

# Welcome to the Lancers

New Swimmer and Parent  
Introduction to Competitive Swimming



# PART I: GET TO KNOW THE TEAM

- Fort Leavenworth Lancers [FTLL]
- FTLL Volunteer Board
- FTLL Coaches
- What is Competitive Swimming?
- Practice Groups
- Dryland
- What happens after registration?
- Team Policies
- Let's Talk Money...
- Fine Print Reminders
- Other helpful information



## PART II: SWIM MEET 101

- Basic Strokes
- Two Seasons
- Packing List
- Swimmer Speak
- Time Standards
- How to read a Heat Sheet
  - Paper & Digital
  - Transferring the heat sheet to your swimmer
- Team Website and App
- Tips for parents



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PART I: GET TO KNOW THE TEAM



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## Who are the Ft Leavenworth Lancers?

- The Fort Leavenworth Lancers [FTLL] Swim Team has been serving Fort Leavenworth and the surrounding communities for over 55 years. The Lancers are a **year-round, competitive swim team** that provides every member an opportunity to improve swimming skills and achieve success at his or her level of ability, from **novice to international competitor**. We believe the service and community we offer to our swimmers, both **military-affiliated and not**, is invaluable.
- The Lancers are a member of the **Missouri Valley League**, which falls under the governance of **USA Swimming**. Our coaches are highly trained and certified, have decades of swimming and coaching experience, and are committed to safely developing strong swimmers with a **focus on stroke proficiency, conditioning, work ethic, and sportsmanship**. The Lancers consistently produce some of the top swimmers in Kansas and Missouri and compete regularly at the championship and zone/sectionals levels.

# PART I: GET TO KNOW THE TEAM



## Who is on the FTLL Board?

- Head Coach – Sarah W.
- President – Ryan M.
- Vice President – **VACANT**
- Secretary – Jen B.
- Treasurer – Julie H.
- Statistician – John P.
- Volunteer Coordinator – Erin J.
- Publicity – Toni A.
- Fundraising – **VACANT**
- Safe Sport – Ryan T.
- CGSC Rep – **VACANT**
- Equipment Manager – **VACANT**

Email: [headcoach@fortleavenworthlancers.com](mailto:headcoach@fortleavenworthlancers.com)

Email: [president@fortleavenworthlancers.com](mailto:president@fortleavenworthlancers.com)

~~Email: [vicepresident@fortleavenworthlancers.com](mailto:vicepresident@fortleavenworthlancers.com)~~

Email: [Secretary@fortleavenworthlancers.com](mailto:Secretary@fortleavenworthlancers.com)

Email: [Treasurer@fortleavenworthlancers.com](mailto:Treasurer@fortleavenworthlancers.com)

Email: [Statistician@fortleavenworthlancers.com](mailto:Statistician@fortleavenworthlancers.com)

Email: [Volunteer@fortleavenworthlancers.com](mailto:Volunteer@fortleavenworthlancers.com)

Email: [toni.Archambault@gmail.com](mailto:toni.Archambault@gmail.com)

~~Email: [Fundraising@fortleavenworthlancers.com](mailto:Fundraising@fortleavenworthlancers.com)~~

Email: [SafeSport@fortleavenworthlancers.com](mailto:SafeSport@fortleavenworthlancers.com)

~~Email: [CGSC@fortleavenworthlancers.com](mailto:CGSC@fortleavenworthlancers.com)~~

~~Email: [Equipment@fortleavenworthlancers.com](mailto:Equipment@fortleavenworthlancers.com)~~

If you are interested in serving on the board, please contact the President at the above email.



# PART I: GET TO KNOW THE TEAM



## Who are the Lancer Coaches?

- Head Coach – Sarah Waldon Email: [headcoach@fortleavenworthlancers.com](mailto:headcoach@fortleavenworthlancers.com)
- Assistant Head Coach- Joe McGuire
- Dryland Coach- Victoria Murphy
- Assistant Coach- Denise Sharp
- Assistant Coach- Logan Meyers
- JR. Coach- Alex Howell
- JR. Coach- Cayman Williams



# PART I: GET TO KNOW THE TEAM



## What is Competitive Swimming?

- Learn all strokes as outlined by USA Swimming in order to compete in sanctioned USA Swimming meets.
- The 4 strokes are – Butterfly, Backstroke, Breaststroke, and Freestyle (combined for the Medley)

## Who can join the Lancers?

- On and off installation Families
- Kids (College age and under)
- Must be able to swim 25 yards without assistance

## Masters

- Open to all adults
- Follows USMS guidelines & is operated separate from the kid's team



# PART I: GET TO KNOW THE TEAM



## Practice Groups

- **Bronze** – working on learning all 4 strokes. Practice available 4 x week @ 45 min (*recommended 2+ days for improvement*)
- **Silver** – proficient in 3 of 4 strokes, need technique, speed and conditioning. Practice available 4 x week @ 75 min (*recommended 3+ days for improvement and 1+ Dryland*)
- **Gold** – proficient all strokes; all about improving technique, speed, starts and turns, and conditioning. Practice available 5 x week @ 90 min M-TH/ 120 min Fri (*recommended 4+ days for improvement and 2+ Dryland*)
- **High School Conditioning** – focus HS swimming. Max 3 Practices per week
- **Platinum** – high proficiency in all strokes; with goals of developing successful college athletes. Practice available 6 x week @ 120 min. (*recommended all practices and dryland for improvement*)



# PART I: GET TO KNOW THE TEAM



## Dryland

Dryland is conducted before swim practice. The goal of Dryland is to improve overall performance through strength, flexibility, and mobility. In order to achieve this, swimmers are strongly encouraged to attend the suggested frequency per their ability group.

Swimmers will meet the Dryland Coach on the pool deck.

Swimmers will need to bring water and wear their practice suits under gym shorts and shirts with athletic shoes.

### Dryland Times:

- Silver (MW) 5:30-6:00pm
- Gold (MW) 6:00-6:30pm & (F) 4:45-5:45pm
- Platinum (MWF) 4:45-5:45pm

# PART I: GET TO KNOW THE TEAM



## What Happens After Registration?

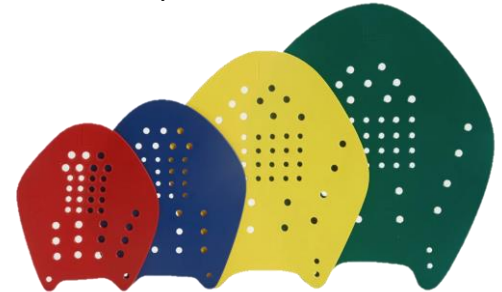
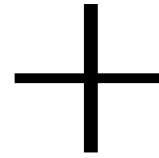
- Team Statistician reviews the registration to ensure correct. They will reach out if there's any questions.
- Swimmer added to their assigned group.
- Buy or Rent (\$10 per month) Swim Group Gear
  - See "Group Descriptions" Policy for Gear Required per Group (Examples below)



ALL (KICKBOARD, FINS, GOGGLES, CAP, WATER)



SILVER/GOLD (ALL+PULL BUOY)



PLATINUM (ALL+PULL BUOY+PADDLES)

- You can now access team website & emails
- **Please ensure your cell phone number is validated on your account**
- You can join the private FB group – Fort Leavenworth Lancers Parents
- Monthly dues and any relevant fees (ie swim meets) are due on 1<sup>st</sup> of the next month. All accounts autobill on 1st through the team website.
- Swimmers will need to register with USA Swimming **AFTER 1 SEP**



MISSOURI  
VALLEY  
SWIMMING



 SIGN IN

[HOME](#) [EVENTS](#) [SWIM GROUPS](#) ▼ [CALENDAR](#) [TEAM POLICIES](#) [SAFE SPORT](#) [MASTERS SWIMMING](#) [LINKS](#) [ABOUT](#) [TEAM RECORDS](#) [SWIM-A-THON](#)

## Team Policies

[Group Descriptions](#)

[Group Fees](#)

[Financial Policy](#)

[Equipment Rental Lease Agreement](#)

[Fundraising](#)

[Volunteer Policy](#)

[Financial Aid Policy](#)

[Meet Fees Explained](#)

[On Deck Observation Pool Policy](#)

[Team Attire](#)

[Officials Reimbursement Policy](#)

[Travel Meet – Coaching Expenses](#)

[Swimmer Code of Conduct](#)

[Parent Code of Conduct](#)

[Photograph & Video Permissions](#)

[Minor Athlete Abuse Prevention Policy](#)

## Team Guides

[Get to Know the Team](#)

[Swim Meet 101](#)

[Swim Meet Survival Guide](#)

[USA Swimming Registration - Brand New to USA Swimming, Never Registered](#)

[USA Swimming Registration - Registered before 2024](#)

[USA Swimming Registration - Registered in 2024 and renew for 2025](#)

# PART I: GET TO KNOW THE TEAM



## Let's talk money...

### What does swim team cost?

- Team registration \$90 (already paid when joined)
- USA Swimming Registration - Starts 9/1 (directions were included at end of registration & are available in Policy tab team of team website) valid through 12/2025
  - Premium USA Swim – Full membership, no restrictions approx \$85/year
- Monthly dues – Vary by group, 15% sibling discount

### What are meet fees?

- When you commit to swim a meet there are 3 fees for that meet. These fees are included in the meet information provided before you sign up.
  - Entry fee – Individual entry, Relay entry (*set by host team*)
  - Facility surcharge – What the host team charges for use of the natatorium (*set by host team*)
  - Coaching fee - \$15/swimmer regular meets, \$25/swimmer championship meets (Lancers)
- Once you're committed the fees are billed even if you do not show up for the meet. These are fees we pay the host team regardless of whether you attend the meet. If a swimmer causes a relay to scratch (not swim) then that swimmer is responsible for the entire relay fee.



# PART I: GET TO KNOW THE TEAM



## Let's talk money...

### How do you pay?

- Team account automatically billed on 1<sup>st</sup> of each month to the card on file. Be sure to keep that card updated anytime it's replaced to avoid \$5 failed transaction fee and \$25 late fee.
- You can check your balance any time by logging into your account on the team website
  - My Account – Billing Summary

The screenshot shows the Fort Leavenworth Lancers website. On the left is a dark sidebar with a menu. The 'My Account' option is highlighted with a yellow arrow labeled '1. My Account'. A dropdown menu is open from 'My Account', showing options like 'My Account', 'Registration', 'Account Info', 'Team Registration', 'Billing', 'Class Registration', 'Billing Summary', 'Set Up Autopay', and 'Event Fundraising'. The 'Billing Summary' option is highlighted with a yellow arrow labeled '2. Billing Summary'.

The screenshot shows the 'Billing Summary' page on the Fort Leavenworth Lancers website. A yellow arrow labeled '3. Billing Summary' points to the 'BILLING SUMMARY' tab. Below the tabs, there are sections for 'UNAPPLIED PAYMENT', 'BALANCE DUE', and 'OVERDUE', all showing '\$0.00'. A search bar is present. Below that, a table lists transactions for the 'Last 30 Days'. A yellow arrow labeled '4. Charges and Payments' points to the table.

TYPE	DESCRIPTION
PAYMENT	Shopping Cart Payment on Aug 01, 2023
CHARGE	FTLL 23-24 Reg - [Redacted]
PAYMENT	Automatic payment Aug 01, 2023
CHARGE	[Redacted] Silver Team/Monthly
CHARGE	[Redacted] Gold Team/Monthly

# PART I: GET TO KNOW THE TEAM



## Some Fine Print Reminders...

### Volunteer Obligation

- See team policy for full details
- Highlights:
  - 1 volunteer hour per every month your swimmer is on the team (*per family*)
  - Variety of ways to fulfill these hours
  - HS Conditioning are exempt from this requirement if those are your only swimmers
  - Unfilled hours are billed to your account when you put in notice to leave the team (\$10 per hour short)

### Fundraising Obligation

- See team policy for full details
- Highlights:
  - The below fundraisers per year are mandatory participation
    - Any home/intrasquad swim meets (Intrasquad not to exceed \$25 per swimmer)
    - 1 Swim-a-thon with minimum \$50/swimmer or \$100/swim family
  - HS Conditioning are exempt from SWIM-A-THON

# PART I: GET TO KNOW THE TEAM

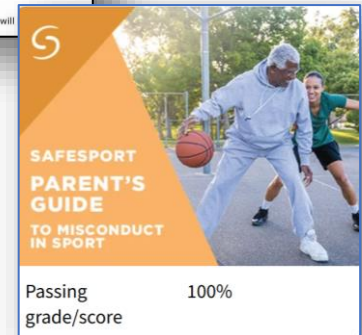
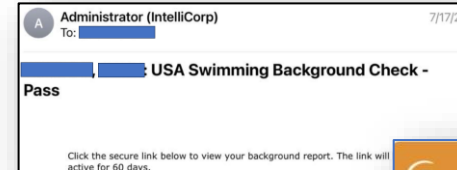


## Some More Fine Print Reminders...



### SafeSport & “On-Deck Observation Pool Policy”

- See team policy for full details
- Highlights:
  - Safety of our Swimmers!
  - To observe from pool deck bleachers in Harney Gym when Harney is closed to Patrons, require 4 actions:
    1. Background Check through USA Swimming  
[Complete a Background Check \(usaswimming.org\)](https://usaswimming.org)
    2. Parent Guide to Misconduct Training (**this also gives you 2 Volunteer Hours**)  
[Parent Guide to Misconduct Training](#)
    3. Email certificates to the SafeSport Coordinator at [SafeSport@fortleavenworthlancers.com](mailto:SafeSport@fortleavenworthlancers.com)
    4. Wear FREE Lancer GREEN SafeSport Band while observing from Bleachers (*Individual Band, not Family*)
- If training and background check are not complete, you may only observe through the Harney Observation Room after 6pm (can fill up quickly).
- No pictures/video from behind the blocks during practice and meets (Swimmer Privacy)
- Swimmers only in locker rooms for bathroom emergencies when Harney is closed to patrons. Families can use Family Restrooms (Once construction complete)



### Pick-Up and Drop-Off

- Small Pool Area with LOTS of parents, kids, and gear moving both in and out
- Caregivers and parents should come up to the outside doors for pick-up and drop-off [Door Monitor Volunteer Opportunity to assist safety]
- Feel free to quickly get child settled before practice (especially little ones) and collect them/zip jacket/etc. at the end of practice. Outside of those short time periods, the above policy applies for parents on-deck after 6pm.

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## Helpful Websites and Apps to Download

### WEBSITES

- Missouri Valley Website (Meet pdfs, Time Standards, etc.)
  - [Missouri Valley Swimming LSC Home \(teamunify.com\)](http://teamunify.com)
- Facebook Pages (Public and Private)
  - **Facebook (public page):** Fort Leavenworth Lancers Swim Team
  - **Facebook (private page):** Fort Leavenworth Lancers Parents



### APPS

- SportsEngine Motion– Works with the team website
  - Sign up for Meets
  - Sign up for Volunteer Opportunities
  - View your swimmers best meet times...and more
  - [SportsEngine Motion - Apple](#)      [SportsEngine Motion - Play](#)
- Meet Mobile – Great for swimmers at meets, heat sheets, and results
  - FAQ & how to use  
[https://activesupport.force.com/usersupport/articles/en\\_US/Article/Meet-Mobile-App](https://activesupport.force.com/usersupport/articles/en_US/Article/Meet-Mobile-App)
  - App Stores  
<https://www.active.com/mobile/meet-mobile-app>
- USA Swimming App- Time Standards and Registration
  - [USA Swimming in the App Stores](#)





# Questions?

