



# LIFE TIME SWIM OHIO PARENT HANDBOOK

(DEERFIELD, OHIO)

2023-2024 Season

Revised May 2024



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## TEAM VISION

Our team is a year-round competitive USA 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. Our Team is open to swimmers of all ability levels.

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 the perfect developmental swimming program is a moving target that changes as the population we serve changes and as we learn more and more about the development of young people.

## MISSION STATEMENT AND OBJECTIVES

- To provide excellence in professional coaching and programs to develop individuals to the best of their abilities to compete at the highest levels.
- 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** Derek Finn: [dfinn2@lt.life](mailto:dfinn2@lt.life)

**ASSISTANT HEAD COACH** Nate Berkmeier: [nberkmeyer@lt.life](mailto:nberkmeyer@lt.life)

## Staffing for 2023/2024 Season

Practice Group	Head Practice Group Coach	Assistant Practice Group Coach
Dev 1-2	Coach Maria	Below coaches float to assist head coaches as needed: <ul style="list-style-type: none"><li>• Coach Brian</li><li>• Coach Daniel</li><li>• Coach Ashley</li></ul>
Dev 3	Coach Derek	
Bronze 1	Coach Nate	
Bronze 2	Coach Ben -> Coach Nate	
Silver 1	Coach Daniel and Coach Brian	
Silver 2	Coach Nate	
Gold 1	Coach Ben -> Coach Derek	
Gold 2	Coach Derek	

## USA SWIM (YEAR ROUND)

### Practice Groups

The swim team has different practice groups to ensure effective practices for all swimmers. Each practice group may be further split into 2-3 sub-groups of swimmers with similar age and ability, where the number of sub-groups depends on the total number of swimmers for the location. Dryland is about 30 minutes of exercises that are completed outside of the pool to build strength and flexibility, which will help with stroke form and speed. There is also a 15-minute warm up to swim before kids enter the pool to prepare them for practice. Questions should be directed to each group's coach.

**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* – 45 minutes in water with no dryland expectations
- *Practice Expectations* – Attend at least 2 practices/week for more progression. There are 2-3 practices available based on the age of the group.
- *Meet Expectations* – No meet expectations

## Bronze

- *Age Range* – 8-15 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 some working knowledge of butterfly or breaststroke. Proper starts, finishes, and turns will be introduced.
- *Practice Info* – 60 minutes in water with dryland 1x/week
- *Practice Expectations* – Attend at least 2 out of 3 available practices/week for more progression
- *Meet Expectations* – Meets are recommended to evaluate progress. Swimmers should plan to attend the regional championship at the end of the season.

## Silver

- *Age Range* – 8-14 years old
- *Description* – This group is for swimmers who are interested in competitive swimming. Swimmers should have legal times in all 4 strokes and complete a legal 100IM. 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* – 60-90 minutes in water with dryland 3x/week
- *Practice Expectations* – Attend at least 3 practices/week, unless prior agreement with coach. There are 4—5 practices offered depending on the age range of the group.
- *Meet Expectations* – Swimmers should attend at least 1 meet/month during the season, regional championships at the end, and age-level championships if swimmer qualifies. All meets are local and within about a 1 hour drive.

## Gold

- *Age Range* – 13-18 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* – 90-105 minutes in water with dryland 4-5x/week
- *Practice Expectations* – Attend at least 4 practices/week unless there is prior agreement with coach. There are 5-6 practices offered depending on the age range of the group.
- *Meet Expectations* – Attend at least 1 meet/month during the season, regional championships at the end, and age-level championships if swimmer qualifies.

## Meets

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. When there are multiple meets, coaches will provide recommendations for which meet their practice group should join. 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 or 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 time to participate. If a swimmer qualifies, it's expected that the swimmer will compete unless previously discussed with a coach.

LONG COURSE (50m pools) – When possible, Life Time Deerfield will participate in long course meets to provide swimmers the experience of swimming the longer laps. Decisions will be made in spring of each year to determine the long course season, if any. **For the 23/24 season, Life Time will swim at some long course meets.**

## Billing

Billing occurs at the beginning of each month, where fees are deducted based on the swimmer's practice group. Applicable sibling discounts will be applied in advance. Any meet fees will be collected after each meet is done based on the number of events swum. 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 that is charged (either at the beginning or end of each season), which is used at the coach's discretion to support the team (e.g. replace equipment).

## HAMMERHEAD TEAM (SUMMER)

### Practice Groups

Silver and Gold groups will continue practicing with their current groups while Development and Bronze will shift to the summer age groups. Practice groups are organized by the age of the child, where practices are about 1 hour/day with 5 practices/week during the summer. The schedule is released by early May. While school is still in session, evening practices are offered before the team transitions to the morning practice schedule. Evening practices are available if sufficient swimmers have conflicts during the day, though swimmers are encouraged to attend during the morning as much as possible to build team community and progress. Swimmers should try to attend at least 3 practices/week to see regular improvements.

### Meets

Dual meets are offered each Tuesday evening once the season starts. There are also 2 invitational events (Rolling Hills and Chris McCullough) that Life Time will attend during the summer. Signup are done through the Team Unify page to indicate attendance, and coaches will select the events for the swimmer

to ensure swimmers have legal times on different strokes to participate at the end-of-summer championships. **There are volunteer requirements of helping for at least 2 meets/season for each family to ensure that the summer season runs smoothly.** There may be other times when parent support is requested (e.g. helping with social events), where signups will be provided for each volunteer need. A little bit of time from each family will help the coaches focus on the swimmers, while the swimmers have fun without overburdening any individual. Results for some meets are posted on 'Meet Mobile' app.

## Billing

Silver and Gold groups will continue paying their fees each month during the summer as they did during the normal short course season. For all other swimmers, Hammerhead billing occurs at the start of the season, which covers all meets and championships. Silver and Gold practice groups also won't have meet fees when they swim for the Hammerheads at summer meets. Invitationals are extra for all participants, which will be billed based on the events swum similar to the USA Swim meets. **Families who choose not to volunteer for at least 2 meets can opt to pay \$150 instead to cover their hours.**

# 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 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. Workout and Meet Attendance

Each training group has either specific attendance goals or a mandatory number of practices a swimmer must attend. It is the responsibility of the swimmers and parents to familiarize themselves with the attendance goals of their specific group. Please arrive at each practice on time and ready to swim. Equipment should be ready to go before practice starts.

## 2. **Appropriate Practice Apparel**

All swimmers should wear a swimsuit appropriate for training; no shorts or shirts are permitted during practice. It is recommended that all swimmers wear caps. Should the swimmer choose to wear a cap, it is preferred to be a Life Time swim cap (required for meets).

3. Listen and follow the coaches' instructions
4. Follow Pool Rules
5. Be courteous and respectful to other patrons of the pool, your teammates, and your coaches
6. Strive to become a better athlete at each practice
7. Encourage your teammates toward excellence
8. Be a team "builder", not a team "divider"

## Parent Expectations

1. Parents are strongly encouraged to volunteer their time to help with the development of the team through swim meet assistance, setting up, safety chairman, referee, meet official, etc. end of season banquet, or other team activities that require planning, set up and clean up. **During the summer season, each family is expected to volunteer for at least 2 meets during the season, or pay \$150 to cover their hours.**
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. Please talk with the coach before or after practice via phone, email, text message, etc if you have any concerns.
4. Videotaping, pictures, or other distracting behaviors during practice is 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 need to 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 Facebook or Twitter 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 call/text a coach, email a coach, or wait and plan a meeting time with a coach after practice is over and the kids are away from the pool. Use email, text, or voicemail if you need to set up a specific time to talk with the coach. Coaches are typically available 15 minutes before or after practice, or in between practices, if another coach is available to get the next group started.
9. Please share suggestions or concerns with the coaches outside of swim meets and practice times. We encourage communication to create positive swimming experiences.
10. 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 new addresses, phone numbers, email, etc.



## 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.

## PARENT BOARD

The Life Time Swim Parent Board is a committee of volunteer swim parents who plays a critical role in the operation of the Life Time Swim coaches and team functions to help the team run smoothly and ensure a positive experience for the swimmers.

**Who can join?** Any LTSO parent who is interested in supporting the team and coaches. Contact [lifetimehammerheads@gmail.com](mailto:lifetimehammerheads@gmail.com) if you're interested in joining or have any questions.

**When do they meet?** The Parent Board meets as needed to plan events

**How much time is needed?** There is no set time requirement since the coaches will appreciate any time you're able to spend to support the team.

**Does Life Time have volunteer requirements?** Volunteer requirements are needed for 2 meets during the SUMMER season to ensure meets run smoothly. You're welcome to do more by helping through the parent board throughout the year.

**What do they do?** See below for key responsibilities that the Parent Board owns. The Parent Board is empowered to make decisions within a framework for any of the events or spaces they own.

**Key Positions** – Parents can volunteer as they are available or join one of the leadership positions below if they want to play a bigger role. Specific help is needed to support the summer pre-meet breakfasts and the season kickoff and celebration events, where signups would be sent in advance to the greater community. All members of the parent board are expected to answer questions and triage request for the coaches as needed.

Position	Description	Leader
Core Board	<p>Ensure that volunteer needs are met for meets.</p> <p>Manages/tracks income and expenses for the board.</p> <p>Coordinates summer Tuesday meet snacks.</p> <p>Manage spirit wear, including coordinating designs.</p> <p>Plan the opening and closing events each season.</p>	Jill S Lana D Erin M
Social Media Director	Take pictures + post on the social media feed at events where individual is present.	Christine N
Webmaster	Update the website as needed	Amy O

## What specifically does the Parent Board do each season?

### *Short Course Season*

- Plan and run an **informational kickoff event** in September
- Plan and run the **year end celebration** in April
- Manage any **spirit wear**, including design and ordering of shirts

### *Summer Season*

- Collect **social fee** for use to cover food and materials for team building events
- Plan and run **opening kickoff in May** at the start of the summer season
- Plan and run **year-end celebration in July**
- Help run the **team picture day** in June
- Plan and run the **post practice snacks the morning of meets** to get kids excited
- Support coaches during final practice week before Champs (**organize/lead fun activities**)
- **Coordinate and train volunteers** for home meets

## How does the Parent Board work with the coaching staff?

The parent board will own the activities stated above, where they will plan and run specific events. For their specific events, they will operate independently and keep the coaches informed as needed.

Coaches are expected to provide any requested input to ensure that activities planned by the Parent Board fit with the overall Life Time team plans. Some examples of why this partnership is important include, though are not limited to, the below:

- Make sure events work with team schedule (e.g. event can't conflict with meets)
- Introduce the Parent Board to the community at the beginning of each season
- Ensure coaches are available and prepared to speak at kickoff/celebration events
- Confirming that plans work with facility needs

# FAQ - GENERAL

The below information are frequently asked questions about the swim team:

## Q: How are the USA Swim team and Life Time Hammerheads Swim team different?

A: Both teams have a purpose to foster a love of swimming in children with coaches dedicated to the sport and kids, though there are slight differences that are captured in the below table.

	Life Time OH USA Swim Team	Life Time OH Hammerheads
Season Duration	Short Course Season - Mid-August to Mid-Feb (can be later for those who qualify for March meets)	Summer Season - Mid-May to Mid-July
USA Swim Membership	Required to swim in meets	Not required to swim in meets
Groups	Based on maturity and skill level	Based on age by June 1
Practice Times	Weekday evenings or Saturday AM depending on the assigned group	Weekday mornings and limited evenings (if enough demand)
Swim Team Fees	Paid monthly and amount depends on practice group	Paid in full at the start of season and same for all groups
Other Fees*	Life Time swim membership, team suits, practice equipment	Life Time swim membership, team suits, social fee (\$10)
Practice Details	Dryland may be offered for older swimmers and durations vary based on swim level. Location is indoor pool.	No dryland and practices are about 1 hour in the outdoor pool once that opens.
Swimming Distances	Distances measured in 'short course yards' (SCY) with broad range of distances	Distances measured in 'short course meters' (SCM) with distances up to 100M IM.
Volunteer Requirements	No set requirements. Occasional request for timers as needed at meets.	Expected to volunteer for ≥ 2 meets/season – signups will be used. <b>Those who don't volunteer will be charged \$150 to cover their hours</b>
Meet Fees	Additional on top of monthly swim team fees. Charged separate with effort to bill the same month as meet.	Dual meets and Championship meet fees are included in monthly swim team fees. Invitationals are extra.
Swimmer Age for Meets	Age as of the 1 <sup>st</sup> day of a meet dictates swimmer group for that meet	Age as of June 1 determines swimmer group for the whole summer season
Meet Events	Meet attendance is optional.  Families have the option to select, and coaches will provide final approval.	Meet attendance is optional.  Coaches select events for dual and championship meets. Families have the option to select for invitationals with coaches providing final approval.
Meet Frequency	About 1-2 per month depending on child's swim level	Weekly dual meets once meets begin with occasional weekend invitationals
Meet Location	All meets are AWAY in the Cincinnati and Dayton area. Older swimmers may have a traveling meet option.	Life Time hosts some home meets in the outdoor pool and all meets are in the northern Cincinnati area

\*Silver and Gold practice groups will continue to practice together and be billed under the year round fee structure through the summer

**Q: How do I best support my swimmer?**

**A:** Parents parent, coaches coach, and swimmers swim. Please leave the coaching up to the coaches. Your child needs you to be their parent. They need you to support them, congratulate them and celebrate with them.

**Q: What are the goals of your swim team?**

**A:** We want to instill a passion and love of swimming to all swimmers that come through the program, where Swimmers *want* to come to practice vs *have* to come to practice.

**Q: Where can I find general information about the swim team?**

**A:** You can find general resources, meet, and practice information on the team websites:

- USA Swimming Team - <https://www.gomotionapp.com/team/ohltf/page/practice-schedules/deerfield>
- Summer Hammerheads - <https://www.gomotionapp.com/team/ohltf/page/summer-swim-team/deerfield-hammerheads>

**Q: Whom do I contact if I have questions?**

**A:** If you have questions, you can email your child’s group coach and cc Coach Derek. Email response may be delayed, so the fastest way to get an answer is to find them at the pool deck. Note that they are busy working with your swimmers during practice, so please find them before or after practice if needed.

## FAQ - PRACTICES

*Below are frequently asked questions about swim practice.*

**Q: What time is practice?**

**A:** Practice times depend on your child’s swim group. The duration and number of practices depends on your child’s age and skill level. These times are set based on available pool time and the coach’s schedules. Refer to the swim practice schedule on the TeamUnify page for questions.

**Q: What is ‘dryland’?**

**A:** Dryland are exercises that are done outside the pool (child is dry and it’s on land, instead of water) to improve swim speed and reduce the risk of injuries. These exercises may be traditional strength and cardio (e.g. pushups, situps, running, etc) or games for fun that get the kids moving (e.g. sharks and minnows). Dryland is done on the pool deck and is incorporated in Bronze, Silver, and Gold practices.

**Q: What does my swimmer need to bring for practice?**

**A:** A list of required equipment is shared with each group at the beginning of the season. Every group needs fins, so be sure that your child brings those. Any additional requirement will be shared. Your child should also bring water or a sports drink to each practice. If you have any trouble getting equipment, please contact your child’s group coach.

**Q: What happens at practice?**

**A:** Practices begin with a warmup to swim, where kids are shown stretches and exercises to do on the pool deck before getting in the water. There may also be warmup and cooldown in the pool depending on the practice group. Swimmers are expected to arrive on time for warmup to swim and they should inform the coach if they need to leave early.

**Q: How many swimmers are in each practice group?**

**A:** Practice group sizes will depend on the range of skills for the swimmers each season. Practice groups tend to be about 10-20 swimmers, and there are often assistant coaches at practices to maintain a low swimmer to coach ratio.

**Q: How many practices should my child attend?**

**A:** We recommend swimmers to attend at least 2 practices/week to realize progress. Swimmers who attend more practices may see faster improvements. We believe that kids should be kids, and we recognize that each family has unique situations and schedules, so please contact your child’s practice group coach if you have any questions or conflicts.

**Q: What do I do with the swim cap?**

**A:** Swim caps are used to reduce drag (helps your swimmer go faster) and protect your swimmer’s hair. It’s a personal choice if they want to use caps during practice, though we recommend them using the swim cap at meets, where they should wear the Life Time team cap. If your child chooses to wear a cap at practice, there are 2 kinds to pick from:

- Latex caps – Lower cost, though less durable. The edges are more likely to flip up while swimming, and they may tear more easily. Use baby powder after air drying the cap to help it last longer.
- Silicone caps – Higher initial cost, though they will last longer because they are more durable. Be sure to air dry after use.

There are many ways to put on a cap, where it can be easier to ask for help. If your swimmer has to put on the cap themselves, they can refer to this [video](#).

### **Q: How do I know what size to buy for the equipment?**

**A:** Ask your coach when you have questions, or you can also attend the on-site fitting session at the start of the season by Swimville. If you miss that, you can visit their store in Kenwood to ask questions and try things out. For swim fins, you want to make sure the fin is snug without hurting your swimmer's foot. If there are blisters, then the size may be too small or large, so you will need to get another size.

## **FAQ - MEETS**

Meets are an important part of competitive swimming because they provide an opportunity for swimmers to evaluate their own progress. Below are frequently asked questions about swim meets:

### **Q: When do I get information on Meets?**

**A:** Meet information will be posted on TeamUnify and the Life Time swim webpage as it's available. There is typically a pdf with the Meet information and events. Each host sets the rules for their Meets (events offered, timing of sessions, events/kid, etc), so be sure to read through if you have questions. Availability of information will depend on when the host shares the information, which can vary between weeks to a few months.

### **Q: How do I sign up for Meets?**

**A:** When the Meet information is uploaded to the TeamUnify page, you will be able to enter the site and you/your child will be able to select events. Note any limits on the number of entries per day or per meet on the selection table. Some Meets will be open to specific swim groups, where only children in those groups can commit to the meet. See instruction on how to sign up for meets via the Hammerheads [tutorial](#) on Teamunify). You can also sign up via the Ondeck app.

### **Q: What happens on the day of the swim meet?**

**A:** You will receive logistics for the Meet itself on the Thurs/Friday before the Meet itself because meet hosts may not post the warm up assignments, schedules, and heat sheets until the Wednesday before the meets (or later). Once the coaches have the information, they will send the arrival time and information to registered families.

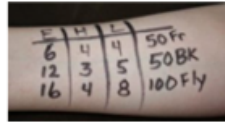
- If your child signs up for the Meet, it's important to attend or inform the coach in case plans change because attendance may impact other children's events (e.g. relay team assignments). You will be charged for any swim meets you've signed up for during the short course season, whether your child swims or not.
- Your child should arrive at least 15 minutes before warmup, and they should talk to their coach before/after each event for feedback.
- Once your child is done with their last event, they can leave the Meet.
- We recommend marking arms before the Meet, especially for the early swim sessions.

## Q: How do arm markings work for the swimmer?

**A:** The arm markings help your swimmer keep track of what events they are swimming in. We recommend using Sharpie, where you can ‘erase’ the Sharpie with spray SPF (easiest) or mineral oil if you make a mistake or want to clean it after the meet.

### How To Mark Swimmer's Arm for Meet

Please see the image below and instructions on how to mark your swimmer's arms before meets!



E= Event  
H= Heat  
L= Lane  
S= Stroke

Here is an example of how your swimmer's events will be listed on the Athlete Event Sheet.

45 Kahle, Piper J - Female - Age: 7 - LIFE-OH - Ind/Rel: 2 / 1

#1 Girls 8&U 100 Medley Relay (2) 1/4      #23 Girls 8&U 25 Free 2/1  
#45 Girls 8&U 25 Back      2/1

This is how it is read:

You will see the swimmer's name, gender, and age listed. The IND/REL: 2/1 means 2 individual events/1 relay event.

Events should be read left to right so she is in EVENT #1, #23, and #45. (That is what you list in the first column under the letter "E") The numbers to the right of the events are the HEAT/LANE. See Below

She is in

Event: 1, Heat: 1, Lane: 4, Stroke: MR (2) (Medley Relay swimmer #2)

Event: 23, Heat: 2, Lane 1, Stroke: FR (Free)

Event: 45, Heat: 2, Lane 1, Stroke: BK (Back)

E	H	L	S
1	1	4	MR (2)
23	2	1	25 FR
45	2	1	25 BK

FLY= Butterfly

BA= Back

BR= Breast

FR= Free

IM= Individual Medley

MR= Medley Relay

## Q: What do I need to bring to the swim meets?

**A:** Below is a list that gives you a general idea of what your Swimmer should pack to each meet:

- Two Towels (One to lay out for their Bags and Equipment, and Another to Keep Dry)
- Something to entertain themselves with. We always recommend board games and card games to our Swimmers, and ask that Swimmers avoid bringing electronics to swim meets
- Cap, Goggles, Team Suit - Backups of each are recommended in case something breaks. They will not need any other equipment for the Meet.

- A change of clothes (Something they can wear to and from the meet, along with something they can wear out on the pool deck between races)

**Q: What do the session numbers mean?**

**A:** Here’s how to decode session numbers:

- The first number is the day of the meet
- If events are split by gender: girl events are odd numbered and boy events are even numbered
- Some events may be mixed though to manage the schedule
- Examples:
  - Event 101 is Day 1 of meet and first event
  - Session 203 is Day 2 of meet and third event

**Q: When does my child eat during meets?**

**A:** It depends on your swimmer’s schedule of events and is **important to manage the food to reduce the risk of your swimmer throwing up in the pool.** To figure out the schedule, look at the SESSION TIMELINE that will be posted on the Meet page. This schedule is usually posted the week of the meet by Friday, where its availability depends on when the host shares the schedule. This session timeline estimates when events will happen. These tend to be fairly accurate, where actual time is within +/- 5 min of estimated timeline as long as issues don’t come up (e.g. 30 minute delay to clean the pool after a swimmer vomits in the pool). Use this schedule to determine when your swimmer eats. General recommendations for food are below:

- **Eating light meals or snacks throughout the Meet is better than 1 large meal at the start. Heavy food is NOT recommended because it can upset stomachs that lead to nausea.** Avoid sugary snacks and candy that can lead to sugar highs and crashes
- **Plan food at least 30 minutes before a race**
- Examples are below:
  - Early morning session with no time for breakfast in the morning: Peanut butter jelly sandwiches cut in quarters – swimmer eats 2 after warmup (assuming he has at least 30 minute before his/her 1<sup>st</sup> event) and then eats a quarter with a little fruit (e.g. grapes) after each event.
  - Afternoon session: light lunch (think Panera/Taziki lunch vs KFC/McDonalds) with fruit snacks or granola throughout the meet

We have more resources on the Teamunify page under Parents -> [Nutrition Info.](#)

## FAQ - VOLUNTEERING

Volunteers are an important part of competitive swimming because meets can only run through the help of volunteers. Below are frequently asked questions about volunteering:

**Q: What are the volunteering requirements?**

**A:** The requirements vary between the year round USA Swimming team and Hammerheads.



- For the Year Round USA Swimming team, coaches may request volunteers to help time or officiate before a meet. When that happens, please volunteer if you're able or Life Time will use a coach to time, which means the coach isn't coaching the swimmers. There typically aren't signups before since requirements may vary by the meet.
- For Hammerhead Summer swimming, there are volunteer requirements to ensure the various meets and Champs run smoothly. Life Time will need to staff most of the home meet jobs themselves, so we will have much heavier volunteer requirements. The Parent Board will manage signups before the meets to ensure we have full coverage. **The requirement is to volunteer for at least 2 meets during the summer or give \$150 to cover your volunteer hours.** Volunteer requirements for Champs isn't known yet, so there may be additional requests for that if needed.

**Q: Do I have to work the session my child is swimming in?**

**A:** No, you can work whatever session you'd like to cover your volunteer requirements. If it is easier for your family, volunteer at a session your child is not swimming at or make it a family affair! Take the opportunity to volunteer with a family member (age 15+) and fill both of your requirements in 1 meet.

**Q: When I arrive at the swim meet, what do I do?**

**A:** First, find a Core Parent Board rep (Erin, Jill, Lana) to sign in and learn about your job. The Parent Board rep will be your point of contact for the meet session

**Q: Can I leave early if my child finishes events before the session is done?**

**A:** Sometimes, swimmers finish slightly earlier than the session end based on when events happen to fall in the session. Our volunteers must stay until the session is over to ensure a smooth and quality meet for the rest of the participants. Some jobs have shorter time commitments than others, so make your choices based on your availability. If you leave early for a job that is required for the whole session, you forfeit your volunteer credit. Your swimmer will probably not mind staying and cheering with their friends!

**Q: What are the volunteer jobs?**

**A:** There's a range of jobs to meet your experiences and interests. A quick description of key jobs is below, where more details on all of the jobs can be found at the [Parent Volunteer Job Description link](#):

- Team Area Supervisor helps with the younger kids in the team area
- Clerk of Course manages the area where swimmers gather before their events start to ensure swimmers are lined up in the right order and right lanes
- Officials (TRAINING REQUIRED) ensure meets run according to the guidelines
- Timers measure the time for each swimmer, where there are 2 timers/lane
- Runners transport information from the Officials to the Computer Chair
- Computer Chair (TRAINING REQUIRED) enter meet results in the computer program
- Check-In Table manages volunteer check-in at the start of the meet
- Set Up Crew sets up the pool deck for the meet before the meet starts
- Clean Up Crew cleans up after the meet is done