Lake Shawnee Swim Team

Hand Book

The Lake Shawnee Swim Team is a summer recreational swim team. We have a long and proud history. Our many members range in age from 5 – 18 years old and swimmer's abilities range from beginner to elite.

Our team's philosophy is to teach swimmers the fundamentals of competitive swimming, improve their technique, build team spirit and more importantly, make swimming fun!

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Board Members and Coaches

2024 Coaches:

Head Coach - Jamie Brieten

Assistant Coach - Sam Iverson

Junior Assistant Coach - Maura White

2024 LSST Board Committee:

Chairperson - Amy Szekula

Co-Chairperson - Kira Crinnian

Treasurer - Chang Lee

Parent Liaison - Ed Crinnian

Secretary - Christine Cumberton

2024 Extended Committee heads:

NJRLL Rep - Amy Szekula

Snack Shack Coordinator- Amy Szekula

Facilities Coordinator - Peter Kuhl

Team News Editor - Ed Crinnian

Nominations and Elections for Committee Members

Each year the following members will be appointed:

Chairperson, Co-Chairperson, Secretary, Treasurer, Parent Liaison

Head Coach and Assistant Coach

Board position job requirements can be found on our team site

Please be sure to visit our Swim Team page by visiting the Lake Shawnee Club website under Activities and Groups www.lakeshawneeclub.org

All Lake Member swimmers must be a **member in good standing** of The Lake Shawnee Club or be an immediate family member of a lake member in good standing in order to register.

Lake Member Registration:

- **Registration** must be completed online through via our LSST Tribe form
- **Registration Payment:** payment to be made by scheduled date. After that day, late fees will apply (checks are to be made out to LSC)
- **Registration on NJRLL must be completed** in order for your swimmer to compete in swim meets prior to the first swim meet. Registration will only be accepted up to the last 3 scheduled dual meets.
- Registration includes: one Team T-shirt for each swimmer (new swimmers to the team will receive 1 team swim cap)
- Additional Team T-shirts must be ordered at this time for an additional fee.

Non-Lake Member Registration: (sponsored swimmer): *If you are interested in sponsoring a non-lake member, please reach out to the board members for more information. Currently we are **NOT** accepting any additional non-lake member sponsored swimmers at this time.*

Swim Team Parent Responsibilities

We are required to provide volunteers for each swim meet including Invitational, Trials and Finals. We encourage every parent to become involved in activities. The involvement of parents is a key factor in the success of our team. Lake Shawnee Clubs Swim Team Parents are the ones who keep everything running smoothly and effectively by volunteering and participating in different activities as noted below.

We do require each family to donate their time by volunteering during all meets for a min. of 4 times during the swim season. If it weren't for the parents volunteering, we wouldn't be able to conduct our meets so this is especially important for everyone to participate.

- **Volunteering during Dual Meets as well as the Ribbon Meet and Championship Meets (Silver Invitationals, Trials and Finals)**
  - Please see Job descriptions on page 11-12
    - Training not required:
      - Timers, Clerking, Runners, Announcers and Running the Concession Stand (concession stand is only during home meets).
    - Training required:
      - **S**troke and **T**urn, **O**fficials
      - Training Clinic is typically scheduled on the last Saturday in June every year
- **Team Activities:**
  - Parents are also required to help organize activities such as fundraisers, refreshments at home meets, parties for the swimmers and immediate families. Please see the list of our different activities below. More details may be found on page 7. *Contact one of the Swim Team Board Members if you would like to coordinate any of these events.*
    - Fundraisers: Car Wash
    - Team Activities: Work Days (pre-season/end of season), Officials Clinic, Karaoke Beach Party, Team Outing/BBQ, etc.

- **Parent Swim Team Meetings:**
  - These meetings consist of important information for upcoming events, sharing ideas on activities, discussing the status of our events, review and voting of board yearly, etc.

The equipment for the team is a bathing suit. Team suits are available for purchase at California Beach Hut, located in Denville NJ. They can be reached at 973 625-9155. Just let the sales person know that you are on Lake Shawnee Swim Team as they are aware of the team suite and will help fit your child to size.

1. **Team suits** are not mandatory but are suggested. The team suits are about ~$60 for a female suit and ~$40 or a male suit.
2. **Swim Cap**: First time swimmers will receive a free swim cap.
3. **Goggles** are essential for seeing clearly.

Practices for the season will begin the last 2 weeks of school; we will follow a 'pre-season' practice schedule, which will be communicated to us by our Coach. **The regular practice schedule** typically starts the last week of June. Practices run Monday through Friday as noted by the coaches. Schedules can be found on the swim team page of the Lake Shawnee Club website under the activities section: www.lakeshawneeclub.org

The only way to get faster in swimming is to practice! For that reason, we expect swimmers to attend practice regularly and to notify the coaches if they are going to be absent because of conflicts. As we have in the past, we will try to make arrangements for those swimmers who cannot attend their assigned practice times.

NOTE: the scheduled practice times listed are the times **swimmers enter the water.** Please plan on arriving at least 5 minutes *before* your practice's posted start time. This will allow the coaches to make lane assignments and will ensure that all swimmers benefit from an effective warm-up during practice. We believe that good practice habits make better swimmers, so make the most of your practices! Come prepared!

We ask all swimmers and parents to save any questions or concerns for after practice, so that we can use the full practice time to concentrate on swimming. Parents are not allowed on the dock during practices, but are welcome to observe from the bleachers.

One other team incentive is our **Ribbon Program**. Swimmers 12 and under who place at any meet will receive a "place" ribbon for that meet.

Long time swimmers incentive is our scholarship fund: opportunity to be awarded a gift from the team's scholarship fund. Specifics for the year can be obtained at a parent meeting.

Monthly Parent Meetings - A parent from each family is asked to attend our monthly parent meetings. These meeting are imperative to keeping up to date and informed of updates from the board on activities, etc. during the season. Meetings during winter are not scheduled unless they are needed.

Registration day - Occurs at the end of April/early May. You can register for the upcoming season and meet the board/coaches at this time to ask any questions. If you know of families that are interested in joining the team, it's a good idea to have them come out too. Team apparel order forms are also available at this time.

Safety Assessment – For all new swimmers to the team, a safety assessment is scheduled with the coaches to ensure the child is ready for swim team for your childs safety. The coaches will evaluate their skills and at this time, they will welcome you to the team OR recommend what steps are

necessary to prepare if they are not ready. We do encourage our young swimmers to sign up for the free swim lessons that are offered by the LSC lifeguard team as most of the life guards are either current swim team members or alumni of the LSC swim team. If more preparation is needed, we recommend speaking with the lifeguards or Senior swimmers to assist in getting them ready for the following season.

Pizza/Karaoke Party - Cost for the immediate family is included with your registrations. We will ask that each family to either bring a salad or dessert to share. We also bring our own beverages and beach chairs. The kids usually swim and play on the beach, while the adults sit and chat. In the past we would coordinate this with the social committee and their karaoke beach party.

Team Picture - Usually occurs during the first HOME dual meet. Team members will need to meet dressed in the team suit out by the dock as scheduled by the board. You will be informed ahead of time on the exact date and time.

Team outing – Our annual Team outing takes place 2nd-3rd week of July. The Swim Team will provide the expenses for the swimmers attending if the budget allows. Local Minor league baseball game in Augusta. As an alternative we have coordinated a Team BBQ at the lake to enjoy some fun activities and food to just relax and enjoy each others company with team building activities for both swimmers and parents. If you have a suggestion on great group outings, please share during the Team Parent Meetings…we always like to switch things up to keep them fresh!

Team Movie Night / Parents night out - During this event the coaches will host a movie night with all the swimmers and maybe play some games, free play and the coaches get to learn more about their swimmers on a personal level while parents get to go out and do as they wish. This is an opportunity for the kids to get together out of the water and some time away to thank the parents for all the volunteering and support they have provided throughout the season.

Awards Ceremony and Brunch - Event is usually the first Sunday in August at 10am at the club house. We start with brunch and then our awards ceremony follows. Our coach awards swimmers with certificates and all swimmers receive a gift. Our graduating swimmers will receive their scholarship gift at this time. We are all very proud of swimmers and while we

Pasta Party - Traditionally the Wednesday evening before Trials and Finals at First Beach. Each family is asked to bring 1 pound of pasta to share and a serving spoon. We bring our own drinks and beach chairs.

Water Polo: Recently we added this event and it is a great opportunity for the kids and parents to have some fun in the water and play a great game of Water Polo while listening to great music.

Lake Swim: This event is where the swimmers will swim from 3rd beach to 1st beach with supervision along the way. Younger swimmers are welcome to join but must be accompanied by an adult and can use a floating device such as a kick board, pool noodle, boogie board and/or wear a life vest. Parents with Kayaks and/or paddle boards that can come out and join the swimmers to keep them safe would be greatly appreciated.

New Activities: We are always looking for new and fun ideas so please do speak up and share your ideas as well. 😊

The Lake Shawnee Swim Team competes in the North Jersey Regional Lake League (NJRLL), which consists of ten area teams. During the course of the season, Lake Shawnee will swim each of the other 10 teams once. Our Swim Team was the 2007, 2008, 2013, 2018 and 2019 Champions in the Small Lakes Division of the North Jersey Regional Lake League and have recently received for the past few years the Sportsmanship award which we are very proud of.

Meet Attendance & Participation

Each year we have approximately 40-50 swimmers. We do our best to include every single swimmer in the meet, and to give all swimmers as many opportunities to compete as possible. **If you are unable to swim in a meet, it is critical to inform the coach no less than TWO DAYS before the meet, so that the coaches have time to make up the meet line-up correctly. There is a vacation form in your registration package, please be sure to hand this in before our first meet.**

The dual meets are held on Saturday mornings 9:00 am (arrive at 8:15 am - warm ups at 8:30 am), Wednesday some Monday evenings @ 6:00 pm (arriving at 5:15 pm – Warm ups at 5:30 pm); they usually last between two and three hours. In these meets, races are divided by age groups: 8-and-under, 9/10, 11/12, 13/14, 15/18; with girls swimming against girls and boys against boys. All age groups compete in the four basic racing strokes (freestyle, breaststroke, backstroke, and butterfly), and there are also some individual medley (see 'Swim Team Lingo on page 8 for descriptions) and relay events. The point totals from the top three finishers in each race determine the final score of the meet. Also included in this packet are directions to the "away" meets or can be found on our website.

In addition to the dual meets, there are one to two Ribbon Meets, held on a Monday evenings in July.

The Ribbon Meets are for swimmers ages 12 and younger who are beginners or who do not have a chance to score many points in the dual meets. Information about who is eligible to participate in these meets will become available the week before each meet. Please make an effort to attend

these meets even if your swimmer will not be swimming as we will need volunteers and our team member, even if the swimmer is not swimming to help cheer on the younger group and/or help out.

Championship Meets

Our season ends with the **Silver Invitational Swim Championships** and a two-day league championship meet (**Trials and Finals**). Swimmers from all ten league teams participate in both championship events. All swimmers need to attend a minimum of three meets in order to participate in any championship meet and to be awarded any Lake Shawnee end of season award and/or scholarship money. Volunteers for these events will be randomly selected and assigned. Each year a different team sponsors these events and either holds them at their facility or utilize the Roxbury facility. In August of 2012 we hosted trials and finals at Lake Shawnee and with the help of our community we saw over 1,000 people come through our neighborhood during this very successful two-day event.

Cranberry Lake - Address: 268 US-206, Byram, NJ

1. Route 80 West to Exit #25 (Rte 206 N. toward Stanhope/Newton)
2. Go approximately 3 ¾ miles, lake will be on left.

OR

1. Turn left onto Espanong Rd
2. Cross over Rte 15 and turn right onto Route 181
3. Go approximately 1 1/3 miles and turn left onto Prospect Point Rd
   Go approximately 1 mile and turn right onto Northwood Rd
4. Go approximately 3 miles and turn right at traffic light onto Maxim Drive
5. Go approximately 4 ½ miles (becomes Lackawanna Drive)
6. Turn right onto Route 206 North • Go approximately 2 miles, lake will be on the left

Roxbury/Horseshoe lake - Address: Horseshoe Lake, Succasunna, NJ

1. Route 80 West to Exit #30 (Howard Blvd)
   At bottom of ramp, turn left at traffic light onto Howard Blvd.
2. Go approximately 1 ½ miles to traffic light and turn left onto Rte 46 East.
3. At next traffic light, turn right onto Hillside Ave.
4. At second traffic light, turn left onto Rte 10 East.
5. At next traffic light, turn right onto Eyland Ave.
6. Roxbury Twp Municipal Complex and lake will be on the left

Lake Forest - Address: 35 Yacht Club Drive, Lake Hopatcong, NJ

1. Turn left onto Espanong Rd
2. Cross over Rte 15 and turn right onto Route 181
3. Turn left at first street onto Yacht Club Drive
4. Lake will be on the left

Lake Shawnee - Address: 4 West Shawnee Trail, Wharton, NJ

1. 1st beach swim lanes

Mount Olive - Camp Deeny Riback – Address: 208 Flanders-Netcong Road, Flanders, NJ Directions: Directions and Parking Instructions for JCC Camp Deeny Riback

1. 80 West to 206 South, At the second light go right at the Exxon onto Drakesdale Road, After ¾ mile make a slight right onto Flanders-Netcong Road
2. The camp will come up on your righthand side. GPS address is 208 Flanders-Netcong Road.
3. There are three driveways for the camp facility. Please follow the maps! Drop off entrance is the first driveway, the second driveway is the exit, the third driveway is where you enter to park (behind the tan house). We will have parents out there directing traffic! Swimmers can enter the pool through the locker rooms. Parents are welcome to sit on the grassy area around the pool as well as inside the pavilion. ** Concessions will be sold inside the pavilion as well.

Park Lakes/Rockaway - Address: 119 County Road 664, Rockaway, NJ

1. Route 80 East to Exit 37 (Hibernia/Rockaway)
2. At the bottom of the ramp, turn right at traffic light onto Greenpond Road
3. As you go through the next traffic light, bear right onto Hoagland Avenue
4. At the stop sign, turn right
5. Parks Lake is on your left and parking is available in the church parking lot on the right

Randolph Park – Address: 43 Green Ln, Randolph, NJ 07869

1. Route 15 South, turn right onto Main St., Wharton
2. Go to the end and turn right onto Route 46 West
3. Go to 1st traffic light and turn left onto Randolph Avenue
4. Go to the end and turn right onto West Randolph Avenue
5. At the stop sign, turn left onto Canfield Avenue
6. Turn right onto Route 10 West
7. At the base of the hill, turn right onto Green Lane (at the far end of the Townline Plaza strip mall)
8. The parking lot is at the end of the road on the left

Saffin Pond - Address: 790 Weldon Road, Lake Hopatcong, NJ Phone #: 973-713-4498

1. Route 15 North to Weldon Road Exit.
2. Approximately 3 miles on Weldon Road on your right hand side you will see large parking lot for Saffin Pond. Park and walk toward main bulletin board. Handicap drop offs can drive down the pathway.

Shongum Lake - Address: 10 Radtke Rd, Randolph, NJ

2. Route 15 South, turn right onto Main St., Wharton
3. Go to the end and turn right onto Route 46 West
4. Go to 1st traffic light and turn left onto Randolph Avenue
5. Go to the end and turn left onto East Randolph Avenue
6. Turn right onto Dover-Chester Road
7. Turn left onto Route 10 East
8. At 2nd traffic light, turn right onto Millbrook Ave (by Dunkin Donuts)
9. At the base of the hill, turn left onto Piersons Hill Rd.
10. At the stop sign, turn left onto Everdale Road
11. Make 1st right onto Shongum Rd.
12. Go approximately 1 mile, lake will be on the right

Shore Hills Swim Club - Address: Morse Place, Landing, NJ

1. Turn left onto Espanong Rd
2. Go approximately 2 miles and bear right onto Howard Blvd.
3. Go approximately 1 1/3 miles and turn right onto Altenbrand Rd. (after Metro Mart)
4. After approximately 1 mile, you will pass Nixon Elementary School.
5. Go another ½ mile and you will see a beach on the right.
6. Park along the fence at the far end of the beach
7. There is also parking area through opening in fence

Swim meets can be a pretty scary place for un-initiated child/parent. Below are a few helpful hints and you will learn many others over time. Let's cover what to bring. Two categories are listed below:

ESSENTIAL EQUIPMENT

1. **Your Swimmer – very important** 😊
2. Team Swim Suite
3. Team Swim Cap (1 spare in case it is damaged or lost)
4. Goggles (2 – 1 normal pair/1 back up pair)
5. Towel, sweat suite or shorts/t-shirt, sunscreen, sharpie marker
6. Lawn Chair(s) and/or ground blanket (some lakes have bleachers but not all)
7. Money for concession stands

What to expect the Day of the Swim Meet

Arrive early (8 am on Saturdays / 5 pm on Mondays and Wednesdays):

Get your swimmer to the Lake on time! This is radically important. Once you get to the lake, locate the team so your swimmer is ready for warm ups. Each team gets about 15 min. to do warm up laps before the meet begins. While kids are warming up find yourself a spot to set up your things (chair blanket, etc). By this time the MEET/EVENT Schedule should be posted on the board to see what/when your child will be swimming. This will include the EVENT#, LANE# and Event type/Stroke (ie. Event1, Lane3, Freestyle)

Almost all swimmers write their event details somewhere on their body, usually their arm or leg where they can see them. Swimmers can be in as many as 3-4 events and the event numbers could change from meet to meet. Having a **sharpie marker or purchasing a skin writing marker** is handy for writing these on your child (captains and/or experienced swimmers tend to help out). Swimmers will sit at the bleachers to the left of the crowd so the marshals can locate them (at our home meets).

It is preferred that the younger swimmers are congregated into one designated area (home meets near the clerk table) so that they can cheer on their team mates and stay together so the Marshalls can easily identify them and get them ready for their Specific EVENT. If possible, it is best to find the Marshall and introduce them so that both Marshall and Child know who they can go to and find out which event they must go to and more importantly when the parent is volunteering with another job.

Volunteering: We try to have a MOCK MEET for all to get a feel of what to expect at a real swim meet if the schedule allows. If you sign up to volunteer for other meets, use the first meet to do a few different things. At the real meets observe and shadow someone that is doing the job you signed up for at the next event. We are all here to help each other out so feel free to ask questions and have fun!

If you are a volunteer during the meet, you should become familiar with where you are to be for the start of your shift by asking anyone of the other volunteers. Arrive early so you aren't rushing in and flustered. We all like to be with our child to ensure all is going smooth, but this could be difficult to juggle- it's okay to ask for some help if you need it.

You will need to figure out when to feed your swimmer(s) during the meet. Using the concession stand to purchase food is always great as the monies raised from these sales helps support our team, however, it's always good to bring something you know your kid will eat in case they don't like anything at the concession stand.

Lastly, if your child has to leave the meet, please notify the team coaches and the Marshall, especially if your child will not be returning to the meet. We encourage everyone to stay at the lake until your child has completed all their events and route for their team mates.

During the swim meet: Please note that swimmers should not leave the swim meet area. The playground and public swimming area are off limits for the children competing so that the Marshalls are not all over the place trying to find someone to get ready for their specific event.

- Restrooms are open and available be sure to check when your child will be next in competing and let the marshal know they will be right back.
- Concession stand is open and available at most locations. If you are volunteering and you allow your child to go to the concession stand, ask another parent to help you, we are all here to work together.
- The swimmers dock. Only volunteers, coaches and those swimming in the event should be on the docks. Please refrain from going on the doc to take pictures etc. The docks do not have enough room for everyone.

Following the swim meet: If we win the meet, the tradition is to drive around the lake honking our horns. After the meet, everyone will line up the cars so we are all together to spread the joy, however, for everyone's safety, please obey the state laws and have everyone belted in their seats properly and not hanging out the windows and doors. While we all truly enjoy being able to keep this tradition alive, we remind you to please be safe about it. Following the tradition we will meet and celebrate at 1st beach treating the kids to frozen treats.

Please do not hesitate to ask any of the board members, existing parents and even the swimmers, if you ever have a question about something., everyone is here to help each other.

Volunteer Job Descriptions

Listed below is a brief description of the volunteer positions that need to be filled for every meet. None of the jobs are especially difficult and simple training will be provided during our MOCK MEET; however, some of the positions do require attending special training sessions and some positions are better suited for our more experienced swim parent.

If you are brand new to the summer swim league, the jobs of timer, runner, clerk, back up timer and concessions are good places to start. Ask someone if you can shadow them while they are doing a job you may plan to sign up for next. We do encourage all to do a variety of jobs. We are all willing to teach!

ANNOUNCER: Announces first, second and final calls for each event. Works closely with the starter to keep the meet running smoothly. The announcer will need to anticipate flow based on the number of swimmers, the stroke, the number of lengths to be swum, and the age of the swimmers. *(only 1 needed at home meet)*

STARTER: Starts each event with the announcement of the age and stroke and the words "SWIMMERS TAKE YOUR MARK", pauses to make sure that all swimmers are motionless, and then gives an electronic sound or a blast of a whistle. He/She shall be the sole judge of FALSE STARTS and all false starts shall be restarted. *This individual must be trained for this position by attending the Officials Clinic offered by the league. (only 1 needed at hone meet)*

STROKE AND TURN JUDGE: Work in pairs on each side of the lake with one member of a pair being from each team. Judges only rule on infractions on their side of the lake. They observe strokes, turns, and finishes to see that swimmers comply with requirements for that stroke. *This individual must be trained for this position by attending the Officials Clinic offered by the league. (1 needed at both home and away meets)*

FINISH JUDGE: Required for relay events. One exchange judge from each team shall be positioned at the corners of the lake and be responsible for observing exchanges. *(only 1 needed at both home and away meet)*

LANE TIMERS: Records the swimmer's time. Each timer is provided a stopwatch and assigned a lane; Times are recorded and the middle time becomes the official time. Timers are assigned to work for one half of the meet. This job gives you the best view of the lake and the swimmers during their races, however, you must pay close attention to getting the most accurate time. there is a back up timer who covers all Lane timers should they accidently mess up the stopwatch. *(4 timers – 3 per team at 6 lanes, 4 per team at 8 lane facilities needed at both home and away meets)*

BACK UP TIMER: Sets timer up as if they were a Lane Timer and is there should the Lane timers need a back-up due to malfunction of the timer. *(only 1 needed at home meet)*

RUNNER: Responsible for obtaining the completed event cards and DQ forms for each race from the timers and judges. The cards and DQ forms are delivered to the scoring table. The job title is very descriptive. Runners should have good tennis shoes that work well on slippery wet surfaces. This job keeps you moving around at the lakeside and the time passes quickly. *(only 1needed at home meet)*

MARSHALL: They are the key to keeping a meet on schedule. Responsible for lining up the swimmers by event, heat and lane and getting them to the starting blocks in the correct order and on time. Supervises the waiting area for a particular age group during meets, is the go to person when the kids aren't sure when they swim, what heat they are on, etc. YOU are the holder of the schedule and keep

track of swimmers - as best as they reasonably can - between events, and gets swimmers to the docks on time with caps and goggles. For most age groups, several parents will share this job. This position is obviously more important for the younger swimmers (12 and under) but the 8 & under are especially critical to the timely start of the meet. This job keeps you with your swimmer during the whole meet. (swimmers must stay within the swimming area, please keep them off of surrounding playgrounds/beaches near-by) *This position is **not** recommended for a first time parent new to swim team to do alone, sign up with someone who knows the kids and shadow so you can become familiar with all the kids on the team. (2 needed for both home and away meets)*

CLERKING: DATA ENTRY: Responsible for entering data from time cards and verifying data entered. With this job, you see the race results before anyone else. SCORING: Marks the official time for each swimmer, records the order of finishes and verifies the computer results. With this job, you see the race results before anyone else. *(1-2 needed at both home and away meet)*

CONCESSIONS: Sells concessions. Helps set up and tear down concession stand. Parents always take turns to allow for the others to see their child swim during their heat.*(2 needed for home meet)*

Free or 'freestyle'. Freestyle means you may swim any way you like, as long as you're on your stomach. Most people do the front crawl in freestyle events and many people use the terms 'freestyle' and "front crawl" interchangeably.

Breast or 'breaststroke'. This is usually the slowest of the four racing strokes, but it's one of the most difficult strokes for new swimmers to master. If you're watching a swimmer doing this stroke, all you should see is the swimmer's head breaking the surface of the water once during each stroke cycle-his/her hands and legs should stay underwater throughout the stroke.

Back or 'backstroke'. Like the name implies, swimmers swim on their backs, most efficiently with a back crawl/rotating-arm motion and flutter kicking. This is the only stroke in which swimmers begin their race in the water, instead of diving from the dock.

Fly or 'butterfly'. Most swimmers will tell you this is the most difficult stroke to perform, but it is also one of the most beautiful and--when it's done correctly---one of the fastest. The stroke uses a double-arm stroke and borrows the up-and-down undulating movement that dolphins use. The kick which requires both legs to stay together and calls for a strong propulsive action from the hips-can be especially tricky for new swimmers.

IM Short for 'individual medley', this is an event in which a swimmer swims all 4 strokes in this order: butterfly, backstroke, breaststroke, freestyle. Good IMers must be versatile swimmers. In our meets, the IMs are among the first events, 3-8 to be swum. Swimmers ages 13 and older swim a 200meter 1M (two laps of each stroke, eight laps altogether); swimmers 12 and under swim a 100-meter 1M (one lap of each stroke; four laps total).

50/50 A "50" is shorthand for the most common distance in summer swimming events. What we mean is 50 meters. Our facility is 25 meters long (as are most of the teams we swim against, though some facilities are measured in yards rather than meters), so a 50 is two laps (or lengths)

of the course. Our 8 & Unders and 9-lOs (for most events) swim 25s (one lap of the course). With a few exceptions (like the IMs noted above, and the 15-18 1 00 free), all swimmers 11 and older swim 50s.

Relays Relays are events in which four swimmers participate. A medley relay is an event in which each swimmer swims a different stroke, in this order: backstroke, breaststroke, butterfly, freestyle. (Note that the order for a medley relay is different from an individual medley because in the relay, the backstroker must start in the water and therefore must go first). In a Mixed Medley, the order of the strokes remains the same but the swimmers swim co-ed: at least one swimmer on each Mixed Medley relay must be of the opposite sex. The Step-Up Relay is a freestyle relay in which the first swimmer is a 9-10, the second, an 11-12, the third, a 13-14, and the final swimmer, a 15-18. Each swimmer swims a 50 freestyle.

DQ Short for 'disqualification'. It means that some part of a swimmer's stroke was not performed correctly and that swimmer is ineligible to score points for that event. This is NOT a bad thing; getting DQed is a natural part of learning competitive swimming. It means that we need to keep working on that stroke in practice.

Scoring The score for a dual meet is determined by points awarded for the top three finishers in each individual race. First place gets 5 points; second place, 3 points; and third place, 1 point. For the medley and Step-Up relays, the first-place relay gets 7 points; those are the only points awarded. First-place Mixed Medley teams earn 1 point. A team cannot "sweep" an event (take first-second-third), so even if, for example, Lake Shawnee's swimmers finished 1-2-3 in an event, Lake Shawnee would get 8 points (for first and second place) and the opposing team would receive the third-place point as long as they had a swimmer in the race that didn't DQ.

Lake Shawnee Swim Apparel

Embroider This is our Team apparel provider – P: (973) 663-5551

Sneak Peek at the items available….visit the LSC Swim Team website to download an order form by clicking here.



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Special Thank You!!

Thank you to all our families, friends and community for their generous donation of time. Your volunteer involvement makes it possible for all our kids to enjoy the summer swim season!

Thank You To All of Our Sponsors……

We couldn't do it without everyone's support!