



**lake
shore
LINCOLN
PARK SF**

STINGRAYS

swim team 2024

The Stingrays Swim Team is one of the fastest growing teams in Chicago. We pride ourselves on our great Coach to Swimmer ratio and providing endless feedback and improvements to our swimmers. We offer a flexible schedule and cater to all types of swimmers from stroke development to national level expertise. Our groups are based on ability, not age. High focus is placed on the importance of the social aspect of team bonding and friendships. This is done through our monthly socials and intersquad meets. For more information about try outs, reach out to Stingrays@LakeshoreSF.com.

MINI

The Mini group is our introductory level to the team. Technique development is the focus. Swimmers are expected to know the basics of all 4 strokes, as well as be able to complete full lengths of the pool without stopping, practices consist of swimming around 500 yards

BRONZE

Swimmers should have an understanding of lane operations, basic swim lingo, set structure, and flip turns. A work rate of 600 – 1000m/hour. Predominantly technique based.

SILVER *

The silver group is split evenly between technique and endurance work. An hour rate of 1000 – 1700m/hour is expected. Swimmers should be strong in flip turns, technique, as well as work ethic expectations.

GOLD *

This is our second highest level offered. Swimmers are expected to maintain 1600 – 2300m/hour of practice time. A strong balance in all strokes at a higher level, turns, and practice structure is expected.

SESSIONS

FALL/WINTER:

August 25th-March 21st

No practice on meet weekends

REGISTER ONLINE:

TeamUnify.com/LSFS

*** USA Swimming Registration
is required**



GROUP SCHEDULE

	MON	TUES	WED	THUR	FRI	SAT
MINI GROUP	4:15pm - 5:00pm	4:15pm - 5:00pm	4:15pm - 5:00pm	4:15pm - 5:00pm	4:15pm - 5:00pm	11:00am - 11:45am
BRONZE GROUP	5:00pm - 6:00pm	5:00pm - 6:00pm	5:00pm - 6:00pm	5:00pm - 6:00pm	5:00pm - 6:00pm	11:00am - 12:00pm
SILVER GROUP	6:00pm - 7:30pm	6:00pm - 7:30pm	6:00pm - 7:30pm	6:00pm - 7:30pm	6:00pm - 7:30pm	9:00am - 10:45am
GOLD GROUP	6:00pm - 8:00pm	6:00pm - 8:00pm	6:00pm - 8:00pm	6:00pm - 8:00pm	6:00pm - 8:00pm	9:00am - 11:00am

SOCIALS

Once a month, team practice is replaced with an all-team social. These socials promote interactions amongst swimmers and groups. Every month is a different theme designed and hosted by the coaches.

MEETS

The team will occasionally host intersquad meets to help swimmers get accustomed to a meet environment but with no disqualifications or diving. We also will attend at least one meet a month that is USA Swim sanctioned. All swimmers have the opportunity to join meets, separate fees and registration required.

DIVE CLINICS

The team hosts clinics throughout the season. They focus solely on diving and relay techniques. These are open to ALL members of the swim team including Minis.

ATTENDANCE EXPECTATIONS

GOLD: 4 Days per week
SILVER: 3 Days per week
BRONZE: 2 Days per week
MINI: 1 Day per week

COST

\$30 registration fee automatically added
30 Week Fall/Winter season**

Mini: \$1350
Bronze: \$1650
Silver: \$1800
Gold: \$1950

**Enrollment is for the full season, we are not able to prorate weeks of practice due to travel or change of plans. Payment plan options are available, please reach out to Stingrays@LakeshoreSF.com*

Socials: \$40-\$50 per person
Dive Clinics: \$55 per person
Stroke Clinics \$40 per person

Meet fees vary

10% Sibling discount available

*** USA Swimming registration is mandatory for Silver & Gold groups**

***** All Lakeshore programs and services are being offered to members only at this time *****