

Team Website: <https://www.gomotionapp.com/team/lrst/page/home>

Coach Jill's Email (Head Coach): LRSTeamnews@gmail.com

Allison's Email (Board President): lrstvolunteers23@gmail.com

1. General Info on Practices:

- No parents on deck during practice, please sit in the bleachers/hallway.
- Swimmers' belongings need to stay on the silver benches on the pool deck or in the locker room lockers with a lock. LRST is not responsible for lost, stolen, or damaged items.
- Please be on time when picking up your swimmer(s) after practice.
- Any swimmer under the age of 18 MUST have written permission for early dismissal, email LRSTeamnews@gmail.com
- Practice times/changes can be found on the team website under "Practice Times" Changes will also be emailed out.

2. Practice Attire/Equipment:

- No baggy, loose fitting suits. No swim shirts. These act as a drag in the water and fatigues swimmers easily.
- One piece swimsuits for females due to the nature of our practices- turns/dives
- LRST is NOT liable for lost items. The pool does have a lost and found- please ask lifeguards if you have a missing item.
- Recommend writing your swimmer's initials/name on equipment.
- Equipment requirements: 2 pairs of goggles & 2 caps for all groups
 - Bronze- long fins, kickboard
 - Silver & Gold: long fins, kickboard, snorkel with center mount headgear, paddles, pull buoy
 - NO scuba fins
 - Paddles come in junior & adult sizes
 - Pull buoy comes in junior & adult size
 - Recommend mesh bag for equipment

3. Registering for Meets: *Must be an active USA Swimming Member*

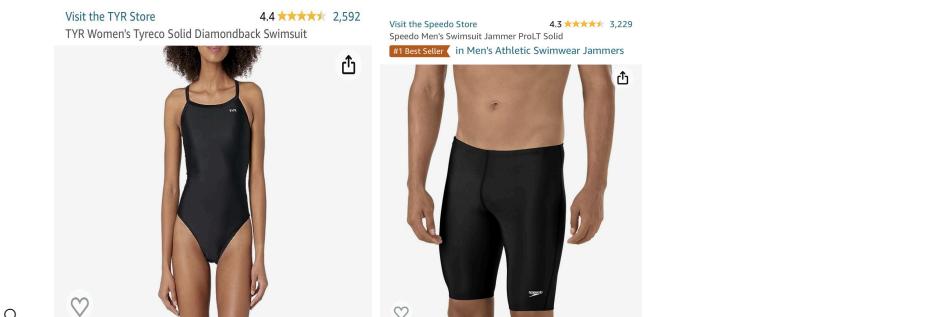
- Meet schedule can be found on the team website under "Meets/Events" tab
- Meet info and entry registration will be emailed & placed on the team website under "Meets/Events" tab when available.
 - To enter a meet, please read all meet info prior. Each meet has different requirements for entry. Do NOT worry about time cuts- Coach Jill will manage those & notify as needed.
 - Email LRSTeamnews@gmail.com with your swimmers desired events. Please include swimmers name, event #, & event type
 - Example:
John Smith-
Event #1: 10 & under 50 free
Event #5: 10 & under 50 brst
Event #13: 10 & under 25 fly
 - Coach Jill will confirm events via email
 - Entries must be received by the deadline. NO late entries will be accepted- no exceptions.

4. Meet Payment:

- A link will be emailed to you for payment
- Payment MUST be received by the posted deadline. NO late payments will be accepted- no exceptions.
- If you have more than one swimmer, you must complete separate registrations for your swimmers per meet. Do NOT combine your swimmers on 1 registration.
- During the payment process, click the drop down arrow at "Select Group"
 - Choose your swimmers last name
- After payment is received, an automated payment confirmation email will be sent by the Active site

5. Meet Attire/Suits:

- Please bring 2 pairs of athletic goggles & your Lakewood swim cap. A Lakewood swim cap will be provided to your swimmer at their first swim meet. No scuba masks permitted.
- **Solid black athletic swimsuit** - No leisure suits. No patterns. No large print. No adjustable straps. No cut outs.
 - You may purchase from any vendor/website.
 - **Jammers for males. No board shorts permitted. One piece suits for females.**



- Trusted brands: TYR, Speedo, Dolfin

- Swimmers are not permitted to wear jewelry/watches during meets. Stud earrings are OK'd. May wear a medical bracelet/pendants- please notify coaches if a medical tag is required (we must let officials know so the swimmer is not disqualified).

6. Meet Etiquette:

- Warm Up times will be emailed and posted on the team website. Warm Up times are typically based on age - please read the info carefully.
- Arrive AT LEAST 15 minutes prior to the warm up
- Swimmers must check in with their coach and/or circle in upon arrival at the pool
- Swimmers must be present at the warm up or they will be removed from the meet.
- Swimmers must sit in designated swimmer areas - they are not permitted to sit in the stands with their family/parents.
- Have events written on swimmers hand/arm

7. Volunteering

- LRST Parent Board - recruiting more board members. Email Allison at lrstvolunteers23@gmail.com if interested.

- A parent (or representative) will be expected to volunteer at our home meets on October 26, 2024 and Jan 18-19, 2024

8. LRST Merchandise can be purchased through RYCO Sports at:
<https://rycosportslw.com/clubs/lakewood-rangers-swim-team/?page=1>

9. Lakewood Football Home Meets: 9/13, 10/4 (HOCO), 10/11, 10/25 - parking is limited. Please plan ahead for those practices/arrive early. Notify the parking person you are there for swim practice - do NOT pay parking fee.