



2023 Annual Meeting

Agenda

- Welcome & Introductions
- 2023/2024 Season Updates
- Swim Parent Support
- Volunteer Opportunities
- Sponsorship/Fundraising
- Board Elections



Welcome & Introductions



2023/2024 Season



Club Update

What should you expect from:

The Coaches

- Focused on swimmer development, growth and well-being
- Consistent technique instruction
- Clear, frequent communication
- Individual goal setting & progress tracking
- Office hours for meetings with parents & swimmers
- Educating swimmers & families on athlete development, nutrition and training progression

The Board

- Deliver on LCA's mission
- Ensure a safe & positive environment for swimmer growth & development
- Fiscal oversight
- Proper management of the club
- Clear, frequent communication
- Resources to support swimmers & their families



Mission Statement

LCA seeks to provide an opportunity for all swimmers to reach their highest personal potential as both a person and an athlete. We understand that winning is much more than one's place in the finish of a race, and we are committed to helping children grow in character, physical development, and skill.



Swim Groups & Training Update

New Swim Group Criteria

- Qualifications- clearly defined
- Benchmarks- developmentally appropriate
- Focus- skill focused & support group progression
- Practice duration & frequency- developmentally appropriate & aligned with progression goals



Swim Groups & Training Update

Coming in October: Performance Groups

- For White, Blue & Senior Group
- Qualifications- benchmark swims at time standards; commit to practice & travel meet attendance requirements
- Focus- customized goal setting for high-level competitive swimming & advanced training to meet your goals



Swim Groups & Training Update

Training Philosophy

- Start with a base of technique, skills, and speed training
- Race specific training specific to their goals in Performance Groups
- Individualized technique refinement
- Skills progression as the swimmer develops
- Skill development model that builds upon techniques previously learned



Swim Lessons Update

Implementation of SwimAmerica curriculum

- Expansion of age groups; 3-17 years old
- Station Method
 - Focus on one skill at a time
 - Mastery at swimmer's pace
 - Defined advancement criteria; station 6 completion= ready for Red group
- Instructor certification/training
 - Rigorous instructor training and continuing education
 - Consistent & effective instruction
 - Focused on swimmer safety



Swim Parent Support



Swim Parent Support

Swim Groups- Parent Contact

- Help navigate the swim parent experience
 - Answer questions
 - Find resources
 - Provide support
- Group Contact
 - Red/White Group: Sarah Folmer- Sarah@swimlca.org
 - Blue/Senior Group: ContactUs@swimlca.org (interim)



[Home](#)[About Us](#) ▼[Swim With Us](#) ▼[Sponsor Us](#)[Volunteer with Us](#)[Parent Resources](#) ▼

Welcome to Lawrence County Aquatics!

[Team Events](#)[Registration](#)

LCA Annual Meeting/Parent Meeting

Sep 11 2023

06:00 pm - 07:00 pm

ISC Fall Frenzie

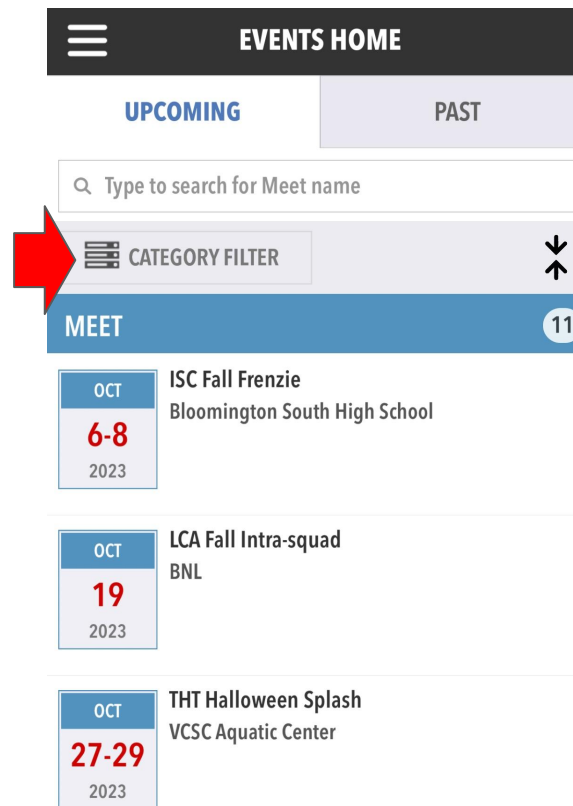
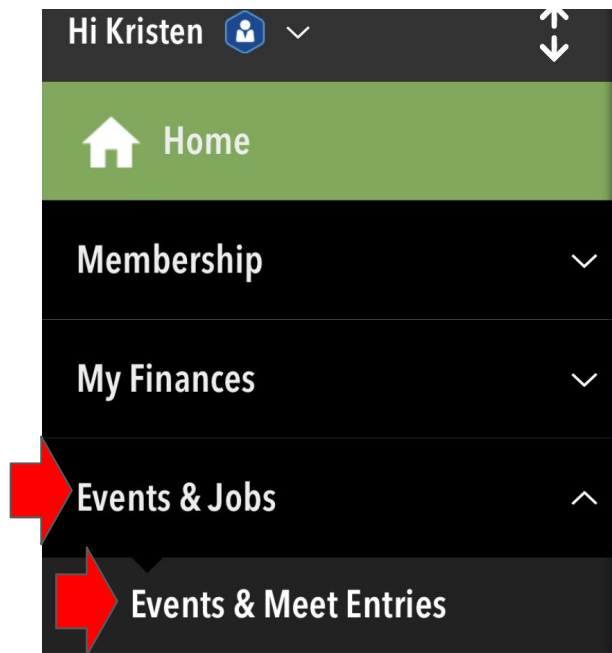
Oct 06 2023 - Oct 08 2023

LCA Fall Intra-squad

Oct 19 2023

06:00 pm - 08:00 pm

Meets & Events



Practice Calendar

Online









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New Calendar Item

Practices

Team Events

←

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SEPTEMBER 2023

Today

September, 2023

Day Week Month List

Fullscreen

57 PRACTICES

SU	MO	TU	WE	TH	FR	SA
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
1	2	3	4	5	6	7

Practices

All Rosters

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

27

28

29

30

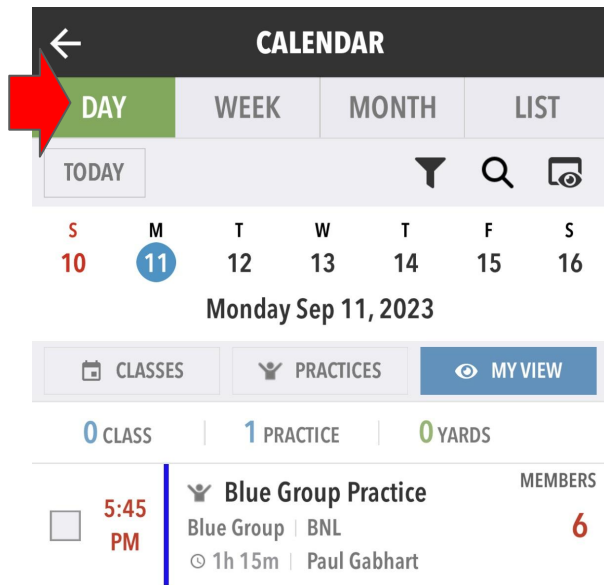
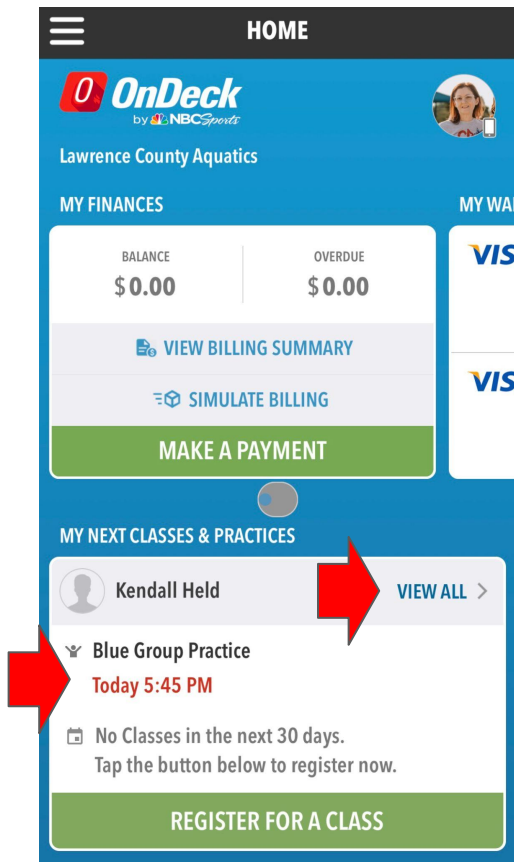
31

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2

Don't forget to un-sync the old calendars!

Practice Calendar



Volunteer Opportunities



Volunteer Opportunities

Volunteer Rewards

- We need your help!!
 - Meets
 - Social Events
 - Projects
 - Committees
 - Officiating
 - Board of Directors
 - Donations
- You receive a \$25 credit for accumulating 25 volunteer hours



Sponsorship/Fundraising



Sponsorship/Fundraising

Team Sponsorship

- Ideal sponsors:
 - Business
 - Organizations
 - Individuals
- Purchase equipment, provide scholarships, make improvements to our programs
- Members receive 5% credit for sponsorship



Sponsorship/Fundraising

Fundraising

- Team Fundraisers
 - Calendar Fundraiser, Trash Bags, Spiritwear
- Fundraising events
 - Swim-a-Thon, Pancake Breakfast, Golf Outing
- Concessions

Join our Fundraising & Sponsorship Committee! We're looking for a new Committee Chair and Swim-a-Thon lead.



Board Elections



Board of Directors

Requirements

- Board Meetings
- Lead or join workgroup- Financial, Programs, Workforce
 - Requires administrative work outside of meetings and meeting attendance
- Help with all LCA functions
 - Meets
 - Social Events
 - Open House
 - Fundraising
- Complete role specific tasks

