End of Season Plan for Lyons Aquatics

Hello Lyons Aquatics Swimmers,

With the end of the season fast approaching, there are always questions about how the end of the season actually works.

First, with the various levels of swimmers in the program, there are many different end dates for the swimmers. These are outlined below:

- **Red, Blue, Silver, Gold Non-Regional qualifiers** – County Line Classic, Feb. 10-12th
- **White, Bronze (non-Regional qualifiers)** – Intersquad Meet, February 19th
- **Invited Swimmers** – Conference regional time trial – February 19th
- **Red, Blue, Bronze, Silver, Gold Regional qualifiers** – Regionals, Feb. 24th-26th
- **Senior State Qualifiers** – Mar. 2-5th
- **Red, Blue, Bronze, Silver, Gold Age Group State qualifiers** – Mar. 9-12th
- **NCSA Orlando qualifiers** – Mar 13-19th
- **NASA Clearwater qualifiers** – Apr. 3rd-6th

High School and National Swimmers are able to practice through to the spring season. There are numerous times that there will not be practice due to travel meets. The calendar will be posted to reflect those dates. This is only allowed for the older swimmers as we feel the younger swimmers need a break from the pool. This is also optional, and not mandatory as we support the high school swimmers taking a break as well.

Second, there are often questions about relays. The swimmers who are currently in the State Relays will be posted the week after the Classic. These relays will not be finalized until after Regionals. We tend to place the fastest four swimmers on the relays, but we also reserve the right to take into consideration practice attendance, effort, and past performance. This is decided by the coaches for what we feel will be our best possible relay.

Third, suits. As we are a Speedo sponsored team, we promote Speedo technical suits. Urban Tri Gear can fit your swimmer in an appropriate size, and also offer a discount on those suits. Please remember that those suits are typically only highly effective for one weekend meet, perhaps two, so spend accordingly. They are not mandatory as they are expensive.

Fourth, spring season. This year, our spring season will start April 17th. Spring information and sign-ups will be available by the middle to end of February. Our space is restricted during the spring as most of our practices take place at North campus, so please be sure to sign up early.

Finally, should you have a question about the end of season plan for your particular athlete, please contact your lead coach.

Sincerely,
The Lyons Aquatics Coaching Staff