



Join Great Lakes Sailfish Swimming at Gilmour Academy

GLSS competitive team is a year-round USA Swimming program that competes in both the short course and long course season. ***The goal of this swim team is to empower our athletes to develop to their fullest potential in and out of the pool.*** Gilmour Academy is the home of the team. The Gilmour natatorium is located at 2045 SOM Center Road, Gates Mills 44040.

We want YOU! Join us for **tryouts on Saturday, April 9 from 9 a.m.-noon**. Tryouts will allow you to meet our coaching staff and help determine what group is right for you.

GLSS Levels:

- **Bills - High School swimmers** expected to train year-round in order to improve and excel. Emphasizes techniques, training and conditioning. Doubles and dryland are an important part of the program.
- **Fins** - This group is for **advanced year-round age group swimmers**. Teaches swimmers how to improve by training and conditioning while maintaining proper technique. Swimmers must be able to read a clock for sendoffs, be proficient in all turns and strokes, and able to make 10x100 on 1:30.
- **Tails** - Practices will continue implementing skills and proper technique. Develop good practice habits with increasing interval training. Start building endurance and introduce effort levels and race strategies. Swimmers at this level must have the **ability to maintain proper basic interval work in practice, be proficient in starts and turns and must participate in competitive meets**.
- **Gills** - First level of competitive swimming. **Training emphasizes stroke instruction. Swimmers must have the ability to focus for length of practice and be legal in 2-3 competitive strokes.**

If you are interested in joining GLSS, but are unable to attend the tryouts, email GLSS@gilmour.org with the following information:

- Swimmer(s) name
- Age(s)
- Previous experience

GLSS coaches also offer private lessons.

Private lesson inquiries should also be sent to glss@gilmour.org

We looking forward to seeing you at Gilmour Academy!

[Visit our website](#)