

LIFE TIME[®]

Swim
COLORADO

Life Time Swim
2023 Summer Parent Meeting
May 1st

LIFETIME LIGHTNING
BOLTS

LTS- Parker Coaching Staff:

Dalton Tainter-Paar

- Parker Lead Swim Coach -
dtainter-paar@lt.life

Sandy Natarajan

- USA Asst. Coach
sandy.natarajan@gmail.com

Ellen Nollenberger

- Asst. Coach
- Handles Meet Entries and ST Admin
enollenberger@lt.life

Paige Nagahama - Bolts Lead Coach

paigeMnagahama@gmail.com

Barbara Zigman - Bolts Asst. Coach

Gregg Luther - Bolts Asst. Coach

Kira Bryant - Bolts Asst. Coach

Gabbie Chernoff - Bolts Asst. Coach

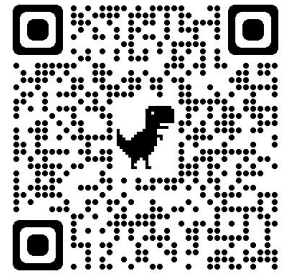
Gian Santos - Bolts Asst. Coach



- ❑ **Team Communication**
 - ❑ **Email**
 - ❑ **SMS Updates**
 - ❑ **Practice Changes**
 - ❑ **Cancellations**

[Update your Contact Info](#)

- ❑ **Event Calendar**
 - ❑ **Meet Information**
 - ❑ **Theme**
 - ❑ **Pool Locations**
 - ❑ **Coaches Lunches**
 - ❑ **Register Swimmers**
 - ❑ **Volunteer Job Sign-Up**
- ❑ **Social Events**
 - ❑ **Date & Time**
 - ❑ **Register Attendees**
 - ❑ **Pertinent Information**
 - ❑ **Tie-Dye, Crafts, etc.**





- ❑ **Meet Program**
 - ❑ **Meet Registration**
 - ❑ **Swimmer Number**
 - ❑ **Results**
 - ❑ **After Meet Ends**
- ❑ **Volunteers**
 - ❑ **Timer**
 - ❑ **Starter**
 - ❑ **Stroke & Turn**
 - Judges**



Bolts Apparel Orders

Store Closes May 3rd

☐ Vapor Female

☐ Vapor Male

☐ Ladies Tank Top

☐ Team Tee Shirt

☐ Hoodie

☐ Loggers

☐ Flannel Pants

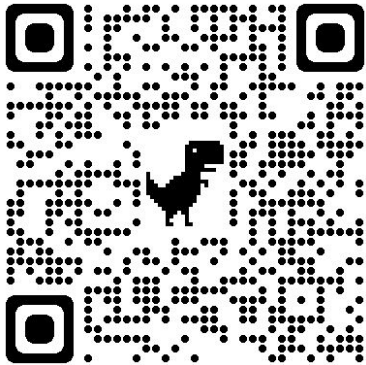
☐ New Era Team Hat

☐ Shorts Male

☐ Shorts Female

☐ Silicone Caps

☐ Personalized
Option



A Social Swim Team

“There’s not a lot of LTS people at the meets.”

Swimmers & Parents should be **EXCITED** for Meets and Social Events!

Swimmers should be excited for: Races, Friends, and the Meet Themes

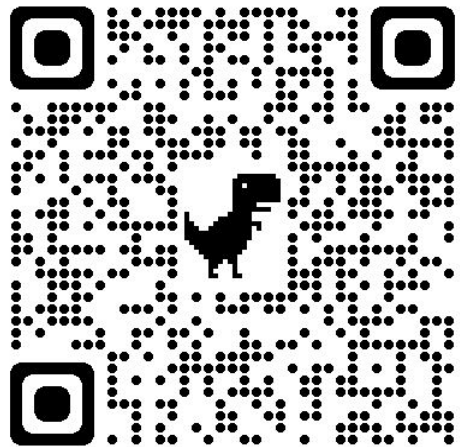
“Timing is always better with your Buddy, and in Lane 8.” – Tom Paar

LT- Parker is hosting Championship Finals JULY 15TH
Lots of Volunteers will be needed.



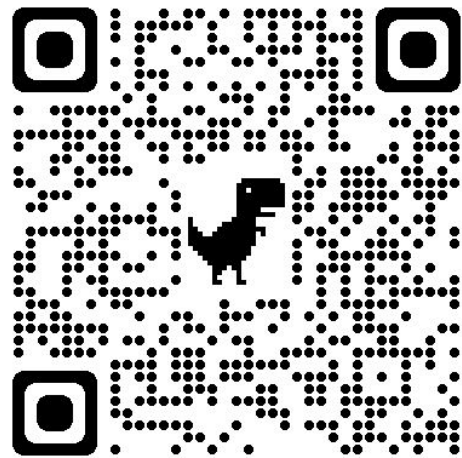
What does **TEAM** mean to you?





Team Unify

Swimmingly



SUITS