*L’Anse Creuse* **EARTH**

Swim & Dive Team

 THIS IS A FUN & COMPETITIVE SWIM TEAM TAUGHT BY OUR LCN SWIM TEAM MEMBERS

*(This could be the beginning of your LCN swim/dive team* ***FUTURE!)***

***PARENT MEETING – WEDNESDAY, April 3, 2024, at 5:00 pm. Meeting will be conducted in either the pool area team room, or the bleachers in the pool area.***

Practice and meet schedules will be posted on [www.lcnswim.com](http://www.lcnswim.com) Click on the practice calendar tab and then select the team.

**7-week commitment – Starts April 8, 2024**

NO PRACTICE WEDNESDAY, April 17, 2024

Monday Practice 6:00 to 7:30

Many parents arrange carpools to get kids to/from LCN for practice.

Tuesday Practice 3:45 – 5:15

Wednesday Practice 6:00 to 7:30

Thursday – Practice 3:45 – 5:15

 **Events List**

200 Medley Relay

100 Freestyle

100 Individual Medley

50 Freestyle

3 Dives

50 Butterfly

200 Freestyle

50 Backstroke

50 Breaststroke

200 Freestyle Relay

**Attention Parents:** Your child needs 3 items to join the LCN Middle School Swim & Dive Team

1. **Physical** – If you do not have a current physical, please get it after April 16, 2024, this will make the physical valid for the following school year.
2. **Swimsuit & goggles** – Girls must have a one-piece suit. One-piece suits can be purchased from any store or the website [www.lcnswim.com](http://www.lcnswim.com)**.** (In the upper left corner is a link that says, “TEAM STORE”, after the page redirects, look for “L’Anse Creuse North Team Suits” click on it.)
3. **Cost** to register for the team on the website www.lcnswim.com is approximately $60 per swimmer. This cost covers the registration fee, customized caps, and a t-shirt. Payment options will be discussed at the parent meeting.

*Call Coach Mike @ 586-855-3119 if you have questions.*

**Please e-mail Coach Mike at** **owensmi@lc-ps.org** **to get on the e-mail list for notifications about the EARTH swim team (including parent meeting date/time, etc)**

**Tentative Meet Schedule (all meets will be as scheduled below: 5:00 pm warm up, 6:00 pm start)**:

Swimmers should arrive at pool between 4:30 and 4:45 for swim meets.
April 25, 2024 – \_Romeo\_ – vs LCN @ \_LCN\_ – \_Home Meet

May 2, 2024 – \_Chippewa Valley\_ – vs LCN @ \_LCN\_ – \_Home Meet

May 9, 2024 – \_Utica\_ – vs LCN @ \_LCN\_ – \_Home\_ Meet

May 14, 2024 – \_Dakota\_ – vs LCN @ \_LCN\_ – \_Home\_ Meet
May 20, 2024 – 6th, 7th & 8th Grade – Diving Prelims for Championship Meet @ LCN (Time 4:00/5:30)

May 21, 2024 – 6th Grade – Championship Meet @ Anchor Bay (Time 4:00/5:30)

May 22, 2024 – 7th & 8th Grade – Championship Meet @ LCN (Time 4:00/5:30)

Championship warm-up and meet start times may be adjusted depending on the number of entries.

**Middle School Swim/Dive FAQs**

**Why is it called the EARTH Swim/Dive Team?**

The swim/dive team is a co-ed team made up of students from Middle School East and Middle School North (**EA**st + no**RTH** = **EARTH**) If your student stays with the swim/dive program, they will be teammates at LCN.

**Can 6th Graders Participate**?

YES! 6th graders can participate. (6th graders will have their own championship meet, but otherwise all meets are together with the 7th and 8th graders)

**Is Swim Team part of Pay-to-Play?**

No, Swim team is coordinated as a club, and not part of the middle school athletics and pay-to-play. All the coaches are volunteering their time. If there are any issues, please contact Coach Mike.

**Where does the team practice? How do we get there?**

All practices are held at the LCN Pool. Parents usually coordinate carpools to get swimmers to/from the pool for practice.

**Does my child need to know all their swim strokes or dives to participate?**

No, they will be taught how to do all the strokes and/or dives.

**What are the qualifications for divers?**

Students only need to be able to do 3 different dives to compete at a dual meet and 4 different dives from 3 different categories to compete in the championship meet as a middle school diver. No skills required to start, only bravery and hard work! (Students who enjoy gymnastics/tumbling also make excellent divers!)

**What if my student can’t make it to all the practices?**

We understand that a student may be involved in another sport or may need to miss an occasional practice. We encourage students to attend ALL practices that they can.

**How long is the season?**

Middle school swim usually starts the Monday after spring break and runs for 6-7 weeks.

**How many swim meets will they attend?**

There are usually three dual meets, where the EARTH team meets with one other team AND one large championship meet to end the season where all the local teams will meet at the same meet.

**Does my child need a physical?**

Yes – if they do not already have a physical form on file, they will need to have one before the first meet. If the physical is dated on or after Apr 16, it will be valid for all next school year also.

**Where do I find out more information?**

Look on the website – [www.lcnswim.com](http://www.lcnswim.com) under the MIDDLE SCHOOL tab or contact Coach Mike Owensby at owensmi@lc-ps.org or 586-855-3119. *Sign up so you are notified when a date is set for the parent meeting.*