



Team	Requirements	Practices	Fee
Red Team	New swimmers and those who swim 50-yard freestyle in about 46+ seconds will be placed on this team. Must be able to swim 25 yards without stopping.	Sunday 4:30-5:30 p.m. Tuesday 5:30-6:30 p.m. Thursday 5:30-6:30 p.m. Friday 5:30-6:30 p.m.	You-Pick-Two Practices: \$110 Four Weekly Practices: \$150
White Team	Swimmers who swim a 50- yard freestyle in less than about 45 seconds will be placed on this team.	Sunday 4:30-6:00 p.m. Tuesday 6:30-8:00 p.m. Thursday 6:30-8:00 p.m. Friday 6:30-8:00 p.m.	Four Weekly Practices: \$170
Black Team	Swimmers who swim a 50- yard freestyle in less than about 35 seconds will be placed on this team.	Sunday 4:30-6:00 p.m. Tuesday 6:30-8:00 p.m. Thursday 6:30-8:00 p.m. Friday 6:30-8:00 p.m.	Four Weekly Practices: \$170

Swimmers must practice at least one day the week prior to a meet to swim in the meet. To swim in championships, every swimmer must compete in at least two meets. Please contact us with any questions regarding registration or team selection.

First Practice 6:00 p.m. Tuesday, August 28, 2018 Season ends December 3rd.

Register by **August 21st** online or at WLCR Office. \$20 Late Fee after August 21st (Waived for new swimmers) Mandatory Parent Meeting and Time Trials August 28th 6:00 p.m. On the pool deck



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