

LAKESIDE QUARRY GATORS TEAM HANDBOOK - FALL 2025

TEAM PHILOSOPHY

The Quarry Gators swim team was created to introduce children to the sport of swimming in a positive and relaxed atmosphere. This program is a great source for stroke development, sportsmanship, and school-year fun and also serves as a segue into competitive swimming. Many of our [coaches](#) are former Quarry Gators and all have varied backgrounds in competitive and fitness swimming. Their job is to identify and support the individual needs of our swimmers and help them reach their goals.

The mission of the Lakeside Quarry Gators is to have fun and build lasting relationships while developing the necessary tools to use swimming as a lifetime fitness activity.

ELIGIBILITY

Lakeside Swim Club requires the following of Quarry Gators swimmers:

1. Quarry Gators swimmers must be Lakeside Swim Club members between the ages of 5 and 18 as of October 1. Exceptions are made on a case-by-case basis.
2. All swimmers must demonstrate their swimming ability in a tryout before the start of the season or have been a team member for a previous season.

Louisville Swim Association bylaws on the participation of USA Swimming registered athletes do not apply in the Fall and Winter seasons of Quarry Gators.

REGISTRATION

- Online registration is available at: <https://www.lakesideswim.com/teams/quarry-gators/>
 - Online registrations are not considered complete until cash or check payment has been received by the programs office at Lakeside Swim Club during business hours.
- Registrations are made on a first-come, first-served basis. Registration will close once a limit determined by Lakeside Swim Club staff has been met.

PROGRAM FEE & PAYMENT OPTIONS

Payments should be made before the first day of practice, Friday, October 24.

- \$225 per swimmer
- \$175 per additional swimmer from the same household

Payments can be made with cash or checks made payable to "Lakeside Swim Club" with "Quarry Gators" on the memo. Either can be accepted by a front desk attendant at Lakeside during business hours, by a Lakeside supervisor, or by a head coach in person. You can mail checks to:

Lakeside Swim Club / ATTN. Quarry Gators / 2010 Trevilian Way / Louisville, KY 40205

TEAM COMMUNICATIONS

- The following channels are available for team communications:
 - Email - quarrygators@lakesideswim.com
 - Phone - 502.454.4585 x 231 (QG Hotline)
 - If you call the front desk/operator (x 0) you can ask to be transferred to the QG extension.
 - Club Website - www.lakesideswim.com/teams/quarry-gator-swim-team/
 - All pertinent information, including archived email announcements, meet results, etc. from the Head Coach will be made available on the website.
 - SwimTopia - <https://quarrygators.swimtopia.com/>
 - All registered parents are invited to create an account in order to sign your swimmer up for meets and for parents to sign up to volunteer.
 - In-Person
 - Speak with the Head or Assistant Head Coach during practice hours.
 - Outside of practice hours, speak with the front desk attendant or a supervisor, and they can assist you as needed.

TRYOUT PROCEDURE AND STANDARDS

- Tryouts will be held on Wednesday, October 22nd, from 5:30 p.m. to 6:00 p.m. and are mandatory for all new swimmers.
- Pre-registration is required. No walk-up registrations/tryouts.
- Once new families have registered, they will be contacted to choose a tryout time to avoid overcrowding.
- Swimmers who have not been team members recently may be asked to try out again.
- Coaches do not expect to see perfect swimming during a tryout. The tryout is to ensure each swimmer can participate safely and assess them for placement in the appropriate training group.
- Each swimmer must be able to complete the following during a tryout:
 - 25 yards of freestyle
 - 25 yards of backstroke
- 25 yards is approximately the distance between the front pier and the float in the lake. **If you would not allow your child to swim to the float and back on their own, please do not attend tryouts.**
- Swimmers who cannot meet the above requirements will be given instructions on enrolling in [swim lessons or Junior Gators](#), or may be asked to arrange additional private instruction as a contingency for joining the team. This decision is at the discretion of the Head Coach.

PRACTICE SCHEDULE

- Fall season practices are held weekly, Mondays, Wednesdays and Fridays beginning October 24 and ending December 12.
 - Practice times are 4:30-5:15 p.m. or 5:15-6:00 p.m.
 - Practice will not be held on the following days:
 - Friday, October 31 – Halloween
 - Friday, November 14 – Green v. White #1
 - Wednesday, November 25 – Thanksgiving
 - Friday, November 27 – Thanksgiving
 - Friday, December 5 – Green v. White #2
 - Unless otherwise instructed by the Head Coach, generally plan on attending the practice time you registered for.
 - Only notify the Head Coach if you plan to change practice times permanently.
- Occasionally, switching times as your family's schedule demands does not need to be reported. To give your swimmer the best and most consistent experience, please attend the practice time you registered for.**

SPECIAL EVENTS

- Special practices will be held at the regularly scheduled times as follows:
 - Wednesday, October 29 - Halloween Fun Day
 - Wednesday, November 19 - Clark Buckle Day (one practice from 4:30-6pm)
 - Monday, November 23 - Thanksgiving Fun Day
 - Friday, December 12 - Last Practice Fun Day
- The following special events will be held outside of the normal practice schedule:
 - Thursday, November 6 - LQG @ UofL v. UK Swim Meet - 4:30 - 7:00 p.m. - see [here](#) for more info!

INCLEMENT WEATHER

- As a rule, Lakeside does not cancel practice because JCPS is not in session due to inclement winter weather. During inclement winter weather and school closures, an announcement about practices will be made no later than 3:00 p.m. via SwimTopia and www.lakesideswim.com
- During sudden inclement weather, the team will seek shelter in the Jack Thompson Building (concession stand) lobby or restrooms as necessary. **Practices will be canceled due to sudden inclement weather during the fall and winter seasons.**
- There are no dry land exercises instead of swimming during a thunderstorm or other sudden inclement weather. Cancellations will be announced via SwimTopia and email and will be published on the club website: www.lakesideswim.com

PRACTICE EXPECTATIONS FOR FAMILIES

- Regular practice attendance is expected of every swimmer; however, there is no strict attendance policy. Noticeable absences will be addressed. You do not need to let us know when you will not be at practice.

- All swimmers and their families must bring their Lakeside membership cards to enter the club.
- Please have your child ready to warm up at the published start time-- suit on, goggles in hand, and if applicable, hair pulled away from the face in a bun or ponytail **AND** in a swim cap.
- Refrain from congregating in the immediate area around any entrances/exits to the bubble during practice.
- During practice, all questions should be addressed to the Head or Assistant Head Coach to avoid distracting swimmers or lane coaches.
- The names of non-member guardians who need to enter the club to drop off or pick up swimmers for practice should be emailed to the Head Coach at quarrygators@lakesideswim.com in advance for proper approval and documentation. These guardians will check in and out at the front desk before and after practice. They are welcome to stay inside the club, but may not use any of the club facilities. Otherwise, an eligible member will need to purchase a guest ticket and supervise them. Non-member guardians should only be utilized when a club member guardian is not available.
- Swimmers under the age of 9 are welcome to be dropped off for practice as long as they are prepared to check in with a coach immediately. Swimmers being picked up after practice should go straight to the concession stand to wait for their parent(s). Parents picking up swimmers ages 9 and under should park their car legally or park with their flashers on in the designated loading/unloading area and walk into the club.
- Swimmers are to spend no more than 10 minutes showering and changing in the bathrooms after practice.

PARKING & DROP OFF/PICK UP

- Parents attending practice should use street parking around the club.
- Parents dropping off or picking up swimmers should use the loading/unloading zone only and for brief periods of time.
- Do not use areas designated for loading/unloading or designated handicapped spaces in front of the club for long-term parking.
- Please do not stop in traffic on either side of Trevilian Way to drop swimmers off in front of the club.

TEAM UNIFORMS & EQUIPMENT

- During practice, swimmers may wear any Lakeside-appropriate suit they wish.
- During meets, swimmers are recommended to wear team suits, available for order through Swimville USA (11800 Shelbyville Rd, Louisville, KY 40243 – 502.245.9811). **If you have never bought athletic swimsuits, we highly recommend having your swimmer fitted by the staff at Swimville. They will do an excellent job and accommodate all your needs.**
- During meets, swimmers are encouraged to wear team caps, as provided by Lakeside. If a cap is to be worn in competition, it should only be a Lakeside Quarry Gators cap.

- This also applies to your child's swimsuit. During meets, swimmers may not wear suits displaying logos for any program or team other than the Lakeside Quarry Gators.
- One team t-shirt and swim cap will be distributed following tryouts or during the first week of practice.
- Any swimmer who needs a replacement latex cap may ask for one at the first swim meet of the season.
- Quarry Gators apparel will be available for sale as announced by the Parent Committee. A limited number of silicone caps are available for sale while supplies last.
- Goggles are vital to visibility while swimming and are strongly recommended. Please bring your own goggles and wear them for every practice and meet. Bring a backup pair! Please refrain from using mask-style goggles that cover the nose.
- Swim caps and hair ties are strongly recommended for practice and meet for all swimmers who may be hindered by their hair while swimming.
- Water bottles are helpful as swimming is a rigorous physical activity.
- Please label ALL equipment with permanent markers.
- Extra towels are helpful at meets. Swimmers can sit on one and dry off with the other.

FALL 2025 SWIM MEETS

- The Fall 2025 swim meet schedule is as follows:
 - Green v. White # 1 – Friday, November 14 from 4:30-7:30 p.m.
 - arrival: 4:15 p.m.
 - warmup: 4:30 p.m.
 - start: 5:00 p.m.
 - Green v. White #2 – Friday, December 5 from 4:30-7:30 p.m.
 - arrival: 4:15 p.m.
 - warmup: 4:30 p.m.
 - start: 5:00 p.m.
- Swim meets are optional. RSVP's are mandatory.
- These meets are "Green v. White" inter-squad competitions with no away team.
- Swimmers should report to the pool 15 minutes before the warm-up time.
- All swimmers are required to check in with the designated Attendance Coach (declared by email, subject to change meet-to-meet) no later than 30 minutes prior to the published meet start time.
- Parent volunteers should be available 15 minutes before the meet start time.
- If you know you will be present but late, notify the Head Coach ahead of time via email. The QG email inbox is checked on swim meet days at 3:00, 3:30, and 4:00p.m. only.
- If you have to leave a swim meet prior to its conclusion (ex. We have a 7:00pm obligation, can we only swim in the first half of the meet?) do not RSVP as attending.
- Fall/Winter swim meets are a training opportunity for parents to prepare for roles that are much more expanded and challenging in the summer season when our team size triples.
- Swimmers entered in a meet are expected to stay until all of their races have ended. Swimmers should check out with the Head or Assistant Head coach before leaving a meet after their last race if they may be needed for a later relay or other opportunity.

- **DO NOT leave a swim meet early if it can be avoided.** Swimmers entered on relays who leave early risk eliminating the opportunity for three other swimmers to participate.
- **Participation in relays is not guaranteed.**
- Please ensure swimmers remain in the team area during the meet.
- During meets, parents are asked to stay out of the team area unless they are volunteering.
- Due to our team size and to finish meets on time, our goal is to ensure all Quarry Gators swim in at least 2 events, with at least 1 being an individual event. Participation in more than two events is subject to the number of entries in the meet, the ability of athletes to compete in multiple strokes, and the availability/eligibility of athletes to participate in relays.
- Guest spectators are welcome. Please abide by all facility expectations published in advance.

MEET RSVP's & ENTRIES

- Please RSVP by the entry deadlines shown below for swim meets via this Swimtopia link: https://quarrygators.swimtopia.com/swim_meets

DATE	MEET	ENTRY DEADLINE
Friday, November 14	Green v. White #1	Wednesday, November 12 at 9:00 p.m.
Friday, December 5	Green v. White #2	Wednesday, December 3 at 9:00 p.m.

- The above deadlines are NOT flexible.
- Attendance will be taken to confirm entries for relays, and adjustments will be made accordingly. Arriving late to a meet will affect relay entries, so please be punctual.
- If you know you must leave a meet early, please let the Head Coach know via quarrygators@lakesideswim.com

AWARDS

- Ribbons will be given for all places.

PARENTAL PARTICIPATION - 3 opportunities!

1. Parent Committee
2. Meet Volunteers
3. Special Event Volunteers

1. PARENT COMMITTEE

The Parent Committee works to organize parent volunteers and provide support to coaches and parents.

- **PRESIDENT** – Works directly with Asst. Head Coach and leads Parent Committee to meet the goals of the program
- **VICE PRESIDENT** – Works directly with the President and steps in the absence of the President
- **MEET VOLUNTEER COORDINATOR & Asst.** – Secures and organizes all meet volunteers in advance of each meet, assists in the training of all meet volunteers, and meets with meet volunteers on meet day and after
- **RIBBON FULFILLMENT COORDINATOR & Asst.** – Organizes the creation of ribbons during a meet, and organizes the distribution of ribbons after swim meets
- **COMPUTER OPERATIONS COORDINATOR & Asst.** – Assist Head Coach in the use of timing technology to run swim meets and process results
- **SPECIAL EVENT COORDINATOR & Asst.** – Secures and prepares volunteers for special events
- **TEAM APPAREL COORDINATOR & Asst.** – Prepares and manages seasonal team apparel store and distribution of orders once delivered
- **MEET SET UP / TEAR DOWN & Asst.** - Oversees the physical meet prep and tear down
- **COACHES GIFT COORDINATOR** – Organizes the collection of funds to be used on a seasonal coaches dinner postseason

2. **SWIM MEET VOLUNTEER**

Parent volunteers make meets and special events possible. **Every family is required to volunteer for a minimum of 2 opportunities (swim meet and/or special event), regardless of whether your child is swimming in a meet.**

Please note that the fall and winter seasons are ideal, less-intense times to learn new roles for swim meets. We train parents for every position!

- Timer (6)
- Head Timer (1)
- Age Group Parent (12)
 - 6U (4)
 - 8U (4)
 - 9-10 (2)
 - 11+ (2)
- Clerk of Course (1) and Assistant Clerk of Course (1)
- Set up / Tear down (2)
- Ribbons (3)
- Computer Ops (2)

3 **SPECIAL EVENT VOLUNTEERS**

- Halloween Practice – Wednesday, October 29 (2 x treat distribution)
- University of Louisville swim meet – Thursday, November 6 (7)
 - promo, RSVP, pizza reservations (2)
 - make signs at practice (3)

- meet day welcome (2)
 - Thanksgiving Practice -- Monday, November 23
 - Last Day of Practice FUN Day – Friday, December 12 (2 x treat distribution).
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- **SIGN UP FOR YOUR VOLUNTEER COMMITMENTS VIA SwimTopia:**
 - https://quarrygators.swimtopia.com/swim_meets
 - A team representative may contact families to recruit volunteers at meets if necessary.
 - Families who volunteer for 2 meets will receive a voucher for a free stroke clinic!

QG PC Fall 2025			
POSITION	NAME	PHONE	EMAIL
President			
VP			
Meet Volunteers Coordinator / swimTopia			
Asst			
Meet Starter			
Asst			
Computer Operator Coordinator			
Asst			
Stroke & Turn Coordinator			
Asst			
Asst			
Certified			
Ribbon Fulfillment Coordinator			
Asst			
Special Events Coordinator			
Asst			
Entries Coordinator			
Asst			
Spirit Wear Coordinator			
Asst			
Setup / Tear Down Coordinator			
Asst			
Floater			
Coaches' Gifts / Cap \$ Coordinator			
		Venmo	
Staff Liaison	Coach T	502.541.8337	tamccauley2@gmail.com

