

## **New Swimmer Information**

**Any new swimmer to the LMT Swim and Dive Team must complete the following steps prior to the first day of practice:**

- 1. Join the LMT Pool**
- 2. Register for swim and/or dive team at [lmtswim.com](http://lmtswim.com)**
- 3. Complete Insurance Forms**
- 4. Attend an evaluation session for swimmers w/ insurance form in hand. Divers do not need to attend the evaluation and may turn their insurance forms in the first day of practice.**
- 5. Meet the minimum requirements**

### **1. LMT Pool Membership**

All swimmers wishing to join LMT Swim or Dive Team must be LMT pool members prior to registering for swim and dive teams. Visit the Lower Makefield Township website or stop by the Township office on Edgewood Rd. to complete your membership.

### **2. LMT Swim and Dive Team Registration**

- Early Registration for all returning swim and dive families begins on March 15. If you have a new swimmer in your family at this time, you may register them at this time.
- Registration will open for new families on April 15 and run through April 30.
- Any registration after April 30 is general registration at a higher rate.
- Registration closes May 15.

Due to the anticipated size of our team and safety concerns with swimmer to coach ratios, it may be necessary to close registration early in the 9-10 and 8 & U age groups of the swim team. Any registrations received after an age group has been closed will be placed on a wait list. For this reason, we are offering early registration for our returning families. We would like to urge you to take advantage and register before April 15.

### **3. Insurance Forms**

The Lower Bucks Swim League (LBSL) Insurance Forms can be downloaded from the website following registration.

### **4. Evaluation Sessions**

All new swimmers must attend one of two evaluation sessions that will be offered in May prior to the first day of practice. The two sessions are:

DATES AND TIMES WILL BE ANNOUNCED SHORTLY.

The evaluation session allows the coaches to make individual assessments of each new swimmer and place them in the appropriate practice times and lanes. Any wait listed swimmers should attend this evaluation as well. For those new swimmers ages 9 and Up who were previously on a swim team, please provide times prior to or during the evaluation sessions. Times can be submitted to Coach Heather at [heather@lmtswim.com](mailto:heather@lmtswim.com).

**Please bring with you to the evaluation: Proof of registration & Completed insurance form.**

### **5. Minimum Requirements**

In order to provide a safe and effective training environment, swimming ability is required to be on the team, but competitive experience is not necessary. All swimmers on the LMT swim and dive team must meet the minimum requirements to be on the swim team. These include:

- Completing one length of a 25 yard pool crawl stroke, unassisted. Crawl stroke is a racing stroke in which the swimmer propels across the pool flat on his stomach, face in the water (except while taking a breath), using alternating overhand strokes, while legs are moved up and down at the same time alternately. AND
- Completing one half of the length of a 25 yard pool on their backs, unassisted.