

**The Warren Harding Aquatics Team's** purpose is to develop leadership qualities, promote good sportsmanship, encourage team involvement, foster self discipline, build self confidence and provide a competitive swimming experience in an environment where a swimmer's full potential may be reached. The Warren Harding Aquatic Team is designed to give children the opportunity to progress from beginning or novice level swimming to championship level swimming. This program fully supports and promotes the Warren City Schools swimming programs and participation in them is strongly encouraged. Our swimmers work together as a team, with an emphasis on technical improvement, coordination improvement, core development and endurance training.

**We will coach any swimmer from any community. Living in Warren is not a requirement to join this program.**

**CHECK OUT OUR WEB SITE @  
WWW.WARRENSWIMMING.ORG**

**2023 - 2024 COACHING STAFF**

**HEAD COACH - MIKE DAVIDSON**

**ASST. COACH - STEVE LUKCO**

**ASST. COACH - TRICIA MARK**

**ASST. COACH - SYDNEY LUKCO**

**ASST. COACH - LYDIA WALLS**

**To contact Coach DAVIDSON...  
mikedavidson2002@hotmail.com  
(440) 915-1567**

**PRACTICES ARE HELD AT THE  
WARREN G. HARDING NATATORIUM  
860 ELM RD NE WARREN, OHIO 44483**

**\*\*TRYOUTS/EVALUATIONS**

**PLEASE CONTACT HEAD COACH  
MIKE DAVIDSON EMAIL: MIKEDA-  
VIDSON2002@HOTMAIL.COM**

**OR CALL 440-915-1567**



**Integrity & Fairness**

**Positive Environment**

**Leadership**

**Excellence**

**Innovation & Creativity**



### **RED CROSS LTS LESSONS:**

Level I, II, III, IV, V, VI

RC Lessons will be from

5:00 - 5:40 & 5:45 - 6:25

M, T, W, TH

Four - 4 week sessions.

### **WHAT TEAM SEASON DATES:**

**SEPTEMBER 5TH-MARCH 7th 27 weeks**

### **WHAT TEAM LEVELS:**

#### **BEGINNER GROUP:**

27 WEEKS from 6:00-6:40

#### **INTERMEDIATE GROUP:**

4 WEEKS from 5:30-7:00

23 WEEKS from 6:00-7:30

#### **ADVANCED GROUP:**

4 WEEKS 4:30-6:00

23 WEEKS from 6-7:30

#### **SENIOR/HS GROUP:**

8 WEEKS from 6:00-7:15 am M-W-F, 8:00-10:00

am Sat & 3:30-6:00 pm M-TH

### **A YEARLY USA FEE MUST BE PAID ONLINE TO USA SWIMMING**

\* SESSION END DATE DEPENDS ON CHAMPIONSHIP MEET  
QUALIFICATION

### **MULTIPLE SWIMMERS FROM SAME FAMILY**

#### **DISCOUNTS:**

2nd swimmer and more -10%, discount is on Team Fee  
only

### **NO PAY... NO PLAY!**

***Dues must be paid in full before any  
practice may be attended.***

**CHECK OUT OUR WEB SITE @  
WWW.WARRENSWIMMING.ORG**

### **RED CROSS LEARN TO SWIM LESSONS**

Level 1 is for beginners with little or no experience in the water. To enroll into Levels 2-6, students must have completed or at least be able to confidently demonstrate the skills listed in the previous level, including the exit skill requirements. A more detailed description of each level along with registration information is available at:

**<http://warrencityschools.org>**

**LEVEL 1: Introduction to Water Skills**, ages 4 & up. Purpose: Helps students develop positive attitudes, good swimming habits and safe practices around the water.

#### **LEVEL 2: Fundamental Aquatics Skills.**

Purpose: Give students success with fundamental skills. Learn to float and recover to a vertical position.

#### **LEVEL 3: Stroke Development.**

Purpose: Builds on skills from Level 2 & develops strokes through additional guided practice in deeper water.

#### **LEVEL 4: Stroke Improvement.**

Purpose: Develops confidence and strength to improve skills learned and introduces new aquatic skills.

#### **LEVEL 5: Stroke Refinement.**

Purpose: Provides further coordination and refinement of strokes, swimming further distances.

#### **LEVEL 6: Swimming and Skill Proficiency.**

Purpose: Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options that each focus on preparing students to participate in more advanced courses, including the Water Safety Instructor and Lifeguard Training courses. Instructor will determine options offered. Once a swimmer successfully passes level 5, they will be asked to tryout for the swim team. To join the swim team, swimmers must be able to swim 200 yards freestyle and swim a legal 25 of each other competitive stroke.

### **WARREN HARDING AQUATICS TEAM**

#### **Beginner 40 Min Group 4x per week:**

To join this group, swimmers must be able to swim freestyle and backstroke for a 25. This is a stroke development group focusing on having fun and developing a long term love of the sport of swimming.

#### **Intermediate 1.5 Hour Group 4x per week:**

This is an advanced developmental group where the focus is on ensuring that the athletes are having fun (develop a long term love of swimming), forming strong team bonds, continue developing strong fundamental skills in free-style, backstroke, breaststroke and butterfly, building a great I.M. foundation

#### **Advanced 1.5 Hour Group 4x per week:**

This is a highly competitive training group for middle school age swimmers designed to prepare them for performing at the highest level of competition they can achieve (LSC Champs, Zones, USA Sectionals) as well as preparing them for high school swimming. The training emphasis will be aerobic conditioning in all four strokes, developing and maintaining advanced stroke mechanics, perfecting race strategies, nutrition, and individual goal setting.

#### **Senior 2.5 Hour Group 7x per week:**

This group is designed for High School age swimmers. Designed to prepare them for performing at the highest level of competition they can achieve (LSC Champs, Zones, USA Sectionals, Junior and Senior Nationals) as well as preparing them for high school & college swimming. The training emphasis will be training group specific: Sprint/ I.M./ Distance and perfecting race strategies, nutrition, and individual goal setting.

FOR A MORE COMPLETE DESCRIPTION OF EACH GROUP, PLEASE SEE OUR WEBSITE

**WARRENSWIMMING.ORG**

**We will coach any swimmer from any community. Living in Warren is not a requirement to join this program.**