

PARENT'S HANDBOOK



LAKELAND SWIM CLUB

ABOUT THE LAKELAND SWIM CLUB

The Lakeland Swim Club was established in the 1970's to promote the sport of swimming and was organized for educational and competitive purposes. LSC is an age group swimming program that offers competitive swimming for anyone that can make one length of the pool. Swimmers are coached in the four basic strokes of competitive swimming: butterfly, backstroke, breaststroke and freestyle. Correct procedures for touches, turns and starts are taught during each season. We hope to develop each swimmer's potential to the fullest by teaching stroke technique and skills for racing, building endurance and by helping each swimmer develop the motivation to achieve his or her personal best. We are a teaching program but also a competitive swim team so participation in meets is expected.

HOW THE CLUB OPERATES

Board of Directors

Our club is governed by a Board of Directors that is comprised of parents, elected by parents for one-year terms. Elections are held in the spring at the annual Awards Banquet where a short business meeting is also held. The Board sets policy, handles finances, and ensures that the club is being run in a manner consistent with the wishes of the majority of the parents. Meetings are held monthly. Dates and times are posted in advance on the website. We encourage parents to attend these meetings and to run for positions on the board as they open. Copies of the LSC Bylaws are available upon request from any Board Member.

Coaching Staff

Our coaches are approachable and want to hear from parents. If parents have questions, concerns or comments (positive or negative) for the coaching staff please feel free to bring them directly to the Head Coach. It is preferable to approach the staff before or after practice as during practice is for the kids. All discussions will be kept confidential. Contact information for the Head Coach is available on the website.

Parents

Lakeland Swim Club parents are an essential part of our organization and indispensable when it comes to running a home swim meet. We pride ourselves on running the best meets in the Central Wisconsin Swim Conference and it is because of our parents. A home meet requires the services of all parents as many positions must be filled (see next section).

Positions

Timers: 2 parents stationed at the end of the each lane to record a swimmers time (great spot to watch your swimmer). 1 additional back up timer is needed in case a watch fails. These times are used in case the electronic timing system malfunctions.

Runner: 1 parents that picks up the completed time sheets from the timers and delivers them to the computer table.

Stagers: 4 parents who are responsible for getting swimmers in the correct order ready to go on deck for their events. This job is vital to running a smooth swim meet (similar to herding cats).

Ribbons: 2 parents to label ribbons and sort by team.

Computers: 2 parents to run the scoring system and 2 parents to help print and post results.

Rest Area Monitor: 2 parents to monitor all teams for proper behavior in the rest areas.

Announcer: 1 parent to announce events and general information for the benefit of the spectators.

Concessions: Multiple parents taking shifts are needed in the concession area. Parents are allowed to take short breaks if their swimmer is racing. The more parents we have the shorter the shifts will be.

Clean up: We need EVERYONE to help clean up at the end of the meet. Again, the more hands we have the shorter the process.

Other positions that require certification – These positions are paid to outside persons unless we have parents willing to volunteer their services. LSC will pay the certification fees for any parent who would be willing to become certified.

Life Guard: 1 or 2 parents who is a certified lifeguard.

Officials: 2-4 officials are required at each meet. There are various types/levels of officials.

Communication

LSC's website (lakelandloons.org) is the main source of information. The website, along with emails, will be where important information is posted or announced. Our website contains a listing of all meets (EVENTS), a calendar with practice schedules, list of coaches & board members, links to other sites and much more.

PLEASE MAKE SURE YOU ARE FAMILIAR WITH THE WEBSITE AND YOUR EMAIL ADDRESS IS CURRENT!

Information is also posted on the bulletin board right outside doors going onto pool deck.

Swim Practice

The more you come, the more you learn!

Here are some bullet points to remember about practice:

- Be on time and come with the right stuff. That means suit, goggles, caps and towels. Coaches don't always have extras.
- Parents are asked to sit in the balcony on designated "Parent Nights". No parents on deck.
- Sometimes, LUHS home meets conflict with early practice. Look at the practice schedule on the calendar.
- Please be on time to pick up your swimmer after practice. Late group parents should be at the school by 8:15pm on Monday, Tuesday & Thursday and by 7:00pm on Wednesday & Fridays.
- Practice schedule:

8 & Unders M/W or T/R 6:00-6:45

Early Group M-T-R 6:00-7:00

Late Group M-T-R 6:45-8:15 and W-F 6:00-7:00

Swim Meets

Our club is a member of the Central Wisconsin Swim Conference (CWSC), which is divided into two divisions: East and West. Lakeland is in the East Division. CWSC meets are governed by the rules and regulations set by USA Swimming.

We compete in regular conference meets and invitationals from November through January. Families will sign up on-line for the meets they plan to participate in with a YES or NO. Swimmers are encouraged to make as many meets as possible and definitely **ALL HOME MEETS**. Meets give swimmers a chance to showcase what they are learning and an opportunity to test themselves in a race situation. Healthy and fun competition is good.

Meet dates are listed on our website under EVENTS. This is also where you will confirm or decline participation. Sign up is required 8 days prior to the meet. This gives the coaches enough time to complete the line and turn in to the host club. If you do not sign up by the deadline, it will be assumed that you are NOT participating. Parents do not have to sign up for specific events for their swimmer, the coaches will do that. However, if you have a special note or request there is a spot to write these when you sign up. (ex: must leave by 2:00 or I want to swim the 1000).

An email prior to the meet will be sent to all participating families with regards to warm up times and they will be posted on website. Please come to the warm ups, this is very important for away meets. Once at the meet location, a listing of your swimmer's events will be posted in our rest area. The list is sorted by male and female then alphabetically. It will show the event number and description. Both individual and relays events will be shown. It is helpful to write these on your swimmer's arm (permanent marker) for reference during the meet. Most meets will only stage the 8 & unders which

means swimmers report to the staging area and parent helpers will put the swimmers in order based on heat/lane (similar to herding cats). Swimmers that are not staged will be expecting to show up on deck for their event at the appropriate time. Swimmers are organized by time.

NEVER LEAVE A MEET EARLY WITHOUT NOTIFYING A COACH FIRST! Almost always, your swimmer will be in a relay. Relays are made up of 4 swimmers who each swim $\frac{1}{4}$ of the race. Relays are exciting and fun! It is important to let a coach know if you will be missing a relay event as a substitute will be needed or the relay will have to forfeit and 3 swimmers along with their parents will have a big disappointment. Also, if something comes up and you can't come to the meet: PLEASE CONTACT HEAD COACH AS SOON AS YOU CAN!!! Call, Text, Email, Messenger Pigeon, etc

At the end of the season the CWSC holds two Divisional Championship meets. All LSC swimmers are expected to participate in this meet. In order to be eligible, a swimmer must have swum in at least two regular season meets. The top 9 individuals and top 6 relays in their events from the Divisional meet qualify to swim at the CWSC Conference Championship meet held the following weekend. Swimmers that do not qualify for Conference will be done practicing after Divisionals. Both the Divisional and Conference Championships are scored by team and it is our goal to qualify as many swimmers as possible.

A parent's role at a swim meet is to cheer not coach. Many times during the learning process swimmers will go slower as they are working on a new technique. This is OK! Better technique will lead to faster swims in the long run. Swimmers are encouraged to talk with their coach after each race. Coaches will give positive and constructive feedback. Parents should always give support and encouragement (and food) to their swimmer. Individuals do better when surrounded by positive support.

USA SWIMMING

For most swimmers, the season ends with the Divisional or Conference Championship Meet. We do offer a program to extend your season and compete at a Regional, State and National level.

USA Swimming is a program separate from CWSC. USA Swimming membership allows swimmers to have additional competition after our CWSC championships. Participation in this program is not required and the membership is separate. This program requires a strong commitment and practice is required 4 nights a week. Registration forms are available on our website. A reduced fee option is available for those qualifying. USA State qualifying times can be obtained during our CWSC season but will only count if the swimmer is a member of USA Swimming.

After the CWSC season, USA Swimmers will continue to practice at Lakeland but will combine with other USA swimmers from teams within our conference to form our USA team called Northern Lakes Aquatic Club (NLAC).

Please talk to a coach if interested in USA Swimming.