



Summer Swim Team
Parent Information Packet
2017

Email: lindonswimteam@gmail.com

Blog: lindonswimteam.blogspot.com

Information

The Lindon Summer Recreational Swim Team is a member of the Utah County Recreation Swim League. We operate through the Lindon City Pool, under the direction of the Aquatic Department. The Lindon Swim Team is dedicated to promoting and developing competitive swimming. We offer children ages 5 through 18 the opportunity to develop skills, technique, compete in local swim meets, make new friends, and most of all **have fun!**

The season is approximately a two-month commitment. The swim team's regular season practices will be held throughout all of June and July. The County Meets will be held during the last week of July and the first week of August.

We are a competitive swim team whose goals are to develop team spirit, improve endurance, and self-discipline. Along with developing strokes and improving endurance, the swim team also helps build self-confidence, sportsmanship and teamwork amongst the swimmers.

Competition is the most visible focus of competitive swimming. However, this is secondary to the importance of each swimmer performing at his or her personal best. Lindon Swim Team will enable children at different ability levels to both participate as a team and be individually challenged.

Safety

Safety is our number one priority. In order to ensure that we have a safe and fun season, our policy is if any swimmer has an incident that requires a lifeguard or coach to perform a save, this puts him/her or other swimmers at risk of injury and they will need to wait until next year and/or take lessons to better prepare. Should this happen, we will refund your money in full.

Equipment List

GOGGLES – Swimmers will find that they are partial to a particular kind of goggle. Some have foam seals while others have silicon or rubber seals. It is important to find a pair that fits properly and comfortably. Properly fit goggles will not fill with water and will stick to the face. Once you find the perfect pair, **mark them well with the swimmer's name**. Have goggles adjusted and ready to go before practices and meets. If the swimmer's goggles become a distraction during practice, we will ask them to buy new ones.

FINS - Fins will be a **requirement** for all swimmers. Fins can be helpful to the swimmer in many different ways. We want to help your children improve in technique as much as possible. We will have a certain day each week that we will be using fins for most of practice. On the calendar, you will see which day to make sure to have your fins. You can purchase these at many different swim shops, such as Poco Loco (located in Provo) or Aquaholics (located in Midvale), or even Amazon. Please do not purchase fins from Walmart or purchase diving fins, as these will not work the same.

SWIM CAPS – Caps are **required** for girls and optional for boys unless their hair length is past their ears. There are different kinds of caps—rubber, silicone, and nylon. Putting on a cap should be done with one smooth movement. *Do not* try to adjust the cap after it is on. Take it off and put it on again, if needed. Open the cap wide and get the inside wet. (Some prefer to

have their hair wet first.) The cap can be placed front to back or back to front. Place at the nape of the neck or at forehead and stretch over the head, covering the ears. Caps are not meant to keep the hair from getting wet. They are designed to create less resistance while swimming and to keep hair out of the swimmer's face. **Practice caps** will be available for purchase or you can buy them at Poco Loco or any other swim shop for cheap. **Team swim caps are available for purchase for \$5.** Team caps with our logo should be reserved for swim meets **only!** This is to preserve these caps from getting worn and ripped from daily use. This way you won't have to buy another one for the meets. If you do decide to purchase a cap and wear it during practice, please be aware that if it breaks you will need to purchase another one for swim meets.

SWIMSUITS – Teams suits are required. These will be worn at the swim meets. This will bring us together as a team and show that we are unified at the swim meets. You may wear your team suit to practice though we would **highly** suggest that you have two to three suits (you can purchase inexpensive racing suits) so that you can rotate which ones you use for practice. This will reduce the wear and tear on your suits, make them last longer, and leave the team suits in good condition for the swim meets. Girls are required to wear **one piece suits** to practices and to meets. Two-piece suits require frequent “adjustments” and are a distraction to the swimmer.

*If financial issues prohibit or interfere with any required items, please contact LAC Manager or Parks and Recreation Director.

****To prevent against lost items, please be sure to mark all items clearly with the swimmer's name. The coaches and pool staff ARE NOT responsible for lost or stolen items.**

PRACTICE

1. Swimmers are expected to be on deck and ready to begin practice **5 minutes** before the start time. We will be doing a 5-10 min warm up/stretching session on the deck before we enter the pool. Do not be late for this.
2. Swimmers are **required** before entering the swimming pool to shower. Please turn off the showers when you are done.
3. Swimmers are expected to swim the **entire** practice to the best of their abilities.
4. Swimmers should come to practice prepared (goggles, towel, cap for swim workout, optional water bottle).
5. Swimmers are required to swim with their assigned group and time. If they miss their time they **cannot** join the next group.
6. Pool slides, hot tubs, and toys are off limits during swim practice. No running on the pool deck. Playing, fighting, yelling, and swearing are not permitted at the pool.
7. Swimmers and parents are to be respectful to the coaches, teammates, and pool staff at all times. If a problem persists, it will be resolved between the coach(es), parent(s), and the swimmer(s) concerned. The LAC Manager reserves the right to make final decisions in any and all problems and situations. In the event that a swimmer is asked to leave the team, no refund will be issued.
8. Minimum parent involvement is required for daily practices: Making sure your swimmer is on time to all workouts. If they are more than 10 minutes late 2 days in a row, they will

be asked to do a set dry-land workout before swimming while the rest of the team finishes warm-ups.

BEHAVIOR ISSUE – 3 strikes policy

1st offense – A warning will be given

2nd offense – Out of the pool

3rd offense – Still required to come to the next practice, but you will sit out and not be allowed to swim.

(Strikes will be given at coaches' discretion)

Parents, if you have questions or concerns you would like to discuss with the coaches, please remember that we are available to talk after swim practice is over for the day, at 10:15am. However, the head coach will be available to talk to you both during warm ups and after practice- the assistant coaches will conduct warm ups. Swim practice time is the time for us to coach your children and give them our full attention. You are also welcome to email the coaches anytime at lindonswimteam@gmail.com.

SWIM MEETS

There are several different types of meets throughout the season. Meets are held almost weekly during June and July. Meets are typically held on Saturday mornings. Warm up times will vary depending on which pool is hosting the meet. Due to the Utah Valley Summer Swim League bylaws *in order to swim in the county meets*, each swimmer is **required** to participate in **at least 2** of these swim meets and have at least 1 legal time. Remember that as a member of the Lindon Aquatics Center Swim Team you represent Lindon City and we ask that you be respectful and courteous in all interactions. If a parent or swimmer wants to challenge a stroke judge's call, they must have the head coach talk to the meet ref. Parents and swimmers should not challenge - this is the responsibility of the head coach.

TYPES OF MEETS

Dual Meets – Boys and girls swim alternating events. The meets last about 4 hours. The starting time will vary slightly depending on which team is hosting the meet. Dual meets at home are a lot of work. Parents of the "HOST TEAM" are responsible for serving as timers, judges, runners, etc. Swimmers are allowed to swim a maximum number of 3 individual events and 2 relays per Dual Meet. Any additional events chosen will be exhibition only (they will not receive a legal time).

Year End County Championships – There are 3 levels of County Meets – Gold, Silver, and Bronze. Your swimmer must have legal event times in 1 dual meet and attendance at 2 dual meets from this swim season in order to qualify for the County Meet. A legal event time is the swimmer's time in a race without being disqualified. Your child will need to swim on the day they are assigned and qualified for. All 6 and under will swim in the Bronze meet. All 15 and up will

swim in the Gold Meet. Other age groups are assigned to a meet based on the swimmer's fastest times. They are put in the group where they will have the most success. You cannot try to change the day they are assigned to swim. They are put in the group where they will have competition, be pushed, successful, and have fun. If the swimmers cannot attend the county meet they qualify for then they will not be able to swim at any of the other county meets.

If a child waits until later in the season to enter a particular event, he or she may not have enough opportunities to obtain a legal time in that event. This may prevent them from participating in that event at the County Meets. We have had many disappointed swimmers that have waited until the last meet to try the Butterfly, Breast, or IM and were disqualified in those events. **If there are any concerns in regards to this, it is the parent's responsibility to bring this to the attention of the coach as early in the season as possible.**

PROCEDURES

1. Event entries must be done by the Wednesday prior to each swim meet. Parents are responsible for signing up their child for the appropriate swim events. They can do so by going to the swim team's blog >> <http://lindonswimteam.blogspot.com/> and clicking on the tab "Swim Meet Sign Ups." Please follow the instructions.
2. If there is uncertainty as to whether a swimmer is ready for a certain event, please contact their coach.
3. If you are unable to attend a meet you signed up for, PLEASE notify your coach ASAP.
4. Swimmers are expected to show up to each meet at the posted warm up time.
5. Please check in with your coach as soon as you arrive.
6. Swimmers should pick up their entry cards **before** warm-ups and **after** they talk to one of the coaches. There will be a table where these cards will be handed out. It is the swimmer's responsibility to know when he/she races.
7. Swimmers are all required to be in their suits and caps ready to swim and be in the water by the time warm ups begin. The designated warm up time is the only time the swimmers will be allowed in the lanes besides during their own events. The leisure pools and toys are off limits during meets. Warm up period is for swimming laps only – no playing is permitted
8. Swimmers must report to the Bull Pen on time with the appropriate **Swimming Entry Card**, ready to swim. It's better to be a little early than late. The older swimmers should help newer and younger swimmers.
9. After a race, swimmers should ask for their time from the timers as they exit the pool. They should also report to their coach after each race.
10. Display good sportsmanship and team spirit. Cheer for your teammates.
11. Parents please provide supervision of children (swimmers and non-swimmers) to help maintain order at the meets.
12. Parents please encourage and cheer for your children. Give swimmers positive feedback.
13. Always check with your coach before you leave a swim meet. You may be on a relay team and you would be disappointing three other swimmers if you go home early.

RELAYS

There will be a slot on the Google Doc that swimmers can put their names down if they are interested in swimming a relay. The coaches will put the teams together at their own discretion. If we have enough swimmers going to a dual meet, we will put together an A and a B team. Let the coaches know if your swimmer is unable to or won't compete in a relay on the day the swimmers by the Thursday before the meet.

When a relay team is made, each participant will receive an e-mail. Swimmers need to keep in mind that if they have signed up for a relay or the coaches sign them up, they are making a commitment to be at that meet. If they do not show up or leave too early, they are disappointing three other swimmers and will be given lower priority for relay participation in upcoming meets. If swimmers and their family have to leave before the relay begins, it is the job of the swimmer to find a replacement if the alternate is unavailable and to let the coaches know they will be leaving early preferably **before** the meet begins.

WHAT TO BRING TO THE MEETS

Entertainment – There can be quite a wait between races, so bring books, games, radios, cards, etc... to keep your child busy.

Towels - Depending on the number of events your child is entered in, they may need to bring several towels. Write your names on them. A "shammy" (a man-made chamois that the swimmer uses to dry off with after each race) can be very helpful as well.

Food – Swim meets start early. Most kids don't like to eat that early. Load up on carbohydrates a few days prior to the swim meet. Pack lots of water, juice, fruits, and other carbs for swimmers to refuel after each race. Soda and junk food are empty calories. Stick to the healthy stuff! Please always keep a good distance away from the pool while eating. We don't want to have to fish out food during a swim meet.

Blanket/Chair/Hats/Sunglasses/Umbrellas/Sunscreen- Many of swim meets are held outdoors, come prepared.

VOLUNTEER OPPORTUNITIES

IN ORDER TO RUN AN EFFECTIVE SWIM CLUB, PARENT INVOLVEMENT IS **MANDATORY**. PARENT INTEREST AND RELIABILITY ARE THE ONLY QUALIFICATIONS FOR MOST MEET JOBS AND PRACTICE PARENT POSITIONS. PARENTS ARE EXPECTED TO VOLUNTEER DURING THE SEASON FOR 4.5 HOURS PER CHILD, WITH A 12 HOUR CAP PER FAMILY. WE APPRECIATE YOUR INVOLVEMENT AND HOPE THAT YOU WILL FIND THIS A WONDERFUL OPPORTUNITY TO BE PART OF A MEANINGFUL WORKING RELATIONSHIP WITH THE SWIMMERS, COACHES AND OTHER MEMBERS OF THE TEAM.

We need 4-8 parent volunteers to attend the Judges and Officials Training on June 7th -

6-9:30pm - located at the Riverside Country Club. The training is for officials and is greatly needed for the meets. This is a free training to help our meets run efficiently. If we don't have any parent volunteers go to this meeting, ***none of our dual meets will count toward county meets and we will not be able to participate at all in any of the county meets.***

Our home meets are the ones we will need the most volunteers for. Sometimes we may be asked to help out volunteering if another team does not have enough volunteers.

Volunteers are needed in the areas listed below:

*(*Time spent at the training meeting will count towards volunteer hours)*

***Meet Referee** -The referee manages the meet and makes sure that the rules are enforced during the meet and that all swimmers have fair competitive conditions. You must know and understand the rules under which the meet is being conducted. *Must attend training meeting.*

***Starter** - The starter is responsible for starting each event. They should call the event number, age group and gender, heat number and what stroke is being swum.

The starter starts each race with two commands, "Swimmers take your mark" and then the horn signifying the start of the race. Must have some basic stroke and turn knowledge - *Attendance at training meeting and any updates*

***Stroke/Turn Judges-** are solely responsible for observing all *strokes*, turns, and finishes. *Must attend training meeting*

Timers – Each lane requires two timers and must be staffed for the entire meet. All timing equipment will be provided. It is a great place to see the races up close. No Children (not even swimmers) may sit with you in the timing area.

Head Timer – The Head Timer will answer questions from other timers on how to use the stop watches and fill out the time cards. They make sure all timers have necessary supplies. They will also run two watches for backup, in case of malfunctioning watches, or in the event a timer does not start the watch properly. If you have been a timer for many and meets and are ready for extra responsibility, this is the job for you.

Bullpen Director – This position is the head of the bullpen. They are in charge of the bullpen and the bullpen volunteers. They make sure the organization of the bullpen volunteers know what they are doing and help the meets run more smoothly.

Bullpen – Swimmers gather and are organized prior to their race at the Bullpen. Bull Pen Volunteers make heat and lane assignments. It is a crazy and fun place to be.

Clerk of Course – This volunteer is a master of ribbons and will do this and supervise the ribbon masters throughout the meet. The other team coaches should be able to leave at the end of the meet with their team ribbons finished.

Ribbon Masters – Ribbon volunteers help sort, label and file ribbons for the swimmers during the swim meet. There is a ribbon table on deck where you sit and work. This will be throughout the home meets.

Runners – These individuals pick up swimmers and cards from the Bull Pen and deliver them to the correct place for each event. After the event, runners pick up and deliver completed cards, DQ (disqualification) slips, and finish order papers to the Ribbon table. Highly organized and energetic people do well at this job.

Finish Judges – These individuals sit at the finish line and visually determine the order of finish for each event and heat. They serve as a double check for timers.

Heat Winner Ribbon Distributor – This person gives a heat winner ribbon to the winner of each heat. They will also assist the finish judges.

Event Caller - The Event Caller's responsibility is to call swimmers to the bullpen by announcing a first and second call for each event at least three events in advance.

Set up and Take down Parents – These individuals are in charge of helping set up the swim meet with tables and such. These individuals are also in charge of putting everything away after a meet and general clean-up of the pool deck. Check for lost and found items. This is a perfect job for those with several swimmers in the family. You'll never miss your child swim!

PRACTICE AND OTHER NEEDS

Practice Parent- Assisting in putting on Caps, adjusting goggles when needed. Takes a walk through bathrooms (having a lifeguard go through bathroom that they cannot) and makes sure that no swimmers are hanging out in there during practice.

Ribbon Distributor after Meet- organizes and distributes ribbons from the previous week's meet to swimmers during practice the following Tuesday or Wednesday after a swim meet.

Party Committee- in charge of planning and preparing either the end of season party or the mid-season breakfast party.

**** It is critical that parents keep track of which events their children have participated in throughout the season and whether or not their child has a "legal time" in those events.**