

## SPARKS – It takes a spark to make Lightning!!!

**Do you have a swimmer that is almost ready for swim team but needs a little more help to get across the pool on their own?**

**If you answered yes, then Sparks is the group for you!!**

The Sparks group is a non-competitive group offered for our youngest swim team members. This program was designed to provide fun games, stroke development and water safety. It is a great way to transition from weekly swim lessons to participating at the Lightning level and attending swim meets. The main goals of the Sparks program are to provide our younger and inexperienced swimmers the opportunity to be a part of Lake Jeanette's Lightning Swim Team and enjoy the team activities and camaraderie while improving basic stroke skills and gaining confidence in the water. The end goal is to move to the Lightning 6 & Under group during the season when ready or be ready for next season.

There will be a Spark Meet at the end of the season for all participants that were not ready to compete in a regular dual season meet. This meet is a great confidence builder and a fun way to end the season by celebrating the hard work and success of our sparks swimmers. It is run by our Lightning level swimmers and is sure to bring a smile to your face. It features, noodle races, relays, and freestyle, and backstroke. All participants will receive a medal at the end.

To be eligible for the Spark group, participants should be at least 4 years old, comfortable putting their face in the water, and able to listen and follow directions. Unlike Lightning level practice, coaches will be in the water with our sparks team, helping them gain confidence and ensuring their safety. Sparks participants are official members of our swim team and will receive the team shirt and are encouraged to come to our team activities such as pep rallies, swim for cancer events, and the end of season Awards Ceremony.

We are starting registration with 15 spots, as we get closer to the season and have commitments from our Jr Coach helpers, we may be able to open more. If you would like to register for Sparks please visit our [swim team page](#) and complete the forms or stop by the office to sign up. Spaces will fill up very quickly!

### **Practice Schedule:**

**Monday, Wednesday, and Thursdays 4:00pm - 4:30pm at Turnstone**

**Wednesday full team practice at Lakeside 9:30am -10:30am**