

Hello QG Families!

Opening day at Lakeside (May 25) is just 19 days away!!! Yet another incredible season of Quarry Gators is on its way. Please read this ENTIRE email for lots of action-packed information about our summer program, to include a thorough review of **CHANGES** (conveniently highlighted in Gator green) to the norm.

REGISTRATION IS NOW OPEN!

Online registration for all Lakeside programs is now available online. You can register online for the Quarry Gators [HERE](#). Paper registrations can be taken by mail or during business hours. The club is closed completely May 19-24.

Please remember that your registration is only complete once you have paid cash or check to Lakeside Swim Club :) The fee for Quarry Gators this summer is \$180 per swimmer and \$90 per additional swimmer in the same household.

WHAT'S NEW???

The Quarry Gators have moved to the Louisville Swim Association for summer 2019. You can learn more about the league at their website [HERE](#). Coach William will be happy to answer any questions not answered in the "greatest hits" below:

- In the LSA, all swimmers are allowed to swim in the qualification meets for their respective age. If they swim under a certain time standard (attached), they are eligible to compete in the Division II Championship meet.
- Teams in the LSA are similar in size or larger than the Quarry Gators (150-250+). Expect swim meets to last longer than 9pm. None of the teams visiting Lakeside Swim Club this summer are larger than the Quarry Gators, so we can expect our meets to end on time. Coach William will, however, take this into consideration when making entries and relays for younger swimmers.
- Coach William still must know (1) if you have been registered with USA Swimming at any point in time and (2) if you are actively training and competing with a USA swimming team. The good news is, there are very few limitations on USA swimmers.

TRYOUTS (NEW MEMBERS ONLY)

Tryouts will be held on Tuesday, May 28 at 6:00pm. Tryouts are for new team members only. If your child has been on our team in a previous season, they do not need to perform a tryout. Due to the late public school year, requests for alternate tryout times can be made upon registration.

NEW PARENT MEETING

There will be a NEW parent meeting following tryouts at 7:15pm in the HDE Activities Room. Although this meeting is traditionally for NEW parents only, I will happily entertain RETURNING parents who wish to learn more about all the changes from years past.

PARENT VOLUNTEER MEETING

If you are (or simply cannot wait to become) a dedicated parent volunteer, please join the QG Parent Committee at 7:45pm on Wednesday, May 28 to discuss volunteer opportunities and review new team protocol.

PRACTICE TIMES/FIRST TWO WEEKS

Practice times remain the same as last season-- 1:30, 2:30, 3:30, and 4:30pm. Please select your top two choices upon registering.

Swimmers who are still in school through June 7 are welcome to attend 3:30 and 4:30pm practice. As always, there is no strict attendance policy and Coach William DOES NOT need to know when you plan on changing practice times unless it will be a regular occurrence. Please expect these practice times to be larger than normal until June 10.

STROKE CLINICS

We are offering stroke clinics on Saturdays, both during and after the regular season. Click [HERE](#) for more information or to register.

Families who provide volunteers for 3 swim meets or team functions will receive 50% off any stroke clinic!

SWIM MEET DATES

PLEASE NOTE: Due to our transition into the Louisville Swim Association, our meet schedule is quite different than last year.

- Quarry Gators v. Wolf Creek @ Lakeside - Thursday, June 13
 - Warmup: 4:30 PM, Meet Start: 6:00pm
- Quarry Gators v. Owl Creek @ Owl Creek - Thursday, June 20
 - Warmup: 5:00pm, Meet Start: 6:00pm
 - Address: [Owl Creek Country Club, 12400 N Osage Rd, Anchorage, KY 40223](#)
- Quarry Gators v. Woodhaven @ Lakeside - Thursday, June 27
 - Warmup: 4:30pm, Meet Start: 6:00pm
- 11 & Over LSA Qualification Meet @ Forest Springs - Monday, July 8

- Warmup: 5:00pm, Meet Start: 6:00pm
- Address: [Forest Springs Swim and Tennis Club 3801 Rock Bay Dr, Louisville, KY 40245](#)
- 10 & Under LSA Qualification Meet @ Copperfield - Wednesday, July 10
 - Warmup: 5:00pm, Meet Start 6:00pm
 - Address: [Copperfield Clubhouse 406 Wickfield Dr, Louisville, KY 40245](#)
- LSA Division II Championships @ Oldham County - Sunday, July 14
 - Warmup: 7:00am, Meet Start: 8:00am
 - Address: [John W. Black Aquatic Center 1551 N. Hwy 393 LaGrange, KY 40031](#)

IMPORTANT DATES

- tryouts (new members only) - Tuesday, May 28 at 6:00pm
- NEW parent meeting - Wednesday, May 28 at 7:15pm (HDE Activities Room)
- parent volunteer meeting - Wednesday, May 28 at 7:45pm (HDE Activities Room)
- first day of practice - Wednesday, May 29 at 1:30, 2:30, 3:30, 4:30pm
- picture day - Friday, June 14
- fun day - Friday, June 28
- team awards - Monday, July 15 at 6:00pm on the basketball court

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That's all... for now :)

See you soon and, as always, reach out with any questions, comments, or concerns!

Coach William

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Lakeside Swim Club
 Aquatics Programs Office
 502-454-4585 ext. 231

Appendix D. – LSA Time Standards (times updated 2017)

Div 1	Div 2	Div 3	Event	Div 1	Div 2	Div 3
6 & Under Girls				6 & Under Boys		
50.26	47.17	54.53	25 Free	57.95	59.34	59.65
1:00.31	56.22	1:01.46	25 Back	1:11.29	1:05.85	1:14.92
7-8 Girls				7-8 Boys		
28.16	28.68	32.06	25 Free	33.69	34.82	35.25
36.12	36.35	37.61	25 Back	47.63	39.24	42.93
50.22	50.26	1:00.39	25 Breast	1:08.00	1:00.52	1:01.36
41.90	44.49	52.74	25 Fly	54.20	52.09	1:06.12
1:04.24	1:05.81	1:12.59	50 Free	1:10.52	1:07.08	1:27.61
9-10 Girls				9-10 Boys		
21.59	22.94	26.18	25 Free	24.40	26.33	26.35
28.14	30.14	33.78	25 Back	34.18	35.50	37.10
32.82	33.55	35.90	25 Breast	39.48	38.78	44.12
26.27	29.14	33.90	25 Fly	33.81	41.36	46.14
2:16.82	2:13.46	2:10.35	100 IM	2:27.68	2:22.08	2:44.34
11-12 Girls				11-12 Boys		
43.48	46.81	45.75	50 Free	44.11	49.57	53.11
53.83	57.04	58.64	50 Back	1:01.67	1:06.81	1:01.72
53.77	57.13	57.38	50 Breast	57.49	1:07.20	1:03.98
52.00	55.91	1:06.45	50 Fly	1:02.87	1:08.16	1:17.13
1:50.32	1:55.49	1:53.44	100 IM	2:01.55	2:12.96	2:15.62
13-14 Girls				13-14 Boys		
42.09	48.39	47.07	50 Free	41.01	51.16	53.24
54.28	55.00	1:01.91	50 Back	57.53	1:07.70	1:33.20
54.17	56.93	59.88	50 Breast	54.26	1:01.90	1:03.57
49.42	54.51	1:05.88	50 Fly	52.92	54.31	1:05.70
1:40.56	1:58.26	1:50.53	100 IM	1:42.56	2:02.78	2:04.23
15-18 Girls				15-18 Boys		
37.19	43.37	59.68	50 Free	33.67	39.93	44.43
48.91	56.04	1:19.57	50 Back	48.33	55.71	1:09.67
49.19	57.19	1:21.66	50 Breast	44.47	50.48	53.11
44.35	50.84	1:14.36	50 Fly	41.10	43.83	1:02.56
1:33.94	1:54.21	2:24.87	100 IM	1:23.82	1:40.83	1:44.39
Open Girls				Open Boys		
1:18.95	1:24.44	1:26.81	100 Free	1:10.88	1:15.54	1:18.65