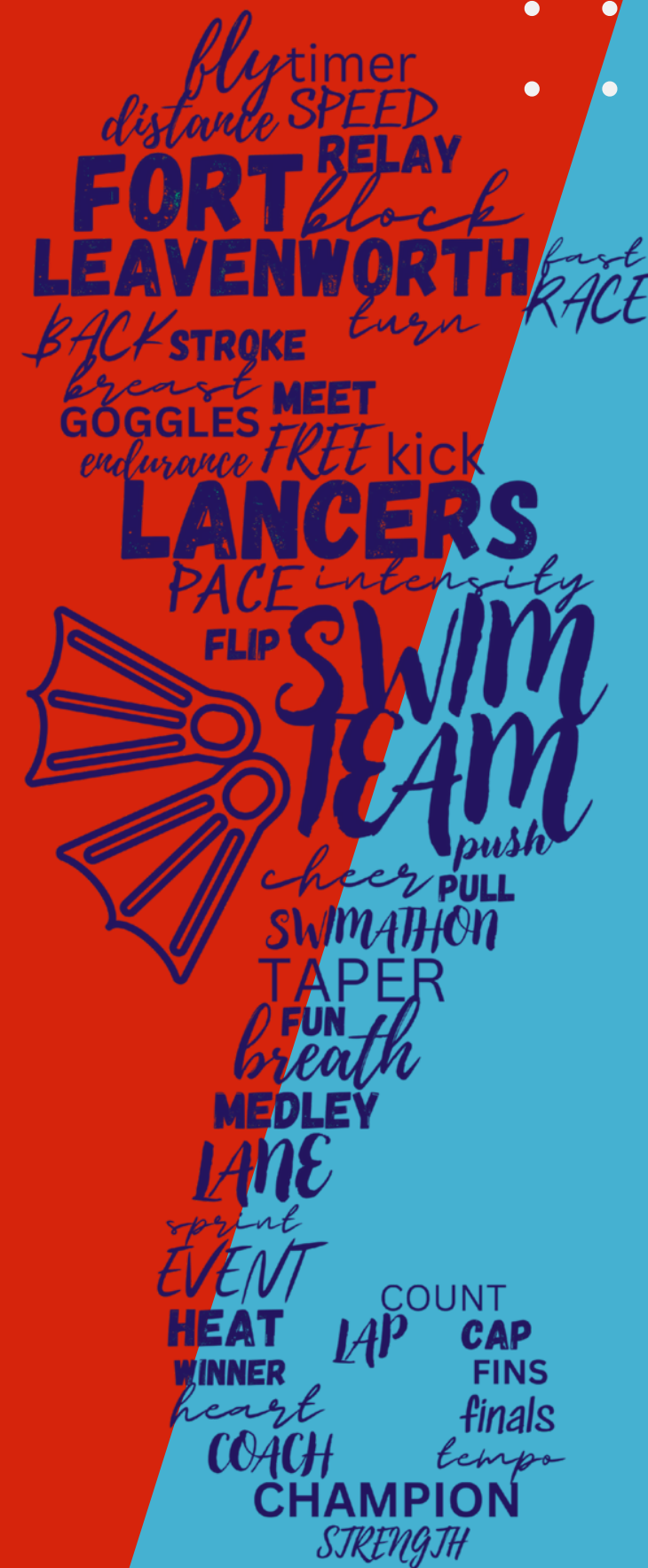


WELCOME

Fort Leavenworth Lancers

New Swimmer and Parent Information

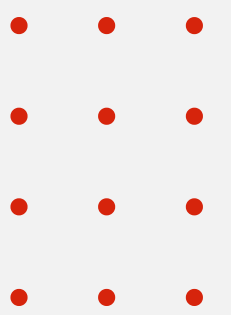


Fort Leavenworth Lancers (FTLL)

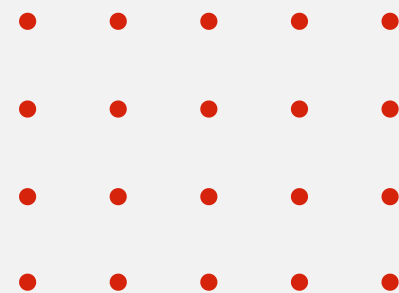
- FTLL Coaches
- FTLL Volunteer Board
- What is competitive swimming?
- Practice Groups
- FTLL Flyer
- What happens at Registration
- Team Policies
- Let's Talk Money...
- Fine Print Reminders
- Other helpful information.



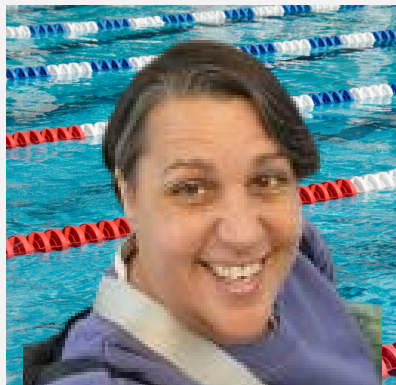
Who we are...



- The Fort Leavenworth Lancers have been serving Fort Leavenworth and the surrounding communities for 60 years.
- The Lancers are a year-round, competitive swim team.
- We provide every member an opportunity to improve swimming skills and achieve success at his or her level of ability.
- 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.
- We are committed to safely developing strong swimmers with a focus on stroke proficiency, conditioning, work ethic, and sportsmanship.
- The Lancers consistently produce top swimmers who compete regularly at the championship & zone/sectionals levels.



Your Lancer Coaches are...



Jackie Hayes
Head Coach



Joe McGuire
Assistant Head Coach



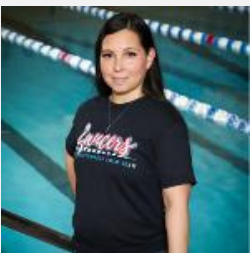
Kourtney Flynn
Assistant Coach



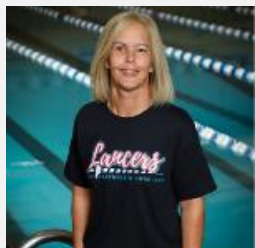
Alex Howell
Assistant Coach



Braydon Kime
Assistant Coach



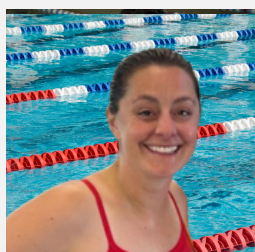
Victoria Murphy
Dryland Coach



Denise Sharp
Assistant Coach



Sarah Waldon
Masters Coach



Meghan Wieten-Scott
Assistant Coach

What is Competitive Swimming?

 Learning all 4 strokes in order to compete in Sanctioned USA Swimming meets

- Freestyle
 - Backstroke
 - Butterfly
 - Breaststroke
- } combined for the medley

 Who can join the Lancers?

- Military and Civilian families
- Kids (college age and under)
- Swimmer must be able to swim 25 yards without assistance

 Masters

- Military and Civilian adults
- Follows USMS guideline and is operated separately from kids.

Practice Groups



Bronze - 12 & under - 45 minutes - 1,000 - 1,500 yards
Foundational skill development including stroke technique, starts, turns, and basic rules. Must be able to swim 25 yards without stopping.
Minimum **2 practices** per week for continued progress
Equipment Requirements: Fins, kickboard, mesh bag, water bottle, suit, and team cap

Silver - 8 & up - 1 hour 15 minutes - 1,500 - 3,000 yards
Proficient in at least 3 competitive strokes. Training focuses on refining technique, improving speed, & increasing aerobic capacity.
Minimum **3 swim** practices and **1 dryland** session weekly.
Equipment Requirements: Fins, kickboard, pull buoy, snorkel, mesh bag, water bottle, suit, and team cap

Gold - 9 & up (exceptions may apply) **- 1 hour 30 minutes - 3,000 - 5,500+yards**
Emphasis is placed on stroke refinement, starts and turns, and aerobic development .Gold serves athletes having already achieved MV District times, aiming for Championship times, & those preparing to meet Platinum group standards.
Minimum **4 swim** practices and **2 dryland** session weekly.
Equipment Requirements: Fins, kickboard, pull buoy, snorkel, mesh bag, water bottle, suit, and team cap

Platinum - 12-19 (exceptions may apply) **- 2 hours - 2 hours and 30 minutes - 4,000 - 7,500+yards**
Athletes with competitive swimming as a primary activity. Training is intensive, focused on achieving high-level qualifications such as State & Sectionals. Must have achieved appropriate age group Championship times. Program also serves prep for collegiate swimming.
100% attendance at all swim and dryland practices
Equipment Requirements: Fins, kickboard, pull buoy, snorkel, mesh bag, water bottle, suit, and team cap

Masters - 18+ - 30min - 2 hours - Yardage varies by ability
Structured swim practices for adults seeking fitness skill improvement, or competition preparation.
Suggested Equipment - Fins, kickboard, mesh bag, water bottle, suit, and team cap

High School Conditioning - Current High School Students (9th- 12th grade) **- up to 2 hours - 2,500+ yards**
Conditioning and stroke refinement outside their school season. Participation is limited to training only.
Suggested Equipment - Fins, kickboard, mesh bag, snorkel, water bottle, suit, and team cap

Dryland

Coach Victoria

Where



Harney Gym 2nd floor

Times



Platinum - MWF 5-6pm



Gold - MWF 5-6pm



Silver - MW 5-6pm

Things to know



MEET ON THE POOL DECK



ATHLETIC SHOES, NO CROCS!



WEAR GYM CLOTHING



WATER BOTTLES REQUIRED



EAT A SNACK BEFOREHAND

Goal



*To improve overall performance
through strength, flexibility & mobility.*



LANCERS

What happens after registration?

- Team Registrar reviews the registration and will reach out if there are any questions.
- Swimmers will be added to their assigned group.
- Buy or Rent (\$10 per month) swim group gear.
 - See “Group Descriptions” policy for required gear
- You can now access the team website
- **Make sure to sign up for text alerts.**
 - See team policy tab on website for directions.
- You can join the private Facebook group
 - Fort Leavenworth Lancers Parents
- Monthly dues and relevant fees (ie swim meets) are auto billed through the website on the 1st of the month.



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 with registration & are available in the Policy tab on the website.
 - Premium USA Swim - full membership, no restrictions approximately \$82 a year
- Monthly dues - Vary by group, 10% sibling discount for 2nd sibling and subsequent siblings.

What are meet fees?

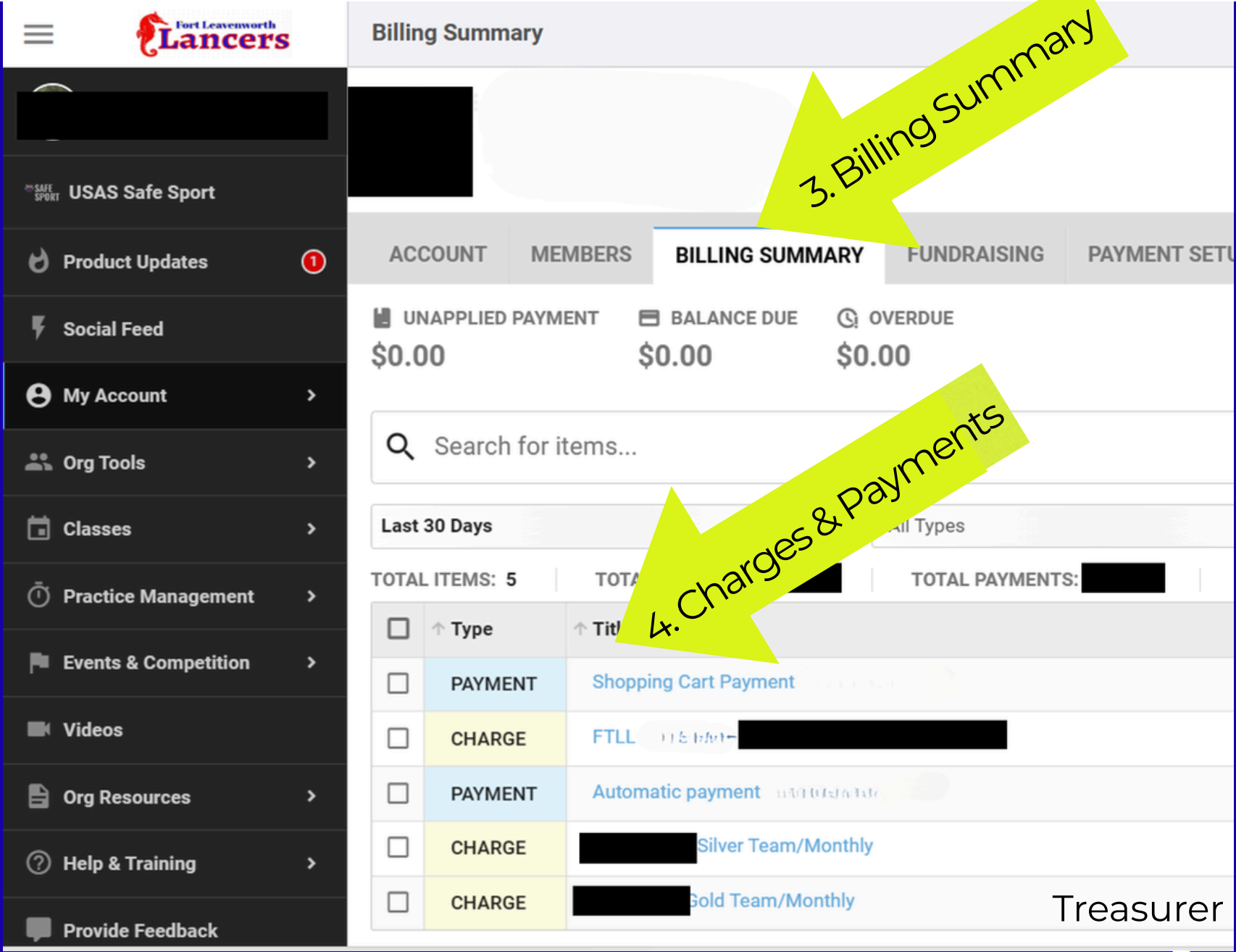
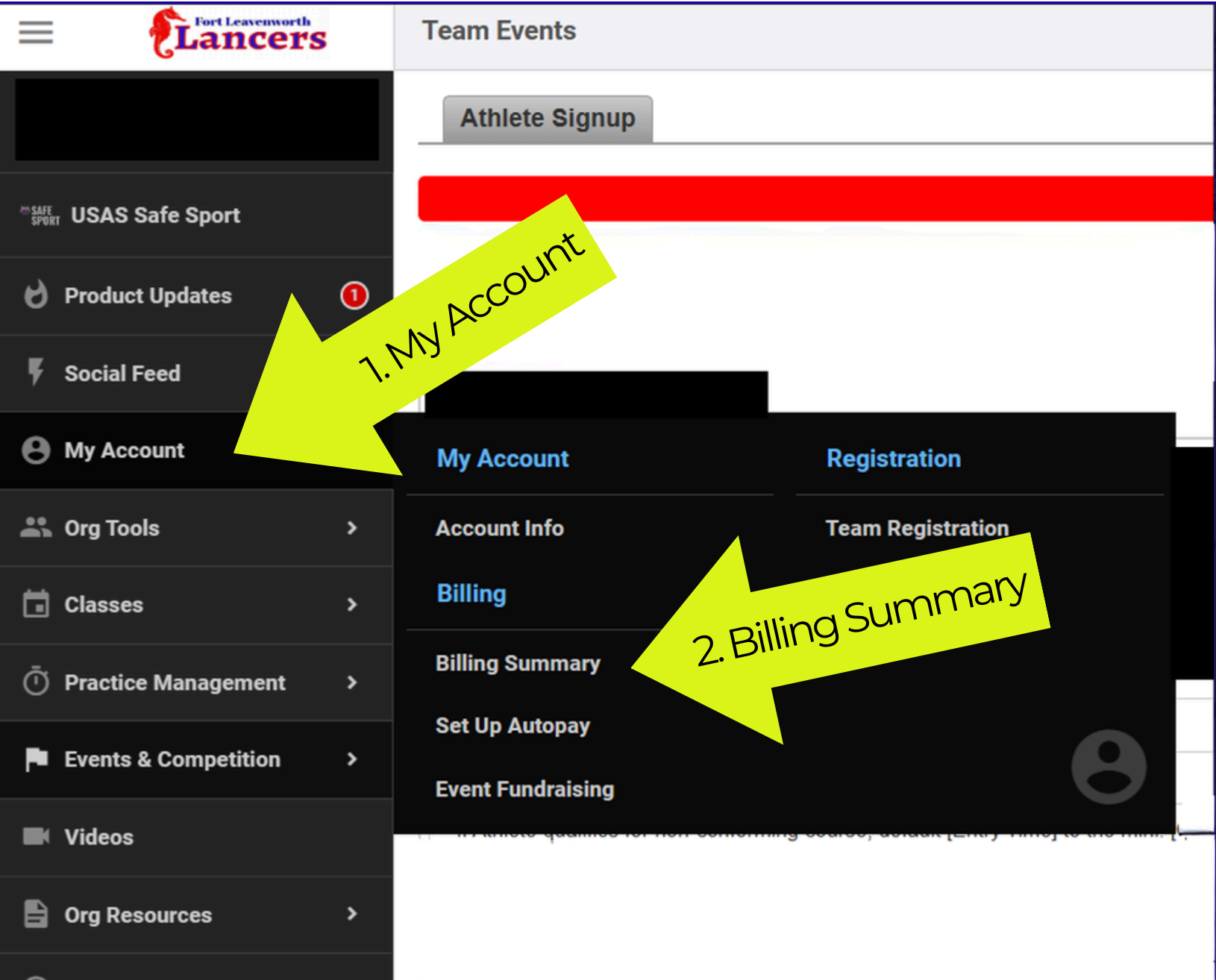
- When you commit to swim a meet there are 3 fees for the meet.
 - Entry Fee - Individual entry, relay entry
 - Facility Surcharge - What the host team charges for use of the natatorium
 - Coaching Fee - \$15 per swimmer for regular meets and \$25 per swimmer for championship meets.
- Once you're committed the fees are billed even if you do not show up for the meet. These fees we pay to 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.

Let's Talk Money...

How do you pay?

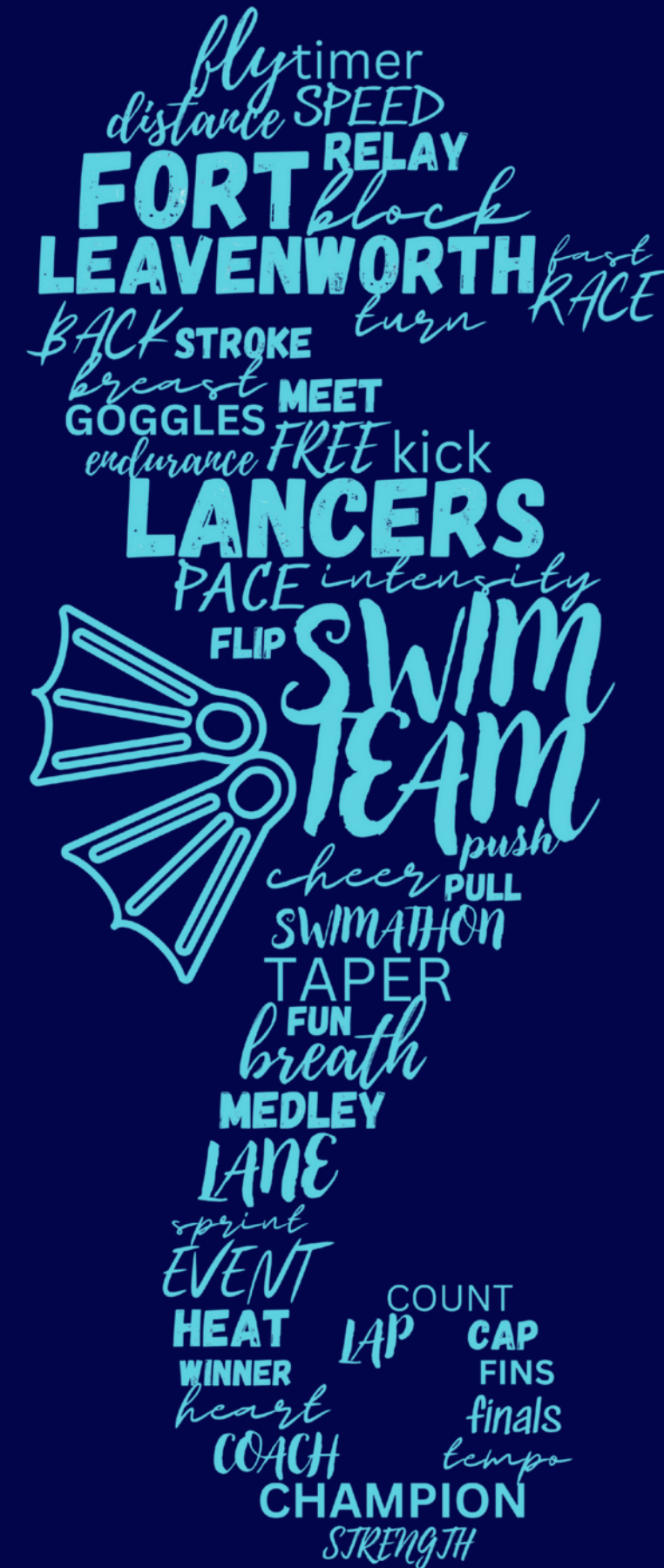


- Team account automatically billed on the 1st of each month to the card on file.
 - Make sure to keep updated to avoid \$5 failed transaction fee and/or \$25 late fee.
- You can check you balance any time by logging into your account on the team website.
 - My Account - Billing Summary



Team Policies

- Group Descriptions
- Group Fees
- Financial Policy
- Fundraising
- Volunteer Policy
- Financial Aid Policy
- Meet Fees Explained
- Practice Observation Policy
- Team Attire
- Equipment Rental Lease Agreement
- Officials Reimbursement Policy
- Travel Meet - Coaching Expenses
- Swimmer Code of Conduct
- Parent Code of Conduct
- Photograph & Video Permissions
- Minor Athlete Abuse Prevention Policy.



Some Fine Print Reminders...



Volunteer Obligations

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

Fundraising Obligations

- See team policy for full details
- Highlights
 - The below fundraisers per year are mandatory participation
 - Intr Squad meet - \$25 maximum per swimmer
 - 1 SWIM-A-THON with minimum \$50 per swimmer of \$100 per family
 - HS conditioning are exempt from SWIM-A-THON



Some More Fine Print Reminders

SafeSport & Observation Policy

- See team policy for full details
- Highlights
 - Safety of our swimmers
 - To observe practice you **must be in the observation room**
 - Athlete Protection Policy
 - Background check through USA Swimming
 - Athlete Protection training (**Gives you 2 volunteer hours**)
 - Email certificates to the SafeSport Coordinator
- No pictures/video from behind the blocks during practice & meets
- Swimmers only in locker rooms.
- Families can use bathroom in observation room.

Pick-Up and Drop-Off

- Parents/Caregivers should come up to the outside doors for pick-up & drop-off. [Door monitor volunteer opportunity]
- Feel free to quickly get swimmer 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 observation.
- Do not drop swimmers off more than **15** minutes before practice starts.



Helpful Websites & Apps to Download

Websites

- Fort Leavenworth Lancers Swim Team
 - Lancers Team Website
- Missouri Valley Website (Meet pdfs, Time Standards, etc.)
 - Missouri Valley Swimming LSC Home
- Facebook Pages (Public and Private)
 - **Facebook (public page)** - Fort Leavenworth Lancers Swim Team
 - **Facebook (private group)** - 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 time... and more
- Meet Mobile - Great for swimmers at meets, heat sheets, & results (free and paid versions)
 - FAQ & how to use
- USA Swimming App- Time Standards & Registration
 - USA Swimming how to download the app.



Toni

Lancers Parent Board...



Ryan Murphy

President

President@fortleavenworthlancers.com



Julie Howell

Treasurer

treasurer@fortleavenworthlancers.com



Karin Burbridge

Statistician/Registrar

statistician@fortleavenworthlancers.com



Toni Archambault

Publicity

publicity@fortleavenworthlancers.com



Kelly Farese

SafeSport Coordinator

safesport@fortleavenworthlancers.com



Deidre Sevigny

Vice President

Vicepresident@fortleavenworthlancers.com



Jenna Farquhar

Secretary

secretary@fortleavenworthlancers.com



Erin Johannes

Volunteer Coordinator

volunteer@fortleavenworthlancers.com



Help Wanted

Fundraising Coordinator

fundraising@fortleavenworthlancers.com



Amber Martin

Equipment Manager

equipment@fortleavenworthlancers.com



If you are interested in serving on the board, please email the president.

VP

Coming in September

Part 2: Swim Meet 101

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



QUESTIONS???

