

LFSC UPDATE – FEBRUARY 2010

Championship Meets – The championship season is upon us! It is very important for all swimmers/parents to pay attention to information posted on the LFSC website. The Regional Championship Meet has been entered with entry info available on club bulletin boards and through the website. The Sr Champs and JO Champs meet entries will be completed in the next two weeks.

Upcoming Season — The 2010 Long Course season is here and new information is being posted to the website. A list of important dates, program notes and meets is now available. We are already taking meet entries for summer meets . . . it's not too early to make your plans. We are putting the finishing touches on our online Long Course registration form and practice schedules. We should have all of our Long Course information available online next week.

Practice Schedule – We've revamped the navigation area of the website to make the Practice Schedule and Schedule Changes easier to find. The regular practice schedule is posted on the "General Practice Schedule" page with practice schedule changes are posted to the "Club Calendar and Practice Changes" page. On the Club Calendar simply click on any of the "bubbles" or links for more information.

Program Notes – Our newest program is now available for online registration. The “High School Prep program” is perfect for 8th graders, Jr. Varsity and novice HS Swimmers who want to build their skills and fitness for their next High School season in a less intensive environment. The program features outstanding coaching from Coach Laurel and Coach Jory with Professional Strength Training sessions led by Coach Bill. Additional coaches will be announced as registration begins.

LF Rec Dept Registration -- Registration is now open to the public through our website and the LF Rec Dept for the Mighty Ducks and Swim School programs. If you have friends interested in swimming please have them contact us through our website contact form or call 847 295 8343.

Upcoming Meets – Our long course Meet Schedule has been finalized and is available for online registration. We are most excited to offer a new competition on July 2-3 at the new state-of-the-art Lakeview RecPlex Aquatic Center in Pleasant Prairie, Wisconsin. The RecPlex facility features 10 lanes and great spectator viewing for both long and short course meets. Best of all, it's about a 20 minute ride north on I-94 just 2 miles east of the Pleasant Prairie Shopping Center.

Long Course Regional Championships -- We have also been selected to host the Illinois Regional Championships on July 23-25 at UIC. This will be the first-ever Regional Championship meet during the long course season and is a perfect cap to the season for all of our swimmers. The meet will be conducted in short course format with the same qualifying times as for the current short course meets.

Website and Meet Entry Tutorial—A new Tutorial for using the website and entering swim meets online is included in this mailing and posted to our website. Take some time to familiarize yourself with our website. Like most clubs this is the primary communication tool with our members. Our new web service is much easier to manage and offers many new features we haven't used yet. If you still have questions send us a note or call the office.

The 2009 “Secure The Future” Annual Fund Campaign has raised over \$15,000 to date. You can contribute to the fund for the 2010 tax year with the form below.

Return to: Lake Forest Swim Club 555 N Sheridan Rd Lake Forest, IL 60045 <small>LFSC is a 501(c)3 non-profit organization. Contributions are tax exempt to the extent current IRS regulations allow.</small>	Please accept my gift of: \$ _____ Name _____ <input type="checkbox"/> Charge my <input type="checkbox"/> VISA <input type="checkbox"/> MasterCard <input type="checkbox"/> AMEX <input type="checkbox"/> Discover Card number _____ Exp. Date _____ Authorized Signature _____
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GO TO WWW.SWIMLFSC.ORG FOR INFORMATION ABOUT ANY LFSC PROGRAMS.