

**The Warren Harding Aquatics Team's** purpose is to develop leadership qualities, promote good sportsmanship, encourage team involvement, foster self discipline, build self confidence and provide a competitive swimming experience in an environment where a swimmer's full potential may be reached. The Warren Harding Aquatic Team is designed to give children the opportunity to progress from beginning or novice level swimming to championship level swimming. This program fully supports and promotes the Warren City Schools swimming programs and participation in them is strongly encouraged. Our swimmers work together as a team, with an emphasis on technical improvement, coordination improvement, core development and endurance training.

We will coach any swimmer from any community. Living in Warren is not a requirement to join this program.

CHECK OUT OUR WEB SITE @  
[WWW.WARRENSWIMMING.ORG](http://WWW.WARRENSWIMMING.ORG)

## 2018 - 2019 COACHING STAFF

HEAD COACH - STEVE LUKCO  
ASST. COACH - CARRIE ROWLAND  
ASST. COACH - TRICIA MARK  
ASST. COACH - BROOKE THIGPEN  
SECRETARY – LORI HERNON  
ADMIN. ASST – LORI LEECUE

To contact Coach Lukco...

[steve.lukco@neomin.org](mailto:steve.lukco@neomin.org)

[zzrufus1@gmail.com](mailto:zzrufus1@gmail.com)

(330) 369-4868 H

(330) 501-3241 C

(330) 841-2316 X 2241 W

PRACTICES ARE HELD AT THE  
WARREN G. HARDING NATATORIUM  
860 ELM RD NE WARREN, OHIO 44483

### \*\*TRYOUTS/REGISTRATION

9/10/18—9/12/18

5:00 – 6:30 @ WGH

NATATORIUM\*\*

# HARDING



# HARDING AQUATICS



Integrity & Fairness  
Positive Environment  
Leadership  
Excellence  
Innovation & Creativity



## WHAT GROUPS

### RED CROSS LTS LESSONS:

Level I, II, III, IV, V, VI

Lessons will be from 5:00 - 5:40  
& 5:45 - 6:25 M, T, W, TH  
For 4 week sessions.

### SWIM TEAM LEVELS:

Beginners - 6:30 - 7:30  
Intermediate - 6:30 - 7:45  
Advanced - 6:00 - 8:00  
13 & Up Dryland - 6:00 - 6:25

### 2018-2019 SWIM TEAM FEE SCHEDULE

TRYOUTS/REGISTRATION - 9/10 - 9/12 5:00 - 6:30

<u>WINTER SESSION</u>	<u>9/17/18 - 3/10/19*</u>
WCS HS & MS	FREE
WCS K-6	\$300 + USA
NON-WCS HS**	\$300 + USA
NON-WCS K-8	\$400 + USA
RED CROSS LESSONS	\$50 PER SESSION

**A ONETIME USA FEE OF \$63 IS PAID TO  
USA SWIMMING**

\* SESSION END DATE DEPENDS ON CHAMPIONSHIP MEET  
QUALIFICATION

### MULTIPLE SWIMMERS FROM SAME FAMILY

#### DISCOUNTS:

2nd swimmer -10%, 3rd swimmer -20%  
4th swimmer -30%, Etc.... (discount is on Team Fee only -  
does not include USA Fee)

**ASK ABOUT OUR 2 WEEK FREE TRIAL  
FOR NEW SWIMMERS**

### NO PAY... NO PLAY!

**Dues must be paid in full before any  
practice may be attended.**

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WWW.WARRENSWIMMING.ORG**

## RED CROSS LEARN TO SWIM LESSONS

Level 1 is for beginners with little or no experience in the water. To enroll into Levels 2-6, students must have completed or at least be able to confidently demonstrate the skills listed in the previous level, including the exit skill requirements. A more detailed description of each level is available at tryouts and is also located on our website at:

**warrenswimming.org**

**LEVEL 1: Introduction to Water Skills**, ages 4 & up. Purpose: Helps students develop positive attitudes, good swimming habits and safe practices around the water.

**LEVEL 2: Fundamental Aquatics Skills.** Purpose: Give students success with fundamental skills. Learn to float and recover to a vertical position.

**LEVEL 3: Stroke Development.** Purpose: Builds on skills from Level 2 & develops strokes through additional guided practice in deeper water.

**LEVEL 4: Stroke Improvement.** Purpose: Develops confidence and strength to improve skills learned and introduces new aquatic skills.

**LEVEL 5: Stroke Refinement.** Purpose: Provides further coordination and refinement of strokes, swimming further distances.

**LEVEL 6: Swimming and Skill Proficiency.** Purpose: Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options that each focus on preparing students to participate in more advanced courses, including the Water Safety Instructor and Lifeguard Training courses. Instructor will determine options offered.

Once a swimmer successfully passes level 5, they will be asked to tryout for the swim team. To join the swim team, swimmers must be able to swim 200 yards freestyle and swim a legal 25 of each other competitive stroke.

## WARREN HARDING AQUATICS TEAM

**Beginner:** This group will swim from 1500 - 2000 yards daily. To join this group, swimmers must be able to swim 200 yards freestyle and swim a legal 25 of each other competitive stroke. This is an advanced, stroke development group focusing on having fun and developing a long term love of the sport of swimming.

**Intermediate:** This group will swim between 2000 – 3000 yards daily. This is an advanced developmental group where the focus is on ensuring that the athletes are having fun (develop a long term love of swimming), forming strong team bonds, continue developing strong fundamental skills in freestyle, backstroke, breaststroke and butterfly, building a great kicking foundation, and continuing to develop their racing skills. Swimmers in this group will participate in dry land exercises emphasizing basic core & body strength.

**Advanced:** This group will swim between 3500 – 5000 yards daily. This is a highly competitive training group for middle & high school age swimmers designed to prepare them for performing at the highest level of competition they can achieve (LSC champs, Zones, USA Sectionals, Junior Nationals) as well as preparing them for high school & college swimming. The training emphasis will be on increased aerobic conditioning in all four strokes through the training of specific energy systems, developing and maintaining advanced stroke mechanics, perfecting race strategies, nutrition, and individual goal setting. Training will include an intensive dry land program. Swimmers in this group are expected to attend 95% of all practices and attend 3-4 meets per month.

FOR A MORE COMPLETE DESCRIPTION OF EACH  
GROUP, PLEASE SEE OUR WEBSITE  
**WARRENSWIMMING.ORG**

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