

# Lakewood Summer Swim League

Race in the pool like the Olympians! No previous experience needed for kiddos ages 7 to 14 for this fun introduction to competitive swimming. Participants must be able to swim one length of the pool to participate.

## Practices

Practices are in the mornings at Foster Pool in Lakewood Park, or in the evenings at Becks Pool at Madison Park. There are several practices per week, and we encourage participation in as many as possible. [Practice schedule is linked here.](#)

\*It is subject to change depending on the number of swimmers.

## Meets

Our meets are in the evenings at the Lakewood High School pool. We warm up from 5:30pm-5:45pm, then have our meet at 6pm. Meets rarely last longer than an hour. Each kiddo will swim 2 or 3 races, including relays. We ask a few parents to volunteer and help time.

## Attire

There is no team bathing suit. We would recommend swim trunks/one piece bathing suit. If your swimmer has long hair, we would strongly suggest tying it back for practices and meets. Your swimmer will need a good pair of goggles. We suggest you write their name on the strap.

## Coaches

Matt Demaline serves as the head coach. Matt swam competitively for Lakewood High School and Baldwin-Wallace. Matt is assisted by a few Lakewood High School swimmers. Emphasis is on fun and improvement – we swim short races and cheer on our teammates.

Questions? Please email [matt.demaline@lakewoodcityschools.org](mailto:matt.demaline@lakewoodcityschools.org)

Registration opens April 9 at 10am at [lakewoodrecreation.activityreg.com](http://lakewoodrecreation.activityreg.com)