



LYONS Aquatic Spring Tryouts

When: Tuesday March 12th **OR** Thursday March 14th– please only attend **one** day.

Where: Lyons Township High School **NORTH** Campus Pool – 100 S. Brainard (Parking & Pool information- the pool is located closest to the tracks at Brainard and Burlington. You may park along Burlington by State Farm or Edward Jones.)

Time: 5:00pm 10&unders, 5:30pm 11&up or transferring swimmers from another club.

Spring Season: April 8th – May 25th

[Group Descriptions](#)

About Us

LYONS Aquatics practices out of LTHS South and North campus pools. We are a year-round competitive swim team which provides a safe, fun and enriching experience for all ages and ability levels. Our professional coaches are all certified and receive continuing education through USA swimming.

What will my swimmer be asked to do?

- 8&under Swimmers will be asked to swim one length of the pool freestyle, backstroke, breaststroke and butterfly.
- For placement on our developmental WHITE Team, swimmers need to be proficient in Freestyle and Backstroke and have a basic understanding of breaststroke OR butterfly.
- 9&over swimmers will be asked to swim two lengths of the pool freestyle, backstroke, breaststroke and butterfly. Swimmers may be asked to perform a racing start, a flip turn or demonstrate additional skills for higher group placement.

Your swimmer must be able to complete these requirements unassisted and without stopping. Swimmers must be comfortable in deep water.

What should my swimmer bring?

Your swimmer should wear a competitive swim suit and a pair of goggles. Towels can be left in the locker room. We recommend bringing a lock for personal belongings in the locker room or keeping them with a parent.

Parents are required to remain in the hallway or in the stands. Per USA Swimming, and for your athlete's protection, **parents may not observe from the pool deck.**

Questions? Please contact Coach Julie Jackson @ jjackson@lyonsaquatics.com

