

# Important **Swimming LESSONS** Program and **SWIM TEAM** Information for the 2007 Season

Please read and note important dates and times for **BOTH** programs!

The CLPO is pleased to announce that Cori Eggert, a lifelong Cedar Lake resident, will again return to be our Water Councilor & Head Swim Team Coach for the 2007 season. Coach Cori began her swimming career in our lessons program when she was very young and is an accomplished Hub Lakes swim team member. She also swam for Lakeland Hills YMCA and earned 4 varsity letters swimming for Morris Knolls High School. She is currently attending Western New England College and swims for them as well. Cori holds a Red Cross Water Safety Instructor Certificate (WSI) and will be able to bring to Cedar Lake the latest in teaching and water safety techniques from the Red Cross. Assistant Coach Tracey Vogel will also return to assist Coach Cori this season. She is also well known for her outstanding swimming accomplishments at Cedar Lake, the YMCA, Morris Knolls and is attending the University of Rhode Island.

The CLPO board of directors asks for your help in supporting and assisting our Aquatic Staff in their goal to provide a safe, fun and productive swimming season. You can email Coach Cori at [coachcori06@yahoo.com](mailto:coachcori06@yahoo.com)

**NOTE:** The following program dates and times are for planning purposes and may be subject to change. Any changes will be posted at the East Beach bulletin board. Changes will also be posted on the CLPO and Community Club web sites at: [www.clpoinc.com](http://www.clpoinc.com) and [www.cedarlakeecc.com](http://www.cedarlakeecc.com)

## Swim Lesson Program 2007

The Cedar Lake Swim Lesson program will begin on **Thursday, June 21<sup>st</sup>** and end on **Thursday, August 2<sup>nd</sup>**.

Coach Cori and her assistants will be evaluating the swimmers and placing them into appropriate levels based on their ability on the first day of lessons, **Thursday June 21<sup>st</sup>**. The lessons program will then resume on **Monday, June 25<sup>th</sup>**, unless that day is needed as the "rain date" for evaluations, and continue through the season- Monday through Thursday. Parents/Guardians will be asked to fill out a contact/swimmer information form at the time of the evaluation.

To facilitate an orderly evaluation: if your child was in the program last season, please bring them to the same level/start time as you did last year. If they were **not** in the program, contact Scott Meade as soon as possible and he will suggest a temporary level/start time. Please try to be flexible in case a particular level has too many swimmers to evaluate during that period. At the completion of the evaluation, you should know which level and time to bring the swimmer for the rest of the season. Special placement requests will be considered based on ability of the swimmer and the size of the class. **PLEASE arrive at the East Beach early enough to have the swimmer ready to enter the water and prepared to begin their lesson on time**. This will help maintain the schedule throughout the day. The 2007 schedule will be the same as last season's and all lessons will be held at the **East Beach**.

## 2007 Swim Lesson Program Schedule

Please note that **Thursday, June 21<sup>st</sup>** is "**Evaluation Day**" (all lesson levels) and will be run in the same format as the Monday thru Thursday Swim Lesson Schedule below. **June 25<sup>th</sup>, Monday**, Normal full lessons schedule begins (Evaluation Day rain date). The entire program will then continue on the normal **Monday thru Thursday** schedule. Lessons may be canceled due to inclement weather, such as cool rainy days and especially thunderstorm activity. Please watch the East Beach bulletin board and CLPO websites for last minute cancellation notices.

<u>Monday thru Thursday</u>	
<u>Level</u>	<u>Time</u>
7	9:30-10:00
6	10:00-10:30
5	10:30-11:00
4	11:00-11:30
3	11:30-12:00
1	12:30-1:00
2	1:00-1:30

For questions about the lessons program, contact **Scott Meade at 973-625-0333**. You must register for lessons **and/or** the swim team. See below for fees and information.

### Cedar Lake SWIM TEAM Hub Lakes - Program Schedule

Swim Team Practice for all age groups starts on **Tuesday, June 19<sup>th</sup>** at regularly scheduled times. Throughout the season practices will be held Monday thru Thursday and ends on **August 2<sup>nd</sup>**. The swim coach may also schedule special workouts, drills, or activities on Fridays for the swim team which will be announced throughout the season.

Newcomers to the program are encouraged to contact the swim coach as soon as possible if they are interested in swimming on the swim team.

### Swim Team Practice Times

<u>Age Group</u>	<u>Time</u>
8 & Under	1:45- 2:30
9/10	2:30- 3:30
11 & Over	3:30- 4:30

**IMPORTANT** - For meet planning purposes, swimmers or their parents **must** notify Coach Cori no later than **Thursday, June 21<sup>st</sup>** if they **will or will not** attend the first swim meet on **June 25<sup>th</sup>**. **In order to have a successful program-All parents and guardians are urged to help out with the swim meets. No experience necessary.**

For questions concerning the Swim Team and sign up to volunteer at the meets, please contact: **Steve & Sue Bias at 973-983-9318.**

## **2007 Hub Lakes Swim Team Schedule**

### **Meets start at 6:00 pm**

**June 25<sup>th</sup>** - Cedar vs. Indian --**at Indian.**

**July 2<sup>nd</sup>** - Cedar vs. Rock Ridge --**at Cedar.**

**July 9<sup>th</sup>** - Cedar vs. Mountain --**at Mountain.**

**July 16<sup>th</sup>** - Cedar vs. PARTI --**at Cedar.**

**July 21<sup>st</sup>** - 12 and Under Individual Invitational **at Mountain**

**July 22<sup>nd</sup>** - Rock Ridge Relays **at Rock Ridge**

**July 23<sup>rd</sup>** - Cedar vs. White Meadow --**at White Meadow.**

**July 30<sup>th</sup>** - Cedar vs. PARTI --**at Cedar.**

### **Hub Lakes Championship – at White Meadow Lake.**

**Aug. 3<sup>rd</sup>** - Hub Lakes 400 freestyle event only, 6:00pm

**Aug. 4<sup>th</sup>** - Hub Lakes Trails, 7:30am

**Aug. 5<sup>th</sup>** - Hub Lakes Championships, 9:30am

#### **Order of Strokes and Relays for the Meets:**

Jun 25, Jul 9 & Jul 23- Breaststroke and Medley Relay Meet.

Jul 2, Jul 16 & Jul 30 - Butterfly and Free Relay Meet.

Note: The Hub Lakes team “PARTI” above on the schedule is the combined swimmers of Lake Parsippany, Lake Arrowhead, Rainbow Lakes, Lake Telemark, Lake Intervale and Estling Lake. The combined swimmers of all these lakes will still be the size of an average team.

### **Registration and Program FEES for Lessons and Swim Team.**

Please note- CLPO Membership tags are required for admittance to the beach by all residents and guests except those from visiting lakes during Monday night swim meets.

A single swimming fee of **\$45 per child** with a maximum of **\$100 per family** (3 or more family members) should be paid in advance. This same fee applies to participation in swim lessons or swim team, or both programs.

**To sign up/register for the programs, send in your registration form to the CLPO Secretary or, contact Pat Strother at 973-586-6334. Email: [clpo@optonline.net](mailto:clpo@optonline.net)**

**You *must* also be a Cedar Lake Community Club member  
*to participate on the Swim Team.***

**For Community Club membership information, please visit their website [www.cedarlakecc.com](http://www.cedarlakecc.com) and download the application or contact: Susan Ulversoy at 973-625-2381.**