

LFSC UPDATE – MARCH 2010

Championship Meets – The championship season is underway and you can follow the team on our website. We've been able to upload pictures and results from the Regional and Sr Champs meets and hope to post more from the JO and Jr National meets. You can also follow LFSC news on Twitter #swimlfsc.

Upcoming Season — The 2010 Long Course season is here and new registration forms have been posted to the website on a new *Membership and Joining* page. The new page sits in the *NEWS section* for now and will be moved to *Membership* after a few weeks. Each family needs to complete the *Family Registration* form and a *Swimmer Registration* form for each swimmer. The *Meet Schedule* and *Meet Schedule* forms are also available from this page.

Instructional Program Registration -- Registration is now open to the public through our website and the LF Rec Dept for the Mighty Ducks and Swim School programs. We have a new PR campaign underway that includes posters advertising our various programs. If you can help by placing a poster in businesses you frequent please contact Coach Laurel.

Coach Laurel conducts regular evaluations for all prospective competitive swimmers as well as the formal swimmer evaluations scheduled for April 5th, 7th and 10th. 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 on the new *Membership and Joining* page. 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.

Website Updates – Our website is undergoing a number of changes as we learn more about how our members and prospective members use the site. We are leaving paper form storage behind in favor of online forms and will now maintain our records in a secure online storage site. The *Club Calendar* now has a separate schedule for each practice squad

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.

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as well as additional calendars for Events, Competition, Dryland and more. You can also specify which calendar(s) you look at daily and skip others. Please let us know if you have ideas for improving the content or delivery.

A new Tutorial for using the website was recently 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.

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 Coaches Cindy Dell, Laurel Liberty, Jory Blauer and Doug Lennox. The Dryland and Strength Training sessions will be led by Coach Bill Senese. Additional coaches may be announced as registration unfolds.

Long Course Regional Championships – LFSC has 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.

Our swimmers had tremendous performances at the Short Course version of the meet in February and we look forward to giving them the opportunity to finish the season with a BIG SPLASH!

Save The Date – Our annual *Spring Family Day* is moving along and scheduled for April 25th at the CROYA Center in Lake Forest. More information will be coming soon so mark your calendar for this fun opportunity to get the summer season off to a great start with your teammates!

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