

CLE SWIMMING 2022-23 PROGRAM OFFERINGS

	AGE GROUP	MIDDLE SCHOOL	SENIOR	HIGH SCHOOL
Ages and skill level	Ages 10&Under Must be able to swim a 25 on front and on back – any stroke.	Ages 10-14 Must be 11&Over. Swimmers under age 10 may join with Coach permission or 2 LESI JO 10&Under qualifying times.	Ages 13&OVER Year round program for non-HS swimmers or 13&Over swimmers with Coach permission or 2 LESI JO 13-14 qualifying times.	Ages 13&OVER Swimmers must be in a HS program. Includes pre-season, post-season, and Saturday practices during HS season.
Regular Practice Schedule	Tuesday & Thursday for 60 minutes	Monday – Friday for 60 minutes	Monday – Saturday for 1.5-2 hours	Monday – Saturday for 1.5-2 hours
Recommended Attendance	6x per month	Ages 10-12: 3-4 per week Ages 13-14: 4-5 per week	5-6x per week	5-6x per week
Integrated Dryland Training	None	None	Comprehensive dryland programming	Swimmers are encouraged to participate in their school’s strength program
Meet and Practice Requirements	Must attend LESI 10&Under Championships	Must attend LESI Regional Championship and LESI JO or 10&Under Championship if Qualified.	Must attend mid-season taper meet (Braun Nov. 18-20) and LESI Regional (if 14& under) and JO Championship.	None.
Length of Season	6 Months (Sept – February)	11 Months (Sept – Aug)	11 Months (Sept – Aug)	11 Months (Sept – Aug)
Pricing	\$79/mo. + One-time USA Fee	\$109/mo. + One-time USA Fee	\$139/mo. + One-time USA Fee	\$139/mo. + One-time USA Fee (Payments pause Nov – Feb if swimming HS)
Notes	Otters Summer team available May - July.	6 and 9 month options available at \$129/mo. and \$119mo.		HS Pre-season Only option for swimmers not swimming year-round with CLE or a CLE Coach: \$300.00 + One-time USA Fee