

Letter to Parents/Guardians/Swimmers

Dear Parents and Swimmers,

Welcome to the Lawrence Swim Team!
We'd like to thank you in advance for your time and dedication to the team and to the sport of competitive swimming.

The Lawrence Swim Team (LST) was created in 1977 to provide the community of Lawrence Township with an instructional and competitive swimming program that fosters an atmosphere of sportsmanship, character, and achievement through hard work and goal setting. Although we are a "competitive swim team", we're not only about winning. We have seen our athletes develop beyond their dreams not only as swimmers but also as individuals, students, and active members of the community.



Swimming is arguably the best sport around. It requires both skill and aerobic endurance. The best way to get better at swimming is to practice. LST provides each age group level with purposeful and effective training directed by a knowledgeable and caring coaching staff. LST has a swimmer to coach ratio that allows for effective learning and quicker progression of attaining skills by providing continuous feedback. Remember, the more your child shows up for practice, the more they will learn and progress in swimming.

Please take the time to read all the information in the enclosed packet and keep it handy for reference as it contains all the information you will need throughout the season.

Every swimmer and parent is a valuable asset to our team and to our success. We strive for each child to learn, make friends, improve and have a positive experience they will value forever. Thanks again for your participation and cooperation. Best of Luck to all....Have Fun...and here's to another fantastic season!

Sincerely,

Board of Directors
Lawrence Swim Team

www.lawrenceswimteam.org

Board of Directors

Corey Franklin	President
Kim Peck	Treasurer
Matthew Moen	Head Coach
Mike Wright	Board Member
Jerry Franklin	Board Member
Stacy Miller	Board Member

Coaches

Matthew Moen
Jazzy Kitt
Quincy Perry
Claudia Crawford
Holly Sandlin
Cameron Gill
Kris Houchens
Sarah Burns
Krystal Caylor

[Head Coach] Spire
[Head Age Group Coach] Keystone/Cornerstone
Cornerstone Assistant
Keystone Assistant
Coaching Sub
Foundation [Lead Developmental]
Capstone Lead/Spire Assistant
Swim School Coordinator
Lessons Supervisor

Practice Expectations

- Be at every practice and arrive 10 minutes before scheduled time.
- Swimmers must be picked up at least 15 minutes after practice ends.
- Each swim group has a mandatory equipment list.
- Write their name on all their equipment.
- Equipment bags may be left at the pool in a designated area for each group.
 - Equipment closets located at both corners of pool deck
- Lockers are only available during swim practice times, no overnight locks on the lockers are allowed.
- Swimmers must bring a water bottle or Gatorade to practice.
- Swimmers must have a pair of dry land clothing (tennis shoes, socks, shorts, shirt).
- **Parents/guests please stay off the pool deck during practice.**
- Parents please refrain from communicating with coaches during practice.
- Please let your coach know if your swimmer is taking an inhaler or any other medication that would affect performance.
- If your child will be absent for any extended period of time due to illness, vacation, etc. please notify the coaching staff in writing (via email or text) ASAP.

LST utilizes and enforces their Code of Conduct for the following groups:

- Coaches Code of Conduct
- Athlete Code of Conduct → ***Must be signed by Athlete and guardian/parent***
- Parent Code of Conduct
 - As a member of LST, we refrain from any and all activities which would detract from the positive image of LST. We preach a consistent display of respect, honesty and good sportsmanship towards coaches, teammates, officials, volunteers, parents, and competitors.

Using the website → registering for meets

1. Click Events and Swim Meets at the top of the home page
2. Click the Team Events Tab
3. Click Titled Swim Meet
4. Declare Yes or No your swimmer will be participating in the meet
5. Notes → leave a quick note if you have any conflicts Ex: *Cannot swim Friday*
 - a. This lets coaches know NOT to enter events for that day for your swimmer
6. **[Click Save and you are good to go!]**

Swim Meet Guide

Meet Information:

Entry information for each meet will be posted on the LST website and/or sent in an email. Meet information on the website can often be found by clicking on the meet under the events tab and under the forms/documents section; this is where the meet letter is posted. Make sure you collect or write down the following information:

- 1- MORNING OR AFTERNOON SESSION – Check if your swimmers age group swims in the morning or afternoon session.
- 2- WARM-UP TIME– Your swimmer must arrive and check in **at least** 15 minutes before warm-ups are scheduled to begin. Be ready to swim by warm-up time. The meet usually starts an hour after warm-ups begin. The meet session will be four hours or less. *Early is on time, on time is late.*
- 3- SWIMMERS EVENTS – The meet entry sheet will have your swimmers name and then the event they will be swimming. The swim event will be listed next to the event number. (i.e. #18 Boys 11-12 – 50 Free)

4- MAP TO THE POOL – There may be maps posted at the pool or on the web site. Your best option is to pull up your own map online (i.e Googlemaps). The address of the pool should be listed with the meet information.

Parents are responsible for all transportation to and from meets. If any problems arise or you can't attend the meet after the entry has been turned in, please inform your coaches soon as possible.

At the Swim Meet:

1- CHECK-IN – Your swimmer must find the check-in list and check-in at each meet, before warm-up time. That usually means highlighting their name. If your swimmer is entered in events in different age categories make sure they highlight their name/check-in for each session (i.e. An 8 year old may swim in 8 & Under and 10 & Under events). When you check in this tells the meet host your swimmer is there and ready to swim. **Don't be late; these sheets are taken down 10-15 minutes after warm-ups begin in order to make "heat sheets".** **Not all swim meets have positive check-in.**

2- PREPARE FOR MEET – After your swimmer has checked in, they must prepare for warm-ups. If you haven't already, write your swimmers event number and swim event on their arm (i. e. #18 – 50 Free). Have them report to their coach on the pool deck. The swimmers will swim for a short time and get out of the water. After warm-ups the swimmer should dry off, stay warm and listen for their first event. You can purchase a heat sheet which has all the events and swimmers in each event or **you can follow along with the meet mobile app live to get instant results.**

3- CAMPING – Your swimmer will be camped on the pool deck with the team. Parents can set up camp (if the host pool allows it) in a hallway before or during warm-ups. While camping listen to the events being called. When you hear the first **call** for your swimmers event, they will be making their way to the starting blocks. **Not all meets will have a separate camping area.**

4- POOL DECK – Upon **final call** the swimmer will have to go to their correct lane and heat. This information is listed on a heat sheet and the coaches will write it on the swimmers arm next to their event name and number. Kids swimming 8 & Under events, will have a **Clerk of Course**. The clerk of course will place the kids in their appropriate lane and heat. Always check with your timer to make sure you are in the right lane.

5- REPORT TO COACH – After each event the swimmer is to go to their coach to discuss their swim, unless told to do a cooldown first, Then the swimmer can go back to where they are camped and wait for their next event.

6- WHEN ARE YOU DONE – After the swimmer has swum all their events, always check with the coach to make sure they have not been added in any relays. You must stay if you are assigned to a relay. **THIS IS A TEAM EVENT AND LOSING A MEMBER MEANS THAT THE TEAM FORFEITS AND CANNOT SWIM!** If not, you are free to leave once your camping area has been cleaned up. **Exception** – A few meets will have finals where a swimmer qualifies to swim in the evening.

What to Bring to a Swim Meet

- Suit and Towels (we recommend 2-3)
- Goggles (2-3 pairs, a reflective pair and sunscreen for outside meets)
- Team suit/cap
- Warm-Ups or Sweatshirt/Sweatpants (the deck can be cold and these help keep your muscles warm)
- Dry clothes
- Water bottle (it's important to stay hydrated)
- Healthy Snacks (there usually is a concession stand at each meet, but not always healthy)
- Phones are to be used for mobile and parent/guardian communication only during the meet. We want our swimmers to be focused on the meet and grow their relationships with their teammates.
- Camping items – parents can bring portable chairs, blankets, coolers.....
- Pen, permanent marker & highlighter (to highlight swimmers event in Psych sheet, write down times and events on arm)

Bonus notes:

Make sure everything has your swimmers name on it.

Parents, please assure you are prepared for the meet as well, you could potentially be at a meet for up to 4-5 hours. Pools are very warm or pretty cool - dress in layers so you can remain comfortable while watching the meet. Bring money for concessions or pack your own cooler full of snacks.

All swimmers are encouraged to stay with the team throughout the duration of the meet. This means swimmers are to refrain from sitting with parents and spectators during the meets. We attempt to foster team spirit.

SWIMMERS ARE NOT TO BE LEFT UNATTENDED AT ANY SWIM MEET. COACHES ARE ONLY RESPONSIBLE FOR YOUR SWIMMER IN THE POOL AREA.

How and why coaches choose the events they do for your swimmer?

1. Swimmers should be well-rounded, proficient in several races
2. Coach Matt Rule → Everyone will try everything!
3. Timing of meet during season
4. What athlete has been working on at practice
5. Qualification for Championships
6. Build confidence and experience in various races
7. Swimmers ability and skill

The coaches will help you understand what these mean. Look at being disqualified as a chance to learn.

What's the difference between a “medley” and an “individual medley”?

- A medley is a relay event. Each swimmer swims a different stroke.
 - The order is: backstroke, breaststroke, butterfly, freestyle.
- An individual medley (I.M.) is an event in which one swimmer swims four strokes.
 - The order is: butterfly, backstroke, breaststroke, freestyle

How are Relays Formed?

In order to put together relays for the swim meets, we take many things into consideration. The benchmarks we use for making relays are:

- Times
- Practice attendance
- Commitment
- Improvement
- Ability to swim in multiple places or strokes
- Who we are swimming
- Who is available for swim meets

- Team spirit

By using these standards we are able to have many swimmers swim in relays and we are able to mix up the relays so that our swimmers have a chance to swim with different people. With the number of people we have on our team, your swimmer may not be on a relay every meet.

As a coach, one of our goals is to keep swimmers interested in swimming for LST until they graduate from high school. Relays are important and extremely fun events to swim. We do our best to make sure that all swimmers have the opportunity to swim in a relay and be successful.

Healthy Meet Snacks

Mini-meals are approximately 200 calorie snacks, including carbohydrates, protein and fat. This provides more extended fuel than a typical “isolated” snack of crackers, cookies, candy or fruit.

Choose one from column A and one from column B

A	B
1 ounce string cheese	1 slice honey wheat bread
1 tablespoon NATURAL peanut butter	2 rice cakes
¼ cup nuts	¼ cup dried fruit
½ cup cottage cheese	1 piece of fresh fruit
1-2 turkey slices	Celery or carrots
4 tablespoons hummus	8-10 whole grain crackers (wheat thins.....)

2 ounces of tuna with 1-2 tsp. mayo	½-1 whole nutrition bar (Cliff, Luna, Balance, etc.....)
1 slice Cabot light cheddar cheese	1 serving of pretzels or BAKED chips
1 hard boiled egg	1 serving of low sugar cereal (Cheerios...) or oatmeal
4-6 ounces Stonyfield Farm Yogurt	½ sweet or regular potato
1-2 slices ham	1-2 graham crackers

Mini-meals are handy before or after early morning workouts, at the end of the school day, pre or post evening workouts and proceeding or during swim meets.

WE HOPE YOU ENJOY THE LST
EXPERIENCE AND WELCOME TO THE
FAMILY!

