FOREST HILL
SWIM CLUB

SWIM TEAM 2026

Coaches:	Elizabeth James	Audrey Bossard	Sydney Lynn
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PRACTICE SCHEDULE (Monday, Wednesday, Thursday & Saturday):
*Swimmer's age as of June 15th determines their age group for the entire season.

Mondays 8:30 – 10:00 am
Wednesdays 8:30 – 10:00 am
Thursdays 7:00 – 8:30 pm
Saturdays 9:00 – 10:00 am (in conjunction with Swim Lessons)

- Swimmer MUST pass the swim test first in order to join the Team.
- Practices help swimmers refine strokes and build endurance.
- Swimmers should attend at least 2 practices per week (when their family is in town).

MEET SCHEDULE (Times to be determined)
Thursday June 11: Exhibition @ Forest Hill Swim Club
Tuesday June 16: Forest Hill @ Wembley
Thursday July 2: Lake in the Woods @ Forest Hill
Tuesday July 14: Forest Hill @ Chagrin Valley Rec Center
Thursday July 16: Forest Hills @ Hawthorne Hurricanes
Saturday July 18: @Chagrin Valley Rec Center Relay Meet Season Finale
Thursday July 23: Swim Team Awards Banquet & Potluck

MEET INFORMATION
Meet warm-up at 30 minutes prior to the meet for away meets and 1 hour prior to the meet start time for home meets. Meets typically last 2 hours. Swimmers should bring 2 towels, a pair of goggles, suit and cap. Snacks and sunscreen are also encouraged.

MEET SIGN UPS
Swimmers who want to swim in a meet must be signed up at least three days prior to the meet.

MEET EVENTS
Swimmers may participate in up to four events, but no more than 3 individual events at a meet. Swimmers may swim in an older age group, but not in a lower age group during a meet.

In four and five lane pools, each team may enter up to two individuals or relays. In six lane pools, each team may enter up to three individuals or relays. The age groups and events for each meet are:

Individual – boys and girls
*6 and under (freestyle and backstroke, exhibition only, 25 yards)
*8 and under (all strokes, 25 yards)
*9 and 10 (all strokes, 25 yards)
*11 and 12 (all strokes, 50 yards)
*13 and 14 (all strokes, 50 yards)
*15 to 18 (all strokes, 50 yards)
Open age (100 individual medley and 100 free)
Relays – boys and girls 200 freestyle 200 medley Relays include four swimmers. Each swimmer must represent a different age group.

FEE
$40 for one child $65 for two children $90 for three children These fees help defray the costs for practices, Meets and league costs

PRACTICE AND MEET GEAR

- We recommend that swimmers bring goggles (2 pairs), 2 towels, and a water bottle to every practice. We may do some "dry land exercises" (out of the pool), so please wear supportive tennis shoes to practice.
- Girls should wear swim caps for both practices and meets to keep hair out of their faces and reduce drag. Boys may choose to wear caps for meets. Latex caps are cheaper, but silicone caps tend to be more comfortable to put on and tear less frequently. Coaches and "older" swimmers are happy to help with caps.
- Please order or purchase team bathing suits and caps on your own. Our team colors over the past few years have been shades of blue and black. Swimmers are encouraged to wear blue/black suits and caps for meets, but it is not required as we respect family budgets. If a significant number of families would like to purchase a new "team suit" we will definitely explore that option.
- We would also recommend that all swimmers have their own pair of training fins for practice. This option is particularly helpful for younger swimmers that are working on strength and endurance.

VOLUNTEERS We need parents to time at Meets, & to bring snacks to Saturday morning practices. A Sign-up Genius will be sent.

For each **HOME** swim meet & practices we need parent volunteers for

- Timing (6 people - 5 lanes and 1 backup)
- Writing the kids' events on their hands
- Providing a snack on Saturdays after practices

For each **AWAY** meet we need parent volunteers for:

- Carpools
- Writing the kids' events on their hands