



Lake Forest Swim Club Long Course 2011 Practice Schedule



The schedule following is firm at this time. Our only anticipated changes to be late scheduling changes from either the College, Academy, or Park District teams. Please remember to check the practice schedule on our website for the most current schedule.

In the event of a last minute change we use the website, the Internet-based phone tree service "Calling Post", and Twitter to communicate quickly. During the school year these changes usually occur due to something like a power outage and during the summer weather changes are most likely to affect the schedule.

You can find us on Twitter as swimLFSC . . . to sign-up for Calling Post contact coachlaurel@sbcglobal.net

April 4 – August

Long Course Season Start	April 4	See schedule following
New Swimmer Evaluations @ LFC	Apr 4, 5, 6 and Apr 11, 12, 13	5:00 pm @ LF Academy
LF College Photo ID Days (required for access to LFC)	Apr 4 & 5	TBA
Kiddles Team Equipment Days	Apr 4 -- 16	More info to follow
Illinois Masters State Meet (LFSC co-host)	Apr 7 – 10	Vernon Hills HS
Family Fun Day/Sr Recognition/SC Meter Challenge Meet	May 1	Details to follow; @ LF College
Annual Duck-A-Thon	May 24 (LFC) & May 25 (LFA)	More info to follow

Special Schedule Notes

High School Prep Squad	Starts May 16 th	Check schedule update online
Week of April 4 -- Modified schedule	Illinois Masters State Meet	Check schedule update online
Week of April 18 -- Modified schedule	National Team Coaches Mtg	Check schedule update online
Week of June 5 -- Modified schedule	Transition to LC practices	Check schedule update online

Lake Bluff Park District is completing scheduling plans. Final practice times at the LB outdoor pool are to be finalized.

Championship Meet season practice schedules will be set as needed based on qualifiers.



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April 4-10

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Saturday Swim School						#1
Mini-Ducks @ LFA		5:30-6:10pm		5:30-6:10pm		
Mighty Ducks @ LFA	5:30-6:15pm	5:30-6:15pm	5:30-6:15pm			
Yellow @ LFA	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm			
Green @ LFA	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm			
Bronze @ LFA	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm		7:00-8:30a
Senior & Nat'l @ LFC	5:30-7:00pm	5:30-7:00pm	5:30-7:00pm	6:30-8:00pm		7:00-8:30a
DRYLAND@ LFC Senior & Bronze		INTRO SESSION 4:30-5:30pm	INTRO SESSION 4:30-5:30pm	5:30-6:30pm INTRO REQUIRED		8:30-9:30a

April 11 – June 12 (be sure to check for schedule updates online!!!)

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Mini-Ducks @ LFA		5:30-6:10pm		5:30-6:10pm		
Mighty Ducks @ LFA	5:30-6:15pm	5:30-6:15pm	5:30-6:15pm	5:30-6:15pm		
Yellow LFA	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	
Green @ LFA	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	
Bronze @ LFA	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm	7:00-8:30a
Senior & Nat'l @ LFC	5:30-7:30pm	5:30-7:30pm	5:30-7:30pm	5:30-7:30pm	5:30-7:30pm	7:00-8:30a
DRYLAND@ LFC Senior & Bronze		4:30-5:30pm		4:30-5:30pm		8:30-9:45a



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June 13 – July 27

<i>MORNING PRACTICE</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Yellow LFC		7:00-8:00am	7:00-8:00am	7:00-8:00am		
Green @ LFC	6:45-8:00am	6:45-8:00am	6:45-8:00am	6:45-8:00am	6:45-8:00am	
Bronze @ LFC	6:00-8:00am	6:30-8:00am	6:00-8:00am	6:30-8:00am	6:00-8:00am	7:00-9:00a
Senior & Nat'l @ LB	5:45-8:00am	5:45-8:00am	5:45-8:00am	5:45-8:00am	5:45-8:00am	7:00-9:00a
HS Prep @ LFC	6:00-7:15am @ LB	6:00-7:15am		6:00-7:15am		
DRYLAND@ LFC Senior & Bronze		8:00-9:15am		8:00-9:15am		9:00-10:00a
DRYLAND @ LFC High School Prep		7:15-8:30am		7:15-8:30am		
DRYLAND @ LFC Ducks, Yellow, Green		8:00-8:45am		8:00-8:45am		

June 13 – July 27

<i>EVENING PRACTICE</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Mini-Ducks		5:45-6:25pm @ LB		5:45-6:25pm @ LFC		
Mighty Ducks	5:00-5:45pm @ LB	5:00-5:45pm @ LB		5:00-5:45pm @ LFC		
Yellow	5:00-6:00pm @ LB	5:00-6:00pm @ LB		5:00-6:00pm @ LFC	5:00-6:00pm @ LFC	
Green	5:00-6:30pm @ LB	5:00-6:30pm @ LB		5:00-6:30pm @ LFC	5:00-6:30pm @ LFC	
Bronze	5:00-6:30pm @ LB	5:00-6:30pm @ LB		6:00-7:30pm @ LFC	6:00-7:30pm @ LFC	
Senior & Nat'l	5:00-6:30pm @ LFC	5:00-6:30pm @ LFC		4:00-5:30pm @ LFC	4:00-5:30pm @ LFC	