

# LAWNDALE SWIM TEAM HANDBOOK!

## *Welcome, LIZARDS!*

Summer swimming at Lawndale Swim & Tennis Club is a short-but-packed season of fun practices, competitions, and social events for all levels of school-aged swimmers. Each season our team is composed of **returning AND new swimmers**, and what we can do as a team varies based on the availability of parents to facilitate essentials and the extras our team loves.

**Please take a few moments** to review this “handbook” so that everyone knows what’s up for this season, as well as how and when to volunteer, to launch our team to another great season.

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### WELCOME, LIZARDS!

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### Getting Started/To Do List

- Join the team at the Pool Open House/team ice cream social, or during a practice.
- Complete both the Lawndale swim team & required CSA forms when you turn in your payment.
- Purchase a team swim suit(s), if needed (the same style is used two years in a row). Team T-shirts and caps will be available prior to the first meet.
- Pick-up your swimmer’s Swim for Cancer envelope and participation information.
- Sign-up for which meets your swimmer(s) will attend.
- Volunteer to work at meets and/or doing other team jobs (see contacts for several opportunities—everyone should plan to do something☺)
- Bring your swimmer(s) to practices!

## Practices

**Practices:** Coaches have swimmers swim laps to develop endurance, teach and work on all strokes, turns, starts, stops and meet rules for competition. Prior to the 4 weeks of competitions, after school practices are available at Lawndale after Memorial Day. Additionally, for those wanting to warm-up prior to our summer season, several year-round teams (see contact information at end) offer special programs and rates to do so.

Please try to make as many practices as you can as this time spent in the water is essential to both individual and team success. Practice is also a time to reinforce sportsmanship and facilitates team bonding. We have a GREAT team full of wonderful swimmers and we want to embrace it and strengthen it at every opportunity! In addition, please plan on arriving for practice 10 minutes prior to the “start” time as that provides our swimmers time to stretch and prepare to get in the water promptly. If you have occasional a conflict with a practice time, please let the coaches know so that we can see if there is a way to temporarily schedule your swimmer at a different time. DO NOT forget to bring your goggles, towel and water bottle to EVERY practice!!!

**Communication:** We WANT to hear what you have to say and we want to be able to focus on you so if you have anything that you need to discuss with any of the coaches, please wait until AFTER all practices are complete. We have a limited time in the pool and we want to make the most of it for your children.

- E-mail: Please make sure that you include your e-mail address(es) on your registration form! We will add you to our team’s “Google Group” in order for you to receive e-mails.
- Texts: If you would like to receive team text reminders, you can sign up as follows:

At [www.remind.com/join/lscswim](http://www.remind.com/join/lscswim) -or- text @lscswim to 81010

**Private Coaching:** If your child is participating on swim team and you feel that they could benefit from some more individualized attention or if they would like to focus on a specific element of stroke development, this is just the thing for you! Our coaching staff will offer 15 – 30 min private “coaching” sessions for \$15 - \$20 per half hour (cost is directly related to the coaches’ experience). This is a great opportunity to go further than is possible in the large group team setting, to target areas of need unique to each swimmer. Please feel free to discuss this option with one of the coaches anytime after practice.

## Volunteers

**Volunteers:** Our Lizards depend on a super team of volunteers to make our swim season as smooth, fun, and successful as it is. ‘Many hands make light work’...and the meets go by faster! Melissa Riffe-Guyer is our volunteer coordinator for the 2016 swim season. We ask that all families volunteer in some way at every swim meet. To support our team by volunteering all you need to do is:

1. Sign up for volunteer opportunities at our swim team open house and/or when you register your child for the season.
2. Sign-up via Sign-up Genius for our meets, special events, and City Meet volunteer opportunities.
3. **Regular volunteer needs at SWIM MEETS include:**

\*Meet Referee In-Training

\*Place Judge

Clerk of Course

Timers

Scorer Time

Computer Input

\*Starter

\*Stroke & Turn Judge

Head Timer

Runner

Bakers for Bake Sale

Bake Sale Coordinator

*\* = To be a stroke & turn official for a CSA regular season swim meet, you must attend one of the CSA training clinics.*

- *To be a starter or referee, you must attend both a starter/referee session as well as a stroke & turn session.*
- *If you are a USA Swimming certified stroke and turn official, you only need to attend the starter/ref class to be a referee.*

### **2016 Training dates are:**

*Stroke & Turn: May 4<sup>th</sup>, 5<sup>th</sup> or 12<sup>th</sup>*

*Referee / Starter: May 2<sup>nd</sup>, 3<sup>rd</sup> or 11<sup>th</sup>*

*All classes will be held at Sherwood Pool beginning at 7pm.*

*\*If you are unable to make any of the dates above, you can take the class ONLINE at*

*[www.strokeandturn.com](http://www.strokeandturn.com) and then you MUST send the completion certificate*

*to [edwardbstephen@gmail.com](mailto:edwardbstephen@gmail.com)*

4. Other volunteers needed throughout the season include:

**Pancake Breakfast chefs/helpers**

**Pasta Dinner Coordinator**

**Awards Banquet Dinner Coordinator**

**Swim for Cancer Representative**

5. Finally, **CITY MEET** volunteers include:

**City Meet Coordinator**

**Tent Parents**

If you have any questions about what these volunteer positions involve, please see or contact one of the parent representatives.

***Thanks in advance for helping this season!***

## Swim Meets

The Community Swim Association (CSA) schedules Lawndale's dual meets and the championship citywide meet ("City Meet") in which all city teams compete. See the CSA website (<http://www.greensborocsa.org/>) for meet information, schedules, directions, as well as winning times and team scores throughout the season.

**2016 Schedule:** Dual meets begin promptly at **5:30 p.m.**, with required warm-ups at **4:30 p.m.** *Please arrive at meets NO LATER than 4:15p.m.*

Tuesday, June 7 Greensboro Elks @ Lawndale  
Tuesday, June 14 High Point Elks @ Lawndale  
Thursday, June 16 Lawndale @ Greensboro Country Club  
Tuesday, June 21 Lawndale @ Ridgewood  
Tuesday, June 28 Adams Farm @ **Lawndale**  
**\*\*July 7-9\*\*** **City Meet @ Greensboro Aquatic Center (GAC)**  
*(more detailed info, including swimmer entries, schedule, volunteer needs, will be available for City Meet closer to these dates)*

**Dual Meets:** Dual meet participation helps the coaches determine your swimmer's entries at City Meet and helps your swimmer establish goals and mark their successes. Attendance, promptness, good sportsmanship, and staying together as a team at each meet are as helpful to the team, if not more than how fast one swims...swimming is a team and character-building sport!

## Keys to Swim Meets...

**Swimmer essentials:** LABEL EVERYTHING & ALWAYS KEEP YOUR THINGS TOGETHER (a bag is suggested), swim suits, goggles, towels, team shirt, swim cap, proper diet and hydration (light carbs, including fruit, and protein, if needed at meet, sports recovery drinks, water—no soda, heavy, greasy foods).

**Warm-ups:** Although dual meets begin promptly at 5:30, all swimmers should arrive at 4:15 to warm-up in the home or host pool, according to the assigned team warm-up schedule. Warm-ups are important to prevent injury and for swimmers to regain their "feel for the water" and establish a comfort level with the pool, prior to competing.

### **Sportsmanship & Swim Traditions:**

- After each event, **stay in the pool** until all lanes in your event are finished swimming
- **Shake hands or congratulate all competitors** before (but quickly) exiting the water

- Do not wear other team insignia on cap, swimsuit, goggles, etc. during summer swim (Example: high school, year-round)
- Express team pride BUT with great sportsmanship (don't speak poorly of the other team!)
- Talk to your coaches before AND after every event for last minute motivation and feedback

**Line-ups:** Every swimmer's full participation is important to the success of our team. Each swimmer can swim a maximum of three individual events, and up to two relays, according to the coaches' discretion. Putting together an entire team's events optimally, or according to whatever goals the coach has for that meet, is called a "line-up." Often the coaches will assign a swimmer an event that may not be his or her personal favorite. They may do this to give a swimmer the experience, or possibly to maximize our teams' scoring potential, based on who is swimming at that meet. Please encourage your swimmer to do his/her best, even when not swimming an event of his/her/even your choice.

**Advance notification of Absences:** We realize that swimming is not your family's only summer activity but ask that you give the team the courtesy of notifying the coaches in advance of any absences from meets. Because of the multitude of events and swimmers, and the complexity of doing strategic line-ups, it is important for coaches to know of any potential absences from a meet(s) well in advance. It is preferable to "sign-out" your swimmer as soon as possible, ideally at registration, if your family knows your vacation schedule already.

The registration form has a section to mark the meets in which you can attend. If something changes we you need to notify the coaching staff as soon as possible via email or phone call. If your child is sick and unable to compete, please convey this to the coaches as soon as possible prior to the meet.

If a swimmer has not notified the coaches that he/she will not be present for a meet (by signing out in advance), the coaches assume the swimmer is attending and schedule accordingly. When swimmers do not show up to a meet that they have not signed out for, or if they leave a meet early, it can severely affect relays as well as overall team morale. In rare cases, a "no-show" can completely eliminate a relay, which will let 3 teammates down.

**Scoring:** For our dual meets, points are given for the top four places for individual swimmers and top two places for relays for each age and event. Though it's fun to have the fastest swimmer on your team, consistently taking 2<sup>nd</sup> and 3<sup>rd</sup> places can earn just as many points. Relays are worth more points, so can often decide the outcome of

a meet. Thus it is important to your team that you not miss an event or especially a relay—your team needs you, even if you are tired or think you are not the fastest!

**Disqualifications (DQ's):** CSA trained officials, called Stroke and Turn Judges and the Referees, watch swimmers to determine that they are using proper/legal starts, strokes, turns and finishes. When an infraction is observed by the judges (and concurred by the referees), the swimmer is “DQ'd”. If that swimmer placed, the place is forfeited to the next fastest legal swimmer. Because of this, it is always likely that a second or even third place finisher can end up first place, however slower he/she was. Hence, in training, coaches commonly encourage swimmers first to learn to swim legally, THEN to tweak their technique to swim fast.

While understandably it is disappointing to be “DQ'd” for a swim, rules level the playing field and are for the swimmers benefit. Coaches teach proper stroke, turns, and finishes, but it is a lot for a young, new swimmer to retain and do when under pressure at a meet—and even experienced swimmers goof! DQ's are normal and frequent for any team at the beginning of each summer season, and generally diminish as we progress toward City Meet. As part of the learning process, DQ's motivate swimmers to pay more close attention to their coaches training and instruction, and prepare them for City Meet.

**Ribbons/Prizes:** Ribbons are awarded for the top ten places at dual meet, with points being earned for the 1<sup>st</sup> four individual places, and top two relays. The newspaper announces team scores and individual triple event winners. All age group winners and times can generally be found on the CSA website a day or so after each meet.

### **City Meet DE-MYSTIFIED!!!**

City Meet refers to the City Swimming Championship, in which more than 2,000 swimmers, from ages 5 to 18, from all 23 local summer swim teams, compete against one another at the Greensboro Aquatic Center (GAC). It is held the Thursday, Friday, and Saturday the week of the last dual meet.. Points earned there determine next year's competition for dual meets.

Each team is assigned a “tent area” in the Coliseum Special Events Center, where swimmers check in and out between their events with a parent in charge, commonly called a “Tent Parent”. . The team provides some refreshments (by sign-ups), and individuals keep snacks and drinks, talk, and play games. Swimmers are NOT allowed to leave the tent area without specific permission from the tent parent – THIS INCLUDES THE OLDER SWIMMERS! City Meet is a huge event and it is very easy to lose track of people, location and time. We realize that everyone has many friends on other teams but swimmers should **wait to socialize until after all of their events are completed.**

The schedule varies annually, but typically if a swimmer competes on Thursday, every event is a “final” meaning it is only swum once. Swimmers who compete on Friday and Saturday will have “preliminaries” in the mornings which will establish the 20 fastest swimmers/times in each age group. These 20 swimmers will compete again at “finals” in the afternoon session. Relays are also scheduled throughout, and a CSA wide parade of all the teams is held prior to the afternoon session of the last day. After Saturday finals, team and individual awards are presented.

While City Meet is essentially like a large dual meet, rules are stricter-but-essential for its smooth administration, simply because of the sheer numbers of kids and teams. We will have a City Meet prep meeting to share more specific details, review rules and expectations prior to this event.

**Warm-ups:** City Meet warm-up times and lanes are assigned in shifts by the CSA; swimmers and parents will be notified of times and lanes prior to the meet.

**Etiquette/protocol/swim traditions:** Do NOT forget your Lawndale Pride! Remember to practice good sportsmanship and respect of fellow swimmers, other teams, parents, coaches and officials.

## **Fun Stuff**

**Time to Eat!** Pancake breakfasts the morning of swim meets, Pasta Dinner the Tuesday before City Meet, and our awards banquet, provide opportunities to eat and socialize!

**Snack Shack (more food!):** Usually open during meets, sometimes with additional grilled burgers and dogs also available (for spectators or swimmers completely done, including relays)

**Swim for Cancer:** Lawndale Swim & Tennis Club have participated in this CSA tradition for over 40 years. The Swim for Cancer program raises money for cancer research via swimmers getting sponsorships for swimming laps with the team. Money raised is reported and collected prior to City Meet, at which time all club totals are announced for the season. **Be on the look out for more Swim for Cancer info as our season gets under way!**

**Team Pictures:** PLEASE NOTE: No flash photography at starts during the swim meets. We are planning for a parent photographer to take this year’s team pictures, charging a little over cost to print with any extra money being a team fundraiser to defray team costs, but also saving members money compared to professional costs.

## Swim Terms

**Freestyle (Free)**-Technically, a swimmer can swim about any way possible to finish, as long as he/she touches the wall to turn and finish, without stopping to stand or touch the bottom. Obviously, they train for optimal performance!

**Back stroke (Back)**-Swimming on the back, shoulders not past vertical, except on the turn when touch wall (which if is a flip requires continuous motion)

**Breast stroke (Breast)**-Stroke requiring simultaneous arm pulls under water, but not below waist, and simultaneous “frog” kicks (not flutter or scissor kicks)

**Butterfly (Fly)**-Another stroke requiring simultaneous arms, but recovering over the water and pulling under, with feet doing a dolphin kick

**Individual Medley:** An individual event swimming all four strokes in the following order: Fly, Back, Breast, Free

**Medley Relay:** A team relay event with a different swimmer for each of the following stroke order: Back, Breast, Fly, Free

**Freestyle relay:** Another team relay event with four swimmers each swimming free.

**Starts:** On the block or in the water for back, once a referee calls on your mark, there should be no movement (not even adjusting goggles, swaying, talking, etc.) until the start horn (or the starting referee DQ's the swimmer).

**Turns:** Must touch the wall, with one hand or foot for free or back, but with simultaneous hands for breast and fly.

**Finish:** Must touch the wall, with any part of body for free or back (unfortunately, the head is common), but with simultaneous hands for breast and fly.

**Whistles:** Short whistles get ready and approach start; long whistle step up on block/or jump in water for back

## Year-Round Swim Clubs

For those of you who would like to swim beyond the summer, we have several teams in our area, with some of our Lawndale swimmers having experience with the following:

Greensboro Community YMCA (GCY) <http://www.gcymakos.org/>  
Greensboro Swimming Association (GSA) <http://www.swingsa.com>  
STAR Aquatics <http://www.staraquatics.net/>

At the CSA website, <http://www.greensborocsa.org/>, click on Links for even more information about the wonderful world of swimming.