim is coordinated as a club and not part of middle school athletics.

*Q-Where is practice and how do we get there?* All practices are held at the LCN pool and parents can coordinate schedules and carpool to get swimmers to and from. It is possible to make it to the pool from MSE by 3:45pm!

*Q-Does my child need to know all of the strokes or dives to participate?* No. They will be taught how to do the strokes and dives as part of their weekly practice.

*Q-What are the qualifications for divers?* Middle school students only need to complete 3 different dives to compete, and no special skills are required; just bravery and hard work! Students who enjoy gymnastics, cheer, and/or dance make excellent divers

*Q-What if we can't make all the practices and how long is the season?* We understand things come up or students may participate in other out of school activities. We encourage them to attend ALL the practices they can, but missing an occasional one isn't the end of the world. Swim usually starts the Monday after Spring Break and runs for 7-8 weeks.

*Q-How many swim meets will they attend?* There are usually three dual meets and one Championship meet at the end of the season. Dual meets will be between EARTH and another middle school team from the area, while the Championship will feature ALL of the local teams together

*Q-Does my child need a physical?* YES! If they do not already have a current physical on file, they will need to get one turned in to Coach Mike ASAP! Make sure the physical is dated on or after April 15th so it will remain valid for the next school year.