

## Offseason Swimming Suggestions

1. Lake County Central YMCA Penguins (Painesville): This is a great team for beginner swimmers and those who are new to the sport. It offers a strong team emphasis and helps swimmers develop their skills over time. I've been told that it has been very crowded in the past year since the Painesville YMCA pool only has 4 lanes (25 yards). Ages 6 and up (to 18 I believe). Former Marlins coach Oliver Curwin is one of the coaches there. Go to <http://www.lakecountyyymca.org/> for more information. Click on the Painesville Central Y link and I would call to find out more details about the swim team since it is out of season still.
2. Lake County West End YMCA Wildcats (Willoughby): Very similar program overall to the Penguins. I know less about it since I didn't swim for them as a child. I believe some of our marlins swimmers have swam for the team, so ask around and see what they thought of the program. Also ages 6-18. Go to <http://www.lakecountyyymca.org/> and click on the west end tab. If you click on clubs and teams, I believe you can navigate your way to the team's webpage.
3. Euclid Marlins: This is a more competitive swim team that is a registered USA swimming club (like LESD and USC). It is coached by John Elliot, who coached me for a number of years on Pinegate. He offers a great program that is highly technical and will foster your child's growth as a swimmer. I would recommend this team for the more serious swimmer, as practices and meets will be much more competitive. Information can be found at <http://www.euclidmarlins.org/>
4. University Swim Club (USC): This is also a USA registered swim team. It offers competitive training at an elite level, but also offers great technical coaching and development. I'd recommend only for the more experienced/serious swimmer. I swam on this team while I was in high school to prepare myself for my final senior season. Information can be found at <http://www.universityswimclub.org/home.htm>
5. Lake Erie Silver Dolphins (LESD): Perhaps the most demanding and challenging of all the teams mentioned, this too is a USA registered swim team. They have trained some Olympians in the past few decades and will demand a lot out of your child at practices and at meets. I'd recommend this for only our elite or stronger swimmers, as practices will be very challenging. I swam on this team from 12-18 years old and improved tremendously. Younger swimmers will get technical help, whereas older swimmers will get more demanding and strenuous workouts with less technique work. Information can be found at <http://www.lesd.org/>