



LIFE TIME SWIM OHIO PARENT HANDBOOK

(DUBLIN, OHIO)

2025-2026 Season

Revised December 2025



TEAM VISION

Our team is a year-round competitive swimming team offering high quality professional coaching and technique instruction for all ages and abilities. The goal of our team is to promote a lifetime of wellness through the sport of swimming in a safe and inclusive environment.

TEAM PHILOSOPHY

Life Time strives to provide an exceptional aquatics experience through premier facilities and programs, by placing safety first while demonstrating the highest levels of knowledge, professionalism, and customer service.

Life Time Ohio Swim Team is here to provide a competitive, well balanced training environment that stresses both individual and team improvement while providing an opportunity for Life Time members to participate in a top-level competitive swim program.

Life Time Ohio Swim Team has been structured on the premise that there are three basic phases of athlete development in our swimming program. At each level of the program, we continually try to evaluate and adapt to the multitude of factors, both scientific and sociological, that impact the growth and development of young athletes. Experience has taught us that developing swimmers can be a moving target that changes as the population we serve grows and as we learn more about the development of young people. Our philosophy is to build a swimming community where kids feel challenged yet safe, so they can learn to be the best version of themselves through the sport of swimming without burning out. We want our team to feel like a second family for our swimmers.

MISSION STATEMENT AND OBJECTIVES

- To provide excellent professional coaching and programs which develop individuals to the best of their abilities to compete at the highest level they want.
- To provide an atmosphere that inspires swimmers to achieve their maximum potential through a strong work ethic, discipline, self-motivation, and self-esteem.
- To develop team unity where everyone encourages and takes pride in each other at all levels of competition.
- To instill a lifelong love of swimming through enjoyment and accomplishment at all levels of swimming.

COACHING STAFF

HEAD COACH: Chloe Brake- cbrake@lt.life

ASSISTANT COACHES: Maureen “Mo” Cantwell, Jim Callahan, Lauren Moeller, Sadie Chen

Staffing for 2025/2026 Season

| Practice Group | Practice Group Coach |
|----------------|-------------------------------|
| Developmental | Coaches Jim, Mo, and Sadie |
| Bronze | Coaches Chloe and Mo |
| Silver | Coaches Chloe and Mo |
| Gold | Coaches Chloe, Lauren, and Mo |

USA SWIM (FALL-SPRING)

Practice Groups

The swim team has different practice groups to ensure effective practices for all swimmers. Practice groups are established by considering many factors that include age, ability, and emotional maturity because we consider the whole child and the group dynamics. **Group placement is at the discretion of the coaches.**

Developmental

- *Age Range* – 5-10 years old
- *Description* – This group is for beginner swimmers who are working on the basic movements of the 4 competitive strokes. No previous experience is required, though swimmers are expected to swim 25 yards on their front and back before joining.
- *Practice Info* – 60 minutes in water with no dryland expectations
- *Attendance Goals*– Attend at least 1 practice/week for more progression. There are 3 practices available per week.
- *Meet Expectations* – No meet expectations. Individuals may compete in certain meets by invitation from the coaching staff only.
- *Gear Requirements*- No gear expectations.

Bronze

- *Age Range* – 7-13 years old
 - *Description* – This group is for developing swimmers who are refining their stroke technique. Swimmers should be able to comfortably swim in a larger pool, and have a good understanding of freestyle and backstroke with working knowledge of butterfly and breaststroke. Proper starts, finishes, and turns will be introduced.
 - *Practice Info* – 60 minutes in water with dryland 1x/week
 - *Attendance Goals* – Attend at least 2 out of 4 available practices/week for more progression
 - *Meet Expectations* – One meet/month is recommended to evaluate progress.
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- *Gear Requirements*- paddles, kickboard, fins, snorkel, pull buoy, mesh bag. All of the recommended equipment can be found on the Gear Order Form on our website. Please obtain equipment within 2 weeks of your swimmer starting this level.

Silver

- *Age Range* – 10-15 years old
 - *Description* – This group is for swimmers who are interested in competitive swimming. Practices for this group will refine stroke form fundamentals, build speed, and increase endurance. Swimmer will also improve their starts, underwaters, turns, and finishes.
 - *Practice Info* – 90 minutes in water with dryland 1x/week.
 - *Practice Attendance Goals*– Silver swimmers should attend at least 3 practices/week. There are 4 practices offered per week.
 - *Meet Expectations* – One meet/month is recommended to evaluate progress.
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- *Gear Requirements*- paddles, kickboard, fins, snorkel, pull buoy, mesh bag. All of the recommended equipment can be found on the Gear Order Form on our website. Please obtain equipment within 2 weeks of your swimmer starting this level

Gold

- *Age Range* – 12-18 years old
 - *Description* – This group is for swimmers who are interested in improving their racing, where many students compete for their school teams. Practices will focus on endurance and strength training with continued focus on stroke technique, starts, underwaters, turns, and finishes. Swimmers will also set clear goals and learn racing strategies.
 - *Practice Info* – 90 minutes in water with dryland 2 x/week
 - *Practice Attendance Goals*– Attend at least 4 practices/week. There are 5 practices offered per week.
 - *Meet Expectations* – Attend at least 1 meet/month during the season, regional championships at the end, and age-level championships if swimmer qualifies.
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- *Gear Requirements*- paddles, kickboard, fins, snorkel, pull buoy, mesh bag. All of the recommended equipment can be found on the Gear Order Form on our website. Please obtain equipment within 2 weeks of your swimmer starting this level

CLUB SWIMMING (FALL-SPRING)

SHORT COURSE (25 yard pools) - Meets are offered year round throughout the short course season, where there will be one or two meet options per month. Meets are a great way to evaluate progress in swimming, so we would love for all swimmers to swim at 2 meets this season: the GCST Holiday Cheer Open in December and the Regional Championships in February. For the other meets, participation is at the swimmer's discretion based on their goals, where the coaches can also make recommendations.

Swimmers can select their events on Team Unify, though coaches must approve all events. Each meet may have different events available and different limits on events per session. If there are sufficient swimmers signed up, coaches may form relay teams. **It's very important to attend when you sign up. Please notify coaches of changes prior to the meet so the coaching staff can adjust and set relay teams.** Scratches after the registration deadline will still be billed. Fees are billed after each meet based on the events that the swimmer signed up for at the registration deadline. Some meets will require Life Time to provide meet volunteers (e.g. timers), and coaches will request timers at the meet as needed. Consider accepting the request so coaches can coach your swimmers. Meet results are usually posted on the 'Meet Mobile' app.

The end of each season has a Regional Championship for all swimmers who didn't qualify for Junior Championships (JC), where all swimmers are encouraged to attend to see their progress over the season and have fun as a team. The Junior Championship is a meet for the fastest swimmers in Ohio, and swimmers must meet the Ohio JC times to participate. If a swimmer qualifies, it's expected that the swimmer will compete unless previously discussed with a coach.

USA Swimming- A USA Swimming Membership is required for every swimmer in the Bronze, Silver, and Gold levels.

- **STEP 1: Click on the link to set up your (parent) new USA Swimming account -**
<https://hub.usaswimming.org/landing>
- **STEP 2: Link to register the athletes (after you, parent, have set-up your account) -** Please log on to your account, the use this link to register your swimmer for 2025/26:
<https://omr.usaswimming.org/omr/welcome/07DC8A7913BA4D>

Billing

Billing for team dues occurs at the beginning of each month, where fees are deducted based on the swimmer's practice group. Any meet fees will be collected after each meet is done based on the number of events the swimmer registered for. If a swimmer signs up for an event during a meet, the family will still be charged for the event even if the swimmer doesn't swim it. The same is true for relays. There is also an admin fee of \$65 that is charged which is used at the coach's discretion to support the team (e.g. fun activities or invest in equipment/hardware/software). The admin fee will be charged once per swimmer per club season. The date it is charged is on a rolling basis based on last

name. For example, families with last names A-G will be charged their admin fee(s) in October/November, H-P in December/January, and Q-Z in February/March.

SUMMER SWIM (SUMMER)

Practice Groups

Gold, Silver, Bronze, and Developmental groups will continue practicing with their year round groups during the summer. The practice schedule will be released by late April. The first day of practice will be May 5th, 2026. While school is still in session, evening practices are offered before the team transitions to the morning AND evening practice schedule. Swimmers should try to attend at least 3 practices/week to see regular improvements.

Meets

Dual meets are offered on Wednesday evenings once the season starts. N.E.W. League Championships are typically held in mid-July. Signups are done through the Team Unify page to indicate attendance, and parents can select individual events for the swimmer. PLEASE keep in mind- swimmers 14 and under can only sign up for TWO individual events. Swimmers 15 and up can sign up for THREE individual events. The TeamUnify page is set to allow three individual events so that our 15 and over swimmers can sign up for the proper amount of events. If your swimmer is under 14 they CANNOT sign up for more than 2 individual events regardless of what the Team Unify system will allow you to do. Swimmers have to participate in 2 regular season N.E.W. League meets in order to participate in end-of-summer championships. They do not have to have swum a certain event during regular season in order to swim it at Champs. **There are volunteer requirements of helping for at least 2 meets/season for each family to ensure that the summer season runs smoothly. Families who choose not to volunteer for at least 2 meets will pay a fee instead to cover their hours. The fee for Summer 2026 will be \$150.** A little bit of time from each family will help the coaches focus on the swimmers, without burdening any individual or family. Results for some meets are posted on the 'Meet Mobile' app.

Billing

All practice groups (summer swim and year round) will be billed on a monthly basis. Summer season will be from May to July. The coaching staff has decided that when possible, swimmers should practice as much as they can before our first meet in early June. If your family is not able to participate in May due to spring sports or other commitments, that is totally understandable. Swimmers are more than welcome to start in June if that is what works best for their family. We just want as many people as possible to begin in May so that our organization is thoroughly prepared for our first meet. There is also an admin fee that is charged which is used at the coach's discretion to support the team (e.g. fun activities or invest in equipment/hardware/software). The 2025 fee was \$75, 2026's fee is TBD. The admin fee will be charged once per swimmer per season. The date it is charged is based on last name. The charging schedule for this fee in summer 2026 is TBD.

ROLES AND EXPECTATIONS

Coaches Role and Responsibilities

The Coaches' job is to supervise the entire competitive swim program. The coaching staff is dedicated to providing a quality competitive program for each swimmer, which requires the coaches to retain control in training and competition matters.

1. The Coaches are responsible for placing swimmers in practice groups. This is based on age, demonstrated merit, and coaches' recommendation. Coaches reserve the right to place a swimmer in a less challenging group if their emotional maturity warrants it. Coaches also reserve the right to place a swimmer in a more challenging group when it is in the best interest of the swimmer.
2. Responsibility for stroke instruction and the training regimen rests with the coaching staff. Each group's practices are based on current techniques and coaching philosophy and are geared to the goals of that group.
3. The coaching staff will make the final decision regarding which meets swimmers will attend and which events a swimmer will compete in. Please see the Meet Entry section for more information.
4. At meets, the coaching staff will conduct and supervise warm-up procedures for the team. The coaches will be solely responsible for offering racing strategies, technical instruction, and constructive criticism regarding the swimmer's performance. All relay teams will be determined by the coaches.
5. All team communication will come from the coaches via the TeamUnify website.

Swimmers Behavior Expectations

1. Please arrive at each practice on time and ready to swim. Equipment should be ready to go before practice starts. Bronze and Silver begin swimming at the official practice start time.
2. If your child is late due to traffic or other everyday life issues, arrives to practice, and joins their team promptly, this is NOT a problem. At all. Things happen all the time that are outside of our control. The coaching staff does however take issue with kids arriving late (or on time!) for practice and delaying getting in the water right away. We had swimmers last season taking a full 10 minutes from entering the pool deck to actively swimming. Please inform your swimmers that this is not acceptable.
3. Please do not put anything you want to stay dry in your child's mesh bag. It will be utilized right at the pool's edge and will get wet.
4. All swimmers should wear a swimsuit appropriate for training; no shorts or shirts are permitted during practice. It is required that all swimmers wear caps. A Life Time swim cap is required for meets.
5. Listen and follow the coaches' instructions
6. Follow Pool Rules
7. Be courteous and respectful to other patrons of the pool, your teammates, and your coaches
8. Strive to become a better athlete at each practice
9. Encourage your teammates toward excellence

Parent Expectations

1. During summer swim parents are strongly encouraged to volunteer their time to help with the development of the team through swim meet assistance as a starter, stroke/turn official, timer, computer operator, or ribbon coordinator etc. There is a class offered by the league at the beginning of the summer to instruct parents on becoming a starter or stroke/turn official. Additionally, the league offers a class on how to be a computer operator. Coach Chloe can also help train anyone interested in being a computer operator. This is an essential role to hosting swim meets. Information on when these classes will occur will be sent out in spring 2026.
During the summer season, each family is expected to volunteer for at least 2 meets during the season, or pay a fee to cover their hours. The fee for Summer 2026 is \$150.
2. Parents are welcome to observe workouts, where they should stay in the designated seating areas at the pool.
3. Please drop off your child and refrain from coaching your child from the side or the chairs. Each swimmer needs to focus on one coach and should not be distracted during practice with presumed helpful behaviors by parents. Parents should support their children by encouraging them during races, after races, and at home after practice.
4. Videotaping, pictures, or other distracting behaviors during practice are NOT permitted at any time. Video and pictures are allowed at swim meets as long as you disable your flash and do not stand in front of other coaches, safety marshals, timers, or officials during the meet. This is based on USA Swimming rules and regulations and MUST always be adhered to.
5. Never approach meet management, officials, or safety marshals during a swim meet. Communicate all suggestions and questions to Life Time swim coaches only.
6. Parents will show respect to all parents, coaches, swimmers/athletes, competitors, teams, officials, directors, board members, and patrons of Life Time at all times.
7. Parents are not to "friend" any youth (Under age 18) swimmers on Instagram, Facebook or any social media platform as restricted by law. This does not include your own children. Privacy and safety is very important for all swimmers and needs to be respected through best practices.
8. Please do not attempt to engage the coaching staff in conversation while they are on-deck during practice. This is distracting for both the coaches and swimmers. If you need to talk with a coach, please either email Coach Chloe (cbrake@lt.life), or wait and plan a meeting time with a coach after practice is over and the kids are away from the pool. Use email if you need to set up a specific time to talk with the coach. Coaches are typically available 15 minutes before or after practice.
9. Parents must keep their accounts with USA Swimming and Life Time in good standing. Please make payments on time each month and keep us informed of changes to contact information.

Parent Cooperation and Communication

Cooperation and communication between parents and coaches is a vital part of a successful program. If a parent disagrees with a coach, the problem must be resolved privately between the two. A parent's critical comments directed at the coach in the presence of a swimmer may have a negative impact on the confidence the swimmer has in the coach. Also, it should be emphasized that confusion will result if the swimmer has two "coaches" (Parent and Coach). The results are almost always better

if parents restrict their input to support and encouragement, and let the coach provide technical instruction. Coaches always welcome input from parents and will make themselves available outside of workouts and competition.