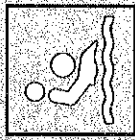




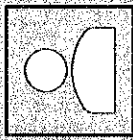
**WELCOME TO
THE 2024-25
SHORT COURSE
PARENT
MEETING**

August 22nd, 2024

WELCOME & INTRODUCTIONS



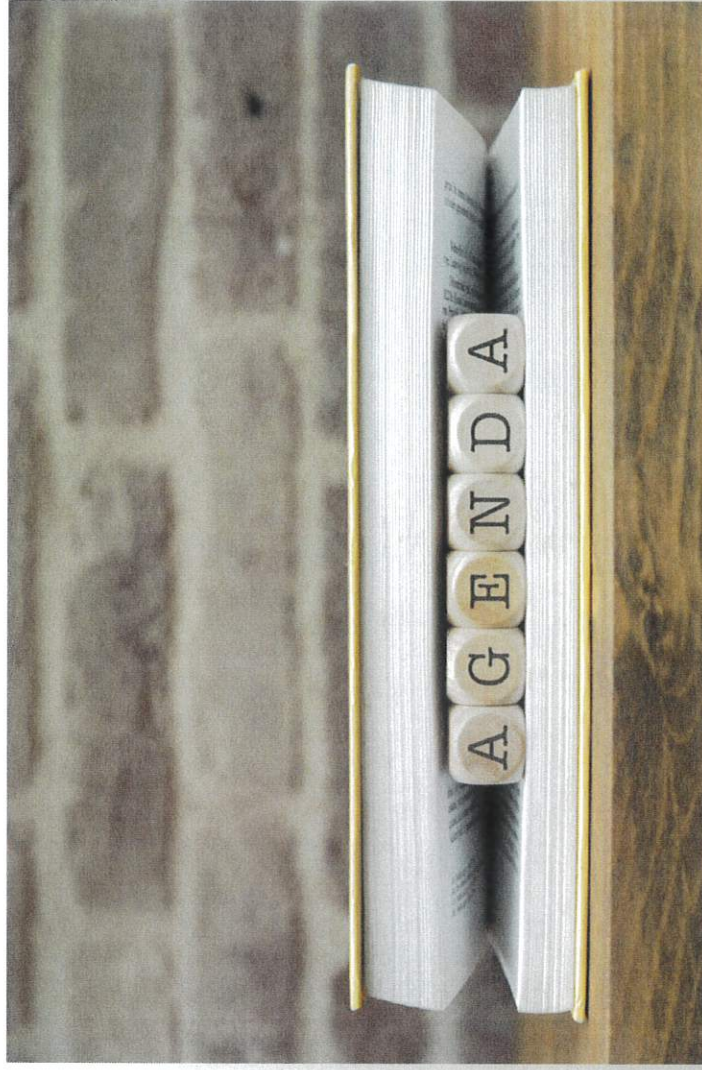
**Matt Moen, LST Head Coach and
MSDLT Aquatics Director**



Pam Dechert, LST Board President

AGENDA

- WELCOME & INTRODUCTIONS
- ANNOUNCEMENTS AND UPDATES
- ATHLETE EXPECTATIONS, SCHEDULES, EQUIPMENT AND GEAR
- FINANCIAL OBLIGATIONS AND SWIM MEETS
- PARENT EXPECTATIONS
- VOLUNTEERING & FAQ'S
- CLOSING – SIGN UP TO VOLUNTEER!



MEET THE COACHES

- Matt Moen, Head coach
- Jasmyne Kitt, Head Age Group Coach
- Gabriel Amezcua, LC Site Coach
- Thomas Moore, Spire Assistant
- Quincy Perry, Cornerstone Coach & Keystone Assistant
- Andrea Hanas/Logan McLaughlin, Lead Foundation Coach
- Assistant Coaches
 - Ian Burgland
 - Josh Fleagle (Sept. 3rd)
 - Jacob Penrose
 - Juan Carlos Salazar
 - Alex Long
 - Holly Johnson
 - Riley Bryk
 - Andrea Hanas
- Joseph Everett, Strength/Dryland Coach
- Ian Burgland, Swim School Coordinator

MEET THE LST BOARD

PAM DECHERT, PRESIDENT
MATT MOEN, LST HEAD COACH
AUTUMN ANDRESS, VICE PRESIDENT
KIM PECK, TREASURER
KATIE MADDOX, SECRETARY
AMBER SENSENY
JERRY FRANKLIN
BROOK PRITCHETT
MIKE WRIGHT
JODY HARLAND
STACI MILLER





ANNOUNCEMENTS AND UPDATES

MSDLT FACILITIES UPDATES

- Lawrence Central Timeline
- Hosting Indiana Swimming Annual House of Delegates. September 21st



PRACTICE GROUPS

GROUP	BREAKDOWN	COACHES	DESCRIPTION
Pre-Comp	Bridge from Lessons to LST	Holly	Groups will be determined based off the age of the athlete at the upcoming championship season. Other changes may occur in the best interest of the athlete as determined by Coach Matt.
Foundation	10 and under	Logan, Sydnee	
Cornerstone	11/12's	Jazzy, Quincy, Alex, Andrea, Ian	
Keystone	13/14's	Jazzy, Quincy, Alex, Andrea, Ian	
Spire	9 th grade/ 15 and up	Matt, Jazzy, Gabe, Tom, Ian, Alex	

COMMUNICATION

- Start with your age group coach for all questions except billing.
- Read your LST emails and check the website!
- Website available in English & Spanish
- Coming Soon! - GroupMe groups for each age group
 - Communicate with other parents
 - Ask questions during meets (coaches aren't available on deck)
 - FAQs moderated by LST Board and parent volunteers



LINES OF COMMUNICATION

Except for billing, please start with your group coach

- Kim Peck (Treasurer): kimberlypeck@comcast.net

Lessons: Ian Burgland -
Lstswimlesson@gmail.com

Pre-competitive: Holly Johnson -
hollyleannejohnson@gmail.com

Foundation (10under): Jazzy Kitt -
jasmynnekitt@msdlt.k12.in.us

Cornerstone/Keystone (11-14): Jazzy Kitt -
jasmynnekitt@msdlt.k12.in.us

Spire (High School): Matt Moen -
matthewmoen@msdlt.k12.in.us

- Gabe Amezcua: gabrielamezcua@msdlt.k12.in.us
- Thomas Moore: Thomasemoore@msdlt.k12.in.us

ATHLETE EXPECTATIONS, SCHEDULES, EQUIPMENT & GEAR



ATHLETE EXPECTATIONS

Attendance should mirror desired outcome

Practice Starts and Ends on time

- WU (Warm Up) at meets and I.T.D. (In the Door) is very important
- Parents of 14u please communicate with coach on early departure or tardy
- Spire group- athlete communicates w/parent on thread via email

Water bottle, Necessary equipment

At Meets- This year's team suit, this year's T-shirt, LST Cap

SWIM MEETS - PLEASE FOLLOW IN THE DOOR (ITD) TIMES

Invitational

- Generally, a 2–3 day meet
- Multiple sessions by age group
- Fees \$5-20 per event, charged on your monthly invoice (At home meets they are \$5.00 per event for this season)
- What are prelims/finals meets?

Facility usage fee is variable

Championship meet

- Qualifying standards to participate
- Indiana swimming: Divisionals, Age group state, Senior state
- USA Swimming: sectionals, futures, junior nationals, nationals, Olympic trials

*Facility usage fee is variable

MEET SCHEDULES

- Short Course schedule is finalized
- Long course meet schedule will be posted early August

Sep	27	LST Fall Kickoff (Home Meet) 27 September 2024 - 29 September 2024 Event Category: Swim Meet Friday: Arrive at 4:15pm. Meet Starts at 5:30pm Saturday: Arrive at 7:45am. Meet Starts at 9:00am Sunday: Arrive at 7:45am. Meet Starts at 9:00am
Oct	18	Fall Break- No practices 18 October 2024 - 27 October 2024
Nov	22	WTSC Holiday Championships Invite Prelims/Finals (All Groups) 22 November 2024 - 24 November 2024 Event Category: Swim Meet
Dec	13	IU Natatorium Jingle Jamboree 13 December 2024 - 15 December 2024
Jan	24	WTSC Groundhog Invite 24 January 2025 - 26 January 2025
Feb	07	Jaguar Aquatics Winter Invite 07 February 2025 - 09 February 2025
Mar	02	Pike Last Chance Meet 02 March 2025
Mar	07	Indiana Swimming Divisional Championships (Cut times needed) 07 March 2025 - 09 March 2025
Mar	13	Senior State Championships (Spire swimmers with Cuts) 13 March 2025 - 16 March 2025
Mar	21	Age Group State Championships (Foundation, Cornerstone, Keystone) 21 March 2025 - 23 March 2025
Mar	27	Speedo Sectional Champs (Spire with Cuts) 27 March 2025 - 30 March 2025
Mar	28	Spring Break- no practices 28 March 2025 - 05 April 2025

PRACTICE SCHEDULE

Lawrence Swim Team Practice Schedule

Calendar View: April 2024

Groups: All Members, All Leaders, All Coaches

Day	Time	Location
Monday	5:00 - 6:00	Swim Center
Tuesday	5:00 - 6:00	Swim Center
Wednesday	5:00 - 6:00	Swim Center
Thursday	5:00 - 6:00	Swim Center
Friday	5:00 - 6:00	Swim Center
Saturday	5:00 - 6:00	Swim Center
Sunday	5:00 - 6:00	Swim Center

- GO TO LAWRENCESWIMTEAM.ORG
- CLICK “EVENTS & SWIM MEETS” AT THE TOP OF THE PAGE
- SELECT “PRACTICES”
- ON THE LEFT HAND SIDE YOU CAN TOGGLE BY ROSTER GROUP SEE ONLY YOUR SPECIFIC GROUP

EVENT & MEET CALENDAR

Sep	27	LST Fall Kickoff (Home Meet) 27 September 2024 - 29 September 2024 Event Category: Swim Meet Friday: Arrive at 4:15pm, Meet Starts at 5:30pm Saturday: Arrive at 7:45am, Meet Starts at 9:00am Sunday: Arrive at 7:45am, Meet Starts at 9:00am
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- GO TO LAWRENCESWIMTEAM.ORG
- CLICK ON “EVENTS & SWIM MEETS”
- SELECT “TEAM EVENTS” TAB
- ALL MEETS ARE UP! MAKE SURE TO INDICATE WITH A YES/NO IF YOU WILL BE ATTENDING EACH MEET
- Spire monthly schedules sent out via Coach Matt

EQUIPMENT AND GEAR

Suit requirements

- For practice, any suit is ok
- Team suits are required to be worn at meets
- Tech suits can be worn for:
 - Championship meets
 - Last chance meets
 - Staff designated exceptions
- Tech suit restrictions for 12 and under
- TECH SUIT REQUIREMENTS 12 and UNDER

Caps

- For practice any cap is fine
- For meets LST caps are required
- Caps are available for purchase from coach Matt or Coach jazzy and cost \$15. Cash or check made out to Lawrence Swim Team

EQUIPMENT AND GEAR

Dryland clothes

- Foundation/Corners tone/Keystone:
 - At every practice and at every meet be prepared with athletic shoes, shorts, and t-shirt
- Spire: Dryland clothes at designated workouts and always at meets

LST team shirts

- Each athlete receives 3 shirts
 - red, white, black
- To be worn at meets
- Shirt order for the meet/event will be listed on the meet/event page on the website (Generally white, red, black by day)

EQUIPMENT AND GEAR

Official Team Dealer

Elsmore Swim Shop

4705 E 96th St.

Indianapolis, IN

Primary Contact: BJ

Sayre

bjsayre@elsmoreswi

m.com

**ONLINE TEAM
STORE**

LST ONLINE TEAM STORE

- SUIT AND EQUIPMENT SIZING-
MAKE SURE TO ASK FOR HELP
IF YOU ARE BUYING FOR THE
FIRST TIME



PARENT EXPECTATIONS

Get to know the sport, get to
know each other!

Look for your LST board members
at events –we'll have our LST gear
and name tags on. Don't be afraid
to ask us "ALL" of the questions
you have!

LST is known for hosting high
quality events. One of the big
benefits of hosting meets is that it
provides our athletes with high
quality competition while
reducing the training dues paid by
LST and minimizing travel
expenses.

For every LST hosted invitational,
we ask families to provide event
support to ensure they are
successful. Families are strongly
encouraged to work the sessions.



PARENTS AT MEETS

No parents allowed on deck unless in a volunteer/official position

Volunteering at a meet – check in with volunteer coordinator

Hospitality room – meals and snacks are provided while you are working your shifts, no swimmers are allowed in hospitality

No pictures/video from behind the block. No flash photography

Let coaches do the coaching

Stay positive and give encouragement

Have fun and get to know the other parents

SIGNING A SWIMMER UP FOR A MEET

Sign in to the website

"Events & Swim Meets" tab at the top of the homepage

Click on the title of the meet for information on the meet

Click on "attend/decline" to sign swimmer up

Select days/events to participate. Sign up for desired events to communicate with staff on desired events. Coaches have final event selection

If absent for a day/session, please indicate it under the notes section

Individual events will be approved by coach and available on the meets page of the website to view

SIGNING UP FOR A VOLUNTEER SHIFT

- 2 SHIFTS PER FAMILY (September 27/28/29) FOR SHORT COURSE
 - Long course 4 shifts per family across two meets (Late April, Mid May)
- ONLY SHIFTS WORKED AT LST HOSTED INVITATIONAL MEETS WILL COUNT TOWARD VOLUNTEER SHIFT OBLIGATION
- FAILURE TO COMPLETE 2 SESSIONS WILL RESULT IN \$100 FINE PER MISSED SESSION
- IF SPECIAL SKILLS ARE REQUIRED, IT IS NOTED IN THE SIGN UP
 - Per session 21 timers, 3 concessions, 2 admissions, 1 announcer, 1 clerk of course, 2 control room, 2 hospitality, 8 officials, 1 runner, 2 meet directors, 4 clean up
 - 47 volunteers minimum needed to run a meet + Coaches
- SIGN UP UNDER THE "EVENTS & SWIM SIGN UP ONLINE UNDER THE MEET/EVENTS TAB ON THE WEBSITE
- MUST BE SIGNED IN TO VIEW VOLUNTEER POSITIONS
- CLICK JOB SIGNUP BUTTON
- FIND OPEN SPOT AND CLICK BOX NEXT TO JOB
- INSERT NAME OF VOLUNTEER (DOES NOT NEED TO BE YOU)

THE LST
BOARD IS
LOOKING
FOR
COMMITTEE
MEMBERS!

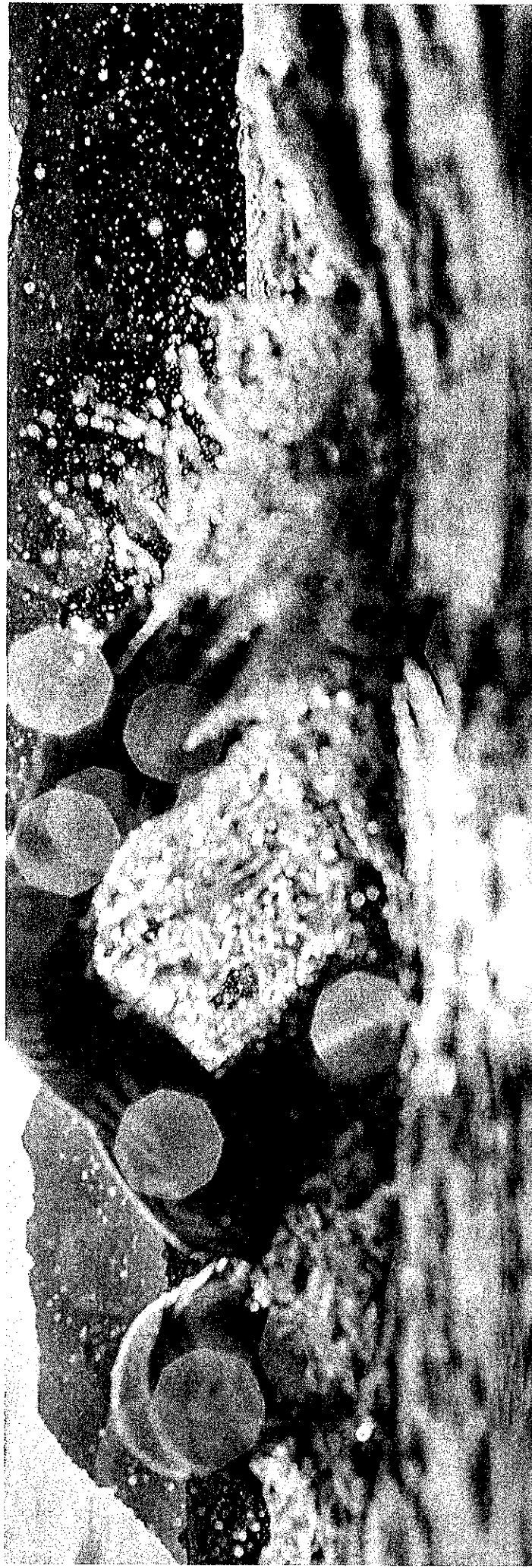
Safe sport

Social committee

Finance committee

Fundraising

Communications &
Marketing



FINANCIAL OBLIGATIONS AND SWIM MEETS

FINANCIAL OBLIGATIONS

- EVERYONE IS BILLED MONTHLY
 - MONTHLY MEMBERSHIP DUES AND ANY MEET/EQUIPMENT/ OTHER FEES ARE DRAFTED THE FIRST OF THE MONTH. YOU SHOULD RECEIVE AN EMAIL NOTIFICATION ON THE FIRST OF THE MONTH WITH BILLING SUMMARY
- MEET FEES WILL BE ADDED TO YOUR ACCOUNT AFTER EACH MEET AND THEN PULLED ON THE UPCOMING 1ST
- CONTACT OUR TREASURER OR MYSELF (MATT MOEN) WITH ANY QUESTIONS:
KIMBERLY.PECK@FMC-NA.COM
- ALL CC MYSELF: MATTHEWMOEN@MSDLT.K12.IN.US
- CHECKS MAILED TO: 11715 FOX ROAD, STE. 400-134. INDIANAPOLIS, IN 46236
 - DROP BOX IN POOL OFFICE

QUESTIONS?

