

LHY SWIM TEAM

NEWSLETTER

DECEMBER
2025



Halfway Point

We are approaching the halfway point of the season and will be attending some of our largest meets yet this season!

SJAC Is Around The Corner!

All Swimmers from ages 9-18 will be attending at least one of the SJAC meets in December. This meet is especially exciting for our 9-12s, as it's the only meet that is Prelims/Finals format until Championships!

To Tech Suit, or Not To Tech Suit

If you have not already seen, Coach Greg sent out an email recently about suiting up for meets. For our Age Group swimmers, SJAC is the **ONLY** meet you can suit up for until Championships. These suits are NOT mandatory, so your regular team suits will work just fine, but if you choose to purchase one please make sure it follows these rules:

- 1) It must be approved for 12/Under Championships**
- 2) It has to fit properly**



Upcoming Events

- **Candy Cane Classic (8&U):** Dec 6th
- **SJAC Gator Classic (9-12):** Dec 5-7th
- **Speedo Winter Juniors*:** Dec 10-13th
- **SJAC Gator Classic (13/over):** Dec 11-14th
- **Holiday Classic (13/over)*:** Dec 19th
- **Holiday Parties:** TBD

**Select Athletes Only. Coaches will notify swimmers*

Welcome To The First LHY Swim Team Newsletter

This is the first of our monthly LHY Swim Team Newsletters we plan to release this year! Our plan is to include information about the past month's events, highlight our swimmer's accomplishments, and answer questions that many parents and swimmers might have.

If you have any questions that you would like to see answered, **please submit your questions here** and our coaches will answer them in the following month's newsletter. Responses are anonymous. *If you have specific questions about your child, please email your group coach directly.*

Follow us on social media



PARENT'S CORNER

Volunteer Hours

Our team thrives because of the incredible support of our families, and we want to take a moment to highlight just how essential parent volunteers are to the success of every practice, meet, and special event. From timing at meets to helping organize ribbons, every role - big or small - directly impacts our swimmers' experience.

Volunteering isn't just a requirement; it's a chance to be part of the excitement, cheer on our athletes up close, and help create the positive, community-centered environment that makes our team so special. When everyone pitches in, meets runs smoothly, coaches can stay focused on the swimmers, and our athletes get the encouragement and support they need to perform their best.

If you have not volunteered yet, we are halfway through the season. Your time truly makes a difference and we have opportunities for every comfort level - from timing, set up and clean up, and team events.

Thank you for all you do to support our swimmers. We couldn't do it without you, and we're grateful for the energy, encouragement, and teamwork our families bring to every event!

How Can I Check My Points?

Please reference [this PDF](#) that our Parent Volunteer Coordinator created if you have difficulty finding your points!

Upcoming Volunteer Opportunities for Parents

- Timers
- Back-Up Timers
- Officials
- Scoreboard Computer
- LHY Volunteer Check-In
- Meet Clean-Up / Lost & Found
- Party Set-Up
- Party Clean-up
- Team Marshaller (8&Unders)

Meet Fees vs Practice Fees

Meet Fees

- Swimmers are charged for each event that they swim at a meet.
- These fees are placed onto your sports engine accounts and charged on the 1st of each month.

Practice Fees

- Swimmers are charged a program fee for their practices on the team.
- These fees are charged through the YMCA Daxko account on the 15th of each month.
- To have these be set up as automatic payments, a credit card authorization must be submitted to sarahg@lhyswim.com

Differences in Prelims/ Finals Format vs “Normal” Meets

SJAC is our first Prelims/ Finals format meet for the season. We will see this format again at Championships but there are a few important things to note when it comes to this style of meet.

Prelims

Every swimmer will participate in Prelims, taking place in either the morning or afternoon sessions. This is an opportunity for your swimmer to swim fast and if they make the top 10-12 swimmers, then they can qualify for Finals.

Finals

The top 10 swimmers in each event will move on to finals, returning for the evening session. If your swimmer is the #1 seed going into finals, they get to choose the walkout music for their heat, so help them pick out a song ahead of time. If you are the #11 or #12 place coming out of prelims, check the alternate section below.

Relays

Relays ONLY happen during finals. Have your swimmer check with their coach if they are in a relay before they leave prelims session. Relays are worth a lot of points, and it is very difficult to replace a swimmer in this meet, since they are swimming by ages, not age groups. If a swimmer does not show up and we cannot find a replacement, the entire relay has to forfeit.

Alternates

In championship meets, each team is allowed to take a certain number of finalists per event. Because things can happen – illness, injury, a missed warm-up, or a sudden conflict – the next 2 fastest swimmers that did not qualify for finals are listed as alternate swimmers. An alternate swimmer is a backup swimmer who is entered in case someone who is scheduled to swim cannot compete. Alternates do not swim unless they are needed, but it is super important that they do show up in the event that another swimmer scratches (it happens more often than you think). Alternates come for warm up and MUST be on deck, lining up for the event they are an alternate with the others in that event.

MEET HIGHLIGHTS



Did You Know?

While our coaches and admin do their best to get photos, most submissions come from our parents.

[Upload HERE](#)

Follow us on social media



THANKSGIVING

Welcome Back Alumni!

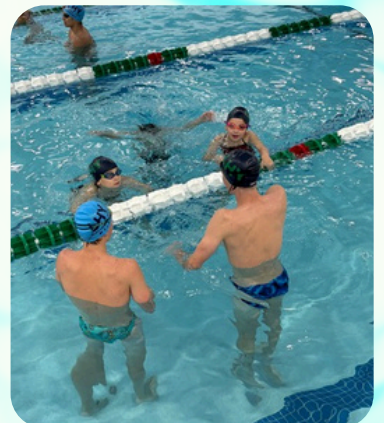
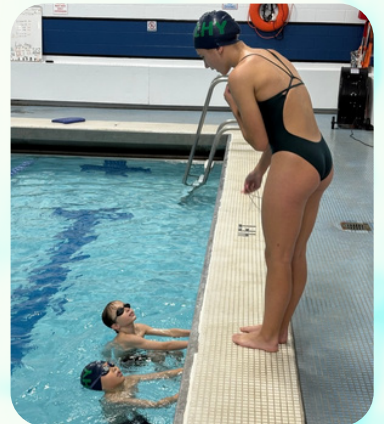
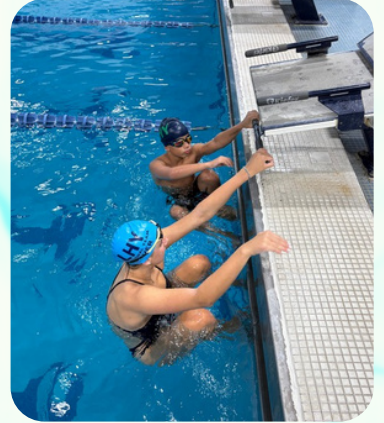
Every year, we get excited to welcome our alumni swimmers back to train alongside our senior groups. Their continued connection to their team and teammates means so much to us and we look forward to this holiday tradition every year! Thanks for jumping back in with us!



FUN AT PRACTICE

Starts and Turns Clinic

Our Age Group 4 swimmers had some fun with Senior 2 & 3 swimmers teaching them the basics of starts and turns. Groups of about 3-4 swimmers rotated around the pool deck to learn about the different starts and turns for each stroke. Our Senior Swimmers not only explained the different aspects of each start and turn, but also got in the water with the swimmers to demonstrate each skill.



A HUGE thank you to our Senior Swimmers who helped out!

The AG4 kids loved having you and look forward to another combined practice in the future!



Have Photos?

Upload photos from throughout the season to be featured in the End of Season video!

[Upload HERE](#)

LHY Holiday Practice Schedule

Practice Schedule between Dec 26th -Dec 31st @ LHY (No Drew)

Normal Practice Schedule Resumes on Jan 2nd

GROUP	FRI Dec 26 th	SAT Dec 27 th	SUN Dec 28 th	MON Dec 29 th	TUES Dec 30 th
AG1	7-8:30pm	7:45am-10am	8:30-10:30am	7-9pm	7-8:30pm
AG2					
AG3	5:30-7pm	10-11:30am	10:30am-12pm	5:30-7pm	5:30-7pm
AG4					
SS1	6:30-7:30pm	Off	12-1pm	6:30-7:30pm	6:30-7:30pm
SS2	5:30-6:30pm	Off	12-1pm	5:30-6:30pm	5:30-6:30pm

GROUP	FRI Dec 26 th	SAT Dec 27 th	SUN Dec 28 th	MON Dec 29 th	TUES Dec 30 th	WED Dec 31 st
S1	7-9am	7-8:30am & 2-3:30pm	7-9am	7-8:30am & 2-3:30pm	7-9am	7-9am
S2	9-11am	8:30-10am & 3:30-5pm	9-11am	8:30-10am & 3:30-5pm	9-11am	9-11am
S3						
S4	7-9am	7-8:30am & 2-3:30pm	7-9am	7-8:30am & 2-3:30pm	7-9am	7-9am