



101

A parent's guide to Summer Season

WEBSITE - <http://www.teamunify.com/recmhlbco/>



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Introduction

Welcome to the Lightning Bolts Swim Team where each swimmer is encouraged to pursue their goals and ability. The sport of swimming is something that each person can take with them for life. We want each swimmer to learn qualities such as: dedication, determination, time management, goal setting, team work, and sportsmanship.

Mission Statement -

Dedication, Preparation, Determination....

To provide a fun and quality training environment for all swimmers within a structured progression to ensure each swimmer reaches their individual potential.

Coaching Staff

Head Coach

Assistant Coaches

Aquatics Department Head – Sarah Meany smeany@lifetimefitness.com

Communication

Website <http://www.teamunify.com/recmhlbco/>

- Team Unify is the primary mode of communication between coaches and parents.
- Meet entries are done on Team Unify. Once your account is set up, log in and click on the “Events/Meets” tab. Click on the meet and then click “Edit Commitment” Once you have selected your athlete, you may pick 3 events for them to swim. Children may participate in up to 3 individual events and 2 relay events. Relays will be put together by the coaching staff and swimmers will be selected on a rotating basis.
- Pertinent information will be posted to the website on a regular basis.
- Entries posted the beginning of the week for review.
- Programs posted normally by Friday evening by 5pm.
- Results & All-Star qualifiers posted as soon as they are completed.

Email

- You will receive email messages from Team Unify Regularly.
- Coaches and Aquatic Department Head can be reached directly by email to answer questions.

Volunteer Information

The Lifetime Lightning Bolt Swim Team is a **Volunteer** run organization. All the work except for coaching is done by parents. There cannot be a swim team without parent volunteers! All parents need to know that they are expected to help and will be repeatedly asked. On average over 75 volunteers are need to run a home meet!

Volunteer Expectations

- All families volunteer at every meet that their swimmer swims in. This usually averages to 24 hours during the season or approximately 6 volunteer shifts. If your child swims in any post season meets (prelims, championships, and/or All Stars), you will be **required to work additional shifts** at all of those meets to cover the team's obligations. If you have more than one child swimming, you may be asked to volunteer for extra shifts.
- If your swimmer is not swimming in a meet, you are **not** required to work at that meet; however, if you enter your swimmer for a meet you will likely need to volunteer at that meet in order to fulfill your required volunteer hours.
- Volunteer sign-ups will be done via Team Unify.
- All parents of swimmers must check in by 7:30 a.m. the morning of the meet to confirm their assignments and get credit for their volunteer hours.
- If there is a last minute change to your plans and your swimmer will not be attending a meet, please contact the coaching staff as soon as possible.

Volunteer Positions for Meets

**Definitions can be found in the Volunteer Appendix I or the Volunteer Page of our website

- Set-up/Tear Down
- Timers
- Runners
- Heating
- Starter
- Stroke & Turn Judges
- DQ Scribe
- Announcer

Non-Volunteer Fee

The coaches, swimmers, and parents rely heavily on volunteers to ensure that swim meets run as smoothly as possible. If you have extenuating circumstances which prohibit you from fulfilling you volunteer obligations, a \$250.00 non-volunteer fee is required.

Mountain Hi Swim League (MHSL)

- MHSL consists of 24 teams from different neighborhoods and suburbs of the South Denver metropolitan area. These 24 teams are divided into four divisions of six teams each. The division line-up is determined annually by the MHSL Executive Board based upon the number of swimmers, the past year results, and the general competitive level of the team. The top 12 teams are aligned, then a “lottery” is conducted to determine division break-outs
- The regular season consists of five dual meets scheduled weekly throughout June and into mid-July, with a bye-week on or around the July 4th weekend. Prelims are held mid-week following the completion of our regular season and Championships are held at each Division level the following Saturday.
- The final meet of the season is the All Star meet at the end of July. This meet provides an opportunity for swimmers from each of the teams within the four divisions to compete against each other. Swimmers are invited to participate in the meet based on qualifying times throughout the season or by placing first in their event(s) at a Division Championship meet.

League Etiquette

MOUNTAIN HI SWIM LEAGUE PARENT, COACH AND SWIMMER CODE OF CONDUCT

Mountain Hi Swim League believes in the development of swimmers both athletically and individually. Mountain Hi Swim League will strive to instill and practice the values of what it takes to be a good sportsman. In order for us to achieve these goals, it will take a combination of coaches and parents to set good examples for the swimmers. Mountain Hi Swim League has established and will enforce the following conduct guidelines:

All Swimmers:

- Must refrain from making remarks, except when made as expressions in the spirit of friendship and/or in good sportsmanship.
- Never use foul language or obscene gestures.
- Should always applaud the other teams’ performance and should always shake hands at the end of the race.
- Follow all rules of the hosting pool.
- Cooperate with the decisions of the stroke judges, starter and meet referee.

All Coaches:

- Must require all swimmers to comply with above set conduct.
- Must refrain from making derogatory remarks to any coach, swimmer, stroke judge, parent, timer, starter, meet referee or any other volunteer.
- Use proper protest procedures, By-Law section VII.
- Will never use foul language or obscene gestures.
- Should always applaud the other teams’ performance.
- Follow rules of the hosting pool and stay in designated areas.
- Always keep things in prospective and remember “It is for your swimmers.”
- Adherence to By-Law section VIII “C” as it pertains to protests.

All Parents:

- Must refrain from making derogatory remarks to any parent, coach, swimmer, stroke judge, timer, starter, meet referee or any other volunteer.
- Will never use foul language or obscene gestures.
- Should always applaud the other teams’ performance.
- Follow all rules of the hosting team’s pool.
- Respect the coaches’ decisions and abilities, except in the case where it may cause injury to the team or swimmer.
- Adherence to By-Law section VIII “C” as it pertains to protests.
- Any infraction or inappropriate behavior will need to be submitted to the MHSL Board, at which time the board will take the appropriate action.

Registration

Summer swim team registration packets will be available from the aquatics office beginning March 13th. Lifetime is also offering a **summer swim team prep class** on Saturday mornings from 9-10am to help get your swimmers back in the habit of swimming. Call or visit the aquatics office to sign up. The cost is \$75.00 per month and the class will begin March 18th.

- March 13th: Summer swim team registration begins
- March 18th: Summer prep class begins
- April 12th: Parent information meeting 7-8:30pm Activity room 1 (Across from child center)
- April 30th: Early registration discount cutoff
- May 15th: Practice begins!
- June 3rd: First swim meet

*Registration forms will not be accepted at the activities desk

Billing and Payment

*Please direct all questions regarding payment to the Lifetime Aquatics office.

*All charges should be set up through your club tab; this includes team fees, insurance fees, etc.

Apparel

Out of Breath Sports will be providing our apparel. We will have a sizing kit available until April 28th.

Their address is.....**42 E Arapahoe Rd, Littleton, CO 80122**

TEAM Expectations -

Swimmers

- To arrive to practice and meets on time
- To demonstrate a positive attitude, by listening, following instructions and being respectful of your coaches and other swimmers
- To show good sportsmanship at all times
- To come prepared to all practices and meets (goggles, swim caps, towels, and sunscreen etc)

Coaches

- To arrive on time
- To create a positive atmosphere for learning
- To teach correct strokes, starts and turns technique
- To teach the value of good sportsmanship
- To teach goal setting and methods of attainment
- To have open communication with swimmers and parents

Parents

- To bring your children to practice on time and prepared
- To participate within the team through volunteering
- Submit the Meet Entry form for you swimmers online by Monday night each week, even if they are not swimming in the meet that week
- To inform coaches as to absences and vacations prior to a meet (BY MONDAY)
- Sign-up for Volunteer Jobs online by Monday evening each week
- To call the Parent Rep or Head Coach if your swimmer will miss a meet due to illness by 7:00 am on the day of the meet
- To be a role model for Good Sportsmanship
- To leave the coaching to the coaches
- Please do not interrupt coaches during practice (questions and comments are welcome before and after)

Practice Schedule -

Team members are expected to attend daily practices, but a minimum of 3 practices per week is recommended for meet preparation. If your swimmer will be missing several consecutive practices (due to vacation, etc.), please notify the Coaches through email and submit entries online early indicating your swimmer will not be attending, or desired events if they will back for the meet.

6-7 PM 9 & Over (Mon-Thurs)

Swimmers in this group will be getting ready for competition in meets. The goal of this group is to refine and teach all four competitive strokes rather than focus solely on building a stroke. Each swimmer will learn aspects of swimming that will help them foray into a competitive swim program. Swimmers in this group are expected to follow instruction and put feedback into practice. The goal is to try and maintain an enjoyable atmosphere while providing a competitive experience.

- Swimmers are recommended to come to 3 practices per week.
- Participation in meets is highly encouraged.
- Swimmers are encouraged to come out of their comfort zone and embrace learning new skills
- Each child must be able to swim safely down the end of the pool
- Swimmers will learn how to read a pace clock and become "Self Sufficient" in practice.

5:15-6:00 PM 6 & Under and 7 & 8 (Mon-Thurs)

Swimmers in this group have proven that they are "Water Safe" and are able to get down the end of the lap pool without stopping or assistance. The focus of this group is teaching. We want each child to get a great set of fundamentals that will cross over into whatever direction they choose to take their swimming experience. Participation in meets is highly encouraged.

- Swimmers in this group are expected to be "Water Safe"
- Each swimmer must demonstrate the ability to swim down the lap lane without any assistance or interruption.
- Meet participation is highly encouraged. Skills learned are judged through competition. Not necessarily by time, but by how they learn to apply their technique to their race.
- Swimmers in this group are able to pay attention and get involved in practice

What to Bring to Practice

- swimsuit, it is best to have a "practice" suit & keep the team suit for meets
- sunscreen
- water bottle
- swim cap
- goggles

Bad Weather

Please check your email, if in doubt about the status of a practice or a meet. The coaches will get the information out as early as possible if there is change or cancellation. The coaches will make every effort to move practices inside to the indoor lap pool if the weather is bad.

Meets

- Swimmers are encouraged to participate in meets throughout the season. Swimmers must participate in 3 meets throughout the season to be able to swim in the Championship meets at the end of the season.
- Swimmers may enter up to 3 events per meet. The coaching staff is available to consult with for selection of events. Entries are due the Wednesday before the meet. Meet entries are done on Team Unify. Once your account is set up, log in and click on the “Events/Meets” tab. Click on the meet and then click “Edit Commitment” Once you have selected your athlete, select their events.
- Any swimmer on the Lightning Bolts Summer Team is eligible to participate.
- Swimmers will swim in their respective age groups
- The Coaching Staff will be there to provide feedback about each individual swimmer’s race.
- Meets usually have 8:00 am start time and finish around 1 pm.
- For all home meets, everyone must enter the Lifetime Facility through the main entrance. All non-member guests must sign in. Lightning Bolts are encouraged to set-up near the south side of the pool up against the fence. Sun tents and chairs are welcome (hardsided coolers are not).
- The Lifetime recreational pool will be closed during home meets. Please communicate this to your swimmer(s). We would appreciate your help enforcing this. The smaller pool near the slides will be available for swimmers to warm-up and cool-down.

WHAT TO BRING – LABEL EVERYTHING!!!

- Swimmer in team suit
- Sweat shirts and pants – to keep swimmers warm
- Swim cap or 2
- Goggles – bring a spare pair – they get lost or broken easily
- water bottles
- 2 or 3 towels
- Sunscreen
- Meet Programs
- Volunteer assignment/time

Highly Recommended:

- Healthy breakfast and power snacks. *Rolling coolers are prohibited at home meets
- Warm clothes or blanket for between each race
- Beach chairs
- Permanent marker (labeling child with name and event(s) is highly encouraged)
- Money for concession stand
- Sun umbrella
- Cards, book, Mobile devise, etc. – entertainment between events

ARRIVAL AND SET-UP (see pool map in appendix IV)

- In case of illness or emergency the morning of a meet, please notify one of the coaches.
- Make sure that you have a map or good directions - available on the MHSL website.
- Warm-ups generally begin 30 – 60 min prior to meet start. Start times vary so be sure to check the website for meet specifics. Please have swimmers at the pool NO LATER than 15 min prior to warm ups since parking and seating options are often at a premium. The Lightning Bolts will have a designated area, and we should all sit together as much as possible. Please watch email and/or the website for exact team warm up times each week.
- Check in with the at designated swimmer check in area (usually near the volunteer check in location). Swimmers should also check in with coaches before and after each of their races.
- Check in with volunteer coordinator upon arrival as well. This is imperative so that you receive credit for your volunteer shift.
- Use a permanent marker to write last name on the right shoulder and the event information (usually posted) on swimmer’s arm – this serves as a constant reminder of which events to be listening for:
 - Event numbers
 - Heat numbers
 - Lane numbers

Example: Write: If swimming Event #19 (9-10 Boys 50 Free), Heat 2, Lane 4 |E |H|L

E | H | L
50 Free - 19 | 2 | 4

WARM-UPS

- Home teams warm-up first (generally 60 minutes prior to meet start).
- Visitors have the second-warm up (generally 30 minutes prior to meet start)
- The coaches often like to meet with the swimmers before or right after warm-ups to go over relays, advice, pep talk, etc.
- Warm-ups are a good time for Parents to check in with the volunteer coordinator.
- There will be lots of experienced parents and older swimmers who will be available to help you as necessary – please ask if you’re not sure what to do!

DURING THE MEET

- After warm-ups, your swimmer should know whether they are in a relay. Medley Relays are at the start of the meet, so those swimmers will need to be in the Heating Area before the start of the meet. The coaches and heating volunteers will get them where they need to be from there.
- There are 90 numbered events in each meet including all individual and relay events. Many events have multiple heats since the pool can usually accommodate only 6 swimmers at a time. (See APPENDIX II.)
- Keep a close eye on the “First Call/Last Call” board near the Heating Area to get your swimmer to the Heating Area on time. The meet director or starter will also be calling First and Last Call. Upon First Call, swimmers proceed to the Heating Area. Swimmers need to come to this area ready to swim their race – with caps, goggles and all necessary bathroom trips out of the way.
- If you have a young or new swimmer, you will need to escort them the first few times. Otherwise, parents should not be in the Heating Area or behind the blocks.
- Once at the Heating Area, swimmers will check in with the Clerk of Course. Volunteers will move the swimmers forward through the benches and confirm that they are in the right spot.
- Swimmers will be directed to their lane at the appropriate time. When it is time for the swimmer’s event/heat, the timer will take their card, and the swimmer will move up to the starting blocks.
- During and after the race, please have plenty of positive words for all of the participants!
- Please make every effort to stay for the entire meet so that you can cheer for your friends and neighbors. It is VERY important to have swimmers check with their coach before leaving the meet to make sure they have completed all of their events and are not needed for a Freestyle Relay.
- Finally, during home meets, please make an effort to clean up your area every little bit helps us put the pool back in order after a meet.

RESULTS

Event results are posted as soon as they become available from the scoring table. Look for them to be taped up on a wall near the pool. Please wait for the posting and do not approach the timers or the scorer's table to find out how swimmers finished.

Remember, some of the pools are 25 METER pools, and some are 25 YARD pools. To convert times:

Yards Time (in seconds) x 1.11 = Meters Time (in seconds)

Meters Time (in seconds) ÷ 1.11 = Yards Time (in seconds)

SCORING

Individual Events:

- 1st Place: 6 points
- 2nd Place: 3 points
- 3rd Place: 2 points
- 4th Place: 1 point

Relay Events:

- 1st Place: 8 points
- 2nd Place: 4 points

- Points are awarded for the first four finishers who complete the race legally.
- 6 & Under swimmers do not score points for the team, and they are not eligible to be disqualified in their races.
- You will see Stroke & Turn Judges around the sides of the pool during the meets watching for rule compliance. If a swimmer is disqualified (DQ'd) a Coach will approach the swimmer after the race to let them know that they were disqualified in the race and the reason.
- If there is a tie, the points for both places are added together and split between the swimmers.
- Points are totaled for each team at the end of the meet to determine final scores. The team scores are periodically announced throughout the meet as well.
- Final meet results, with individual times will be posted and will be available at <http://www.teamunify.com/recmhlbco/>, as soon as possible.