

LSR-7 Intramural Middle School

Swim League 2023



The LSR7 Intramural Middle School Swim League is a swimming program designed for individuals wanting to explore the sport of swimming or experienced swimmers. Our Middle School Swim league programs' core focus is stroke development, technique progression, and teaching swimmer-lane etiquette. This focus also implements the training for turns, starts, and finishes.

The program goal focuses on swimmer development and creating a competent swimming foundation in mastering all four competitive strokes. Our model enables swimmers to advance their swimming abilities, improve skill proficiency, and reach obtainable goals; leaving swimmers with a positive and well-rounded swimming experience.

REQUIREMENTS: participants must be able to perform Freestyle (front crawl) and Backstroke (back crawl) for at least 25 yards.

REGISTRATION:

- Open enrollment begins **Monday, January 9, 2023.**
- Registrations will not be accepted after **Thursday, February 16, 2023.**

PRACTICES:

- The first day of practice is **Tuesday, February 21, 2023**
- Practices Days: **Tuesday and Thursday**
- Practice Times: 4:00pm to 5:10pm
- Season Dates: February 21, 23, 28, March 2, 7, 9, 14, 16, 21, 23

SWIM MEETS: All swim meets are held at the LSR-7 Aquatic Center.

- Thursday, March 9 at 4:00 pm
- Thursday, March 16 at 4:00 pm
- Thursday, March 23 at 4:00 pm

VOLUNTEERS:

Volunteers are an essential part of making meets operate successfully. It takes approximately 16 parent volunteers for each meet. Without your help, we cannot run an efficient and effective event.

• **Swim Meet Volunteer Positions:**

- o *Below you will find information on the various volunteer positions available to you. Please take time to review the information below and sign up for volunteer positions on the Volunteer sign-up sheet before each meeting. If you have any questions, please feel free to contact us.*
 - **Timers:** (8 volunteers) Verifies start and end times of swimmers. One timer is needed for each lane.
 - **Back up Timers:** (8 volunteers) Verify times of timers and provide a break if needed. One back up timer is needed for each lane.
 - **Starter/Announcer:** (1 volunteer) Starts the events/races via the PA system and calls for swimmers in the next event while keeping the meet on schedule.

ADDITIONAL INFORMATION:

- **No traveling is required for meets or practices; all practices and swim meets are held at the LS R-7 Aquatic Center.**
- **Participating swimmers will need to bring towels, goggles, and swim caps will be provided. Girls will need to wear a one-piece swimsuit and boys should wear jammers.**
- **Parents volunteers are needed to help out at swim meets.**

Lee's Summit R-7 Aquatic Center, 3498 SW Windermere Drive, Lee's Summit, MO 64082.

Facility Phone: (816) 986-1465

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