

Lakeland Swim 2026

Optional Summer Swimming + Start of 2026 Season

Summer Swimming:

July 6-31st Mondays, Wednesdays 4:15pm-5:30pm @ Kroc

Virtual Dryland workout assigned weekly via Band (do daily, 4 days a week)

No LHS open weights available this summer. Get creative and find fun ways to elevate your heart rate outside of pool practice (ie biking, jogging, hiking, lifting weights, jump rope, etc)

Sell your 10 raffle tickets and have \$\$ and stubs detached and ready to turn in by Thursday September 18th practice (homecoming weekend).

NO CONTACT WEEK: August 3rd-7th

OFFICIAL SEASON STARTS Monday August 10th · Must attend 85% of practices, to be eligible to be rostered for the District Swim meet. Must attend a minimum of 4 practices weekly to be rostered for the weekly swim meets. 10 practices are required to be logged BEFORE September 9th to race at first meet on September 12th: 21 practices are scheduled prior to this date. ***Please use dead week or Labor day weekend to schedule any family trips.*** No activity bus provided for practices.

August 10-21st Monday – Friday 4:30pm-6:00pm Monday- Wednesday practice @ the Kroc Center

August 24 -28th Lake Swim practice Monday- 5:00-6:30pm (15th and Lakeshore Dr by Jewett House)

TEAM PICTURE DAY Thursday 4:45pm-6pm @ Twin Lakes Village Club pool 5416 W Village BLVD, Rathdrum, ID 83858

Track Practice Day at LHS Track 4:30-5:30pm

August 31-September 2nd – Monday-Wednesday 4:00pm-6:00pm practice @ the Kroc Center

August 3rd- Tubbs Hill Cleanup Community Service Project 4:30-5:30pm

August 4th- NO PRACTICE (enjoy your 4 day weekend for Labor Day)

First week back to school September 8th begins our fall pool schedule.

Monday-Thursday 5:30pm-7:30pm, Friday 4:00pm-6:00pm, NO Practice October 7th (Kroc pool closed)

What to do to prepare for the swim season

* Sign up to be on the Lakeland Swim Team 2026 Band (download app on phone and/or laptop) page. QR code can be emailed to you from Coach Michelle if you request via her email. The band app will be the primary way coaches will communicate with both athletes and parents. It will also have a team calendar, store links to purchase team suits, and much more info as the season progresses.* Go to

<https://lhs.sd272.org/athletics> to complete the registration process BEFORE the first practice on August 10th.

You cannot practice without all steps being complete.

* **Online registration-** required every year

* **Sports physical-** required for all NEW LHS athletes and again in the 11th grade

* **Interim Form-** required on all the years you do NOT turn in a physical (10th and 12th grade)

* **Paid ASB-** required every year- pay during registration

* **Contact Brianna Karle**, LHS Athletics Administrative Assistant with any questions.

(208) 687-0181 brianna.karle@lakeland272.org

*Purchase your team suit ASAP. You will need to wear it for the first swim meet on September 12th. Store for purchase will be uploaded to the band page. It takes 4-6 weeks to receive, so do not delay.

Lakeland Swim Team Communication

BAND App

<https://band.us/n/a5afb0b7f4oa3>

