

Age Group News

Meet Etiquette in Year Round Swimming

Most of this newsletter is built around meets and scheduling. As such, this article is trying to give a brief outline of what a USA Swim Meet looks like and what we expect from our swimmers and parents.

1. About 2-3 days before a swim meet you will receive an email from a Loggerhead Coach with all of the meet information for the given meet (official warm up times, changes to the events, etc). The coaches will send out this information to the team as soon as they have it from the meet host. Please read it carefully.
2. Arrive on time to be ready to swim at the given warm up time. This means swimmers should be reporting to their coach ready to go, not just arriving to the pool.
3. Parents are not allowed behind the starting blocks at any time during the meet. It is the swimmers responsibility to get behind the block and get ready to race. They will receive a bit of help from the timers but there is not a clerk of course.
4. Prior to racing coaches want to see the swimmer as well as see the swimmer immediately after the race. Please don't let your swimmer come over an talk/rest/relax for a bit before seeing their coach after the race. We usually have around 90 swimmers a day competing and if the race is not fresh in the coaches mind, the race analysis will be less.
5. Swimmers should only do warm up/warm down if assigned to do it by a coach. Please do not coach your swimmer.
6. As a parent, be sure to be your child's biggest fan, good race or 'bad.' Most of the time the swimmer knows what they did wrong in a race before anyone tells them. There is a good



Girls 9-10 Relay at Spring Area 1&4 Championships

chance that they are going to hear what they did wrong from their coach after the race. Do they really want to hear it again? Stay positive and stay neutral in your emotions and your swimmer will be a lot more confident in their swims and ability knowing that you are always sup-

porting them.

7. Check with your coach before you leave the meet to see if there are any changes to relays. We will always announce the official relay team at the end of warm ups. If there are changes (kids getting sick, etc) we will need to find replacement swimmers.

8. Swimmers will always be given a longer warm down to do at the end of the meet. Parents, if your swimmer says that they don't

have to do a warm down at the end of the day, have them check with a coach again!

And always remember to be supportive of your team and teammates!

GO LOGGERHEAD!

Team Apparel

At a three day meet our assigned team tshirt colors per day will be:

Friday: White
Saturday: Navy
Sunday Green

Swim Meet Individual Events

So who picks your events? Event selection is done solely by the Loggerhead coaches. We strive to have very well rounded swimmers excelling in the Individual Medley (IM) as well as the mid-distance and distance Freestyle events. By default, we will

become very good at the sprints of every stroke. For this reason, we will challenge swimmers to swim events that are 'hard' or events swimmers 'don't want to swim.' In the long run, they are better for it.

Another example may be that

your swimmer LOVES the 50 Freestyle. Well, they probably will not swim that event at every meet because it will become a 'flat' event for them. We seek to mix it up and make new challenges based on our season plan and goals.

Go
Loggerhead!

Short Course Season Target Meets!

For our short course season we have outlined important meets through the season, culminating with the short course season championship meets.

The full list of Short Course Season Target Meets can be found on our team website ([CLICK HERE](#)).

These target meets are designed based on what we are doing on our daily/seasonal schedule at practice.

An example is our home meet on October 25-26, we have the Friday sessions as a target meet for Gold and Gold Plus for the distance events offered. Our practices going into that meet are all designed around swimming and

competing in the 500 Freestyle, 200IM or 400IM depending on age and ability. Missing that target meet day places swimmers at a disadvantage as it does not allow them to see the progress they have made through the weeks of training leading up to the target meet.

This is just one example, so please place the target meets on your calendar early, especially the championship level meets!



Our Loggerhead 13-14 Boys relaxing between events at Spring FLAGS in Sarasota, FL.

Meet Entry Deadlines

We know that scheduling between multiple activities, school, and work it can be difficult to get a schedule in place multiple weeks away from a swim meet.

We set up our meet entry deadlines as late as we can for the given meets. Typically the meet host will want entries a week in advance from the first day of the swim meet.

This means that we must email the completed entry file to them a week out. Once we send in entries to the meet host we will not be able to add swimmers to the meet. Swimmer's who miss the meet entry deadline may try and enter the meet through a process called deck entering, which is a much more expensive alternative that can cost

up to \$10.00 per individual event.

Please check our online event schedule on our website ([CLICK HERE](#)) to be sure that you sign up prior to the entry deadline.

The deadline for our first meet weekend of the season is Sept. 1st for Bolles and Sept 4th for our home meet.

Practice Equipment

Parents, please be sure that your swimmer brings all required equipment to each practice. Swimmers that don't have, say fins, would be the same as a baseball player showing up to practice without his glove.

We try and minimize the amount of equipment needed per group (obviously some groups do require more equipment than others) so that it

doesn't place a burden on bringing the equipment back and forth. If equipment is lost or broken by the swimmer the equipment needs to be replaced immediately so the swimmer can participate in the designed practices.

In addition, please have your swimmer write his or her name on their practice equipment. Everyone generally has equipment that looks very

similar and we want your swimmer to go home with their gear everyday, not someone else's!

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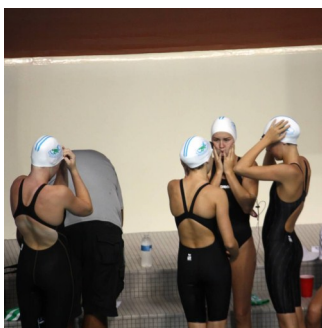
Championship Suits on a Budget

To try and keep things economical in the world of Tech Suits, I've put together this list with the best deals I could find on Tech Suits and also which age group the suit is appropriate for. Some suits are not appropriate for certain ages, as it is just way too much suit for the swimmer. So next to the suit I've also listed what championship meet it would be appropriate for.

Typically prices for tech suits are cheaper AFTER champs season than BEFORE champs season. So, right now (August-October) you have some good sales that you will not see in February-March.

All website deals are as of 8/10/13 so they may be outdated. I will update periodically.

Also, these suits were on SALE, so there are more op-



**Loggerhead 13-14 Girls Relay
Getting prepared at FLAGS.**

Upcoming Events!

- August 23, 2013—Kick Off Party!
- September 7, 2013—Loggerhead Mock Meet
- September 14, 2013—Tri Meet at JCP
- September 15, 2013—Bolles Meet at Bolles
- October 19-20, 2013—Bolles Meet at Bolles
- October 25-26, 2013—Oktoberfest Meet at JCP
- November 16-17, 2013—Patriot Meet at Orlando Lake Brantley
- November 23, 2013—Loggerhead Meet at JCP

tions out there that are cheaper intro suits (Speedo Aquablade!) and more expensive national level suits.

Hope this helps!

Coach John

Women

TYR Fusion II Kneeskin - \$59.99 (about \$50 off) **BEST BUY**
Best suit for your money
10&Older (Area, FLAGS, Seniors)
http://www.metroswimshop.com/product.ASFU6_662.htm

Speedo LZR Elite - \$179.00 (about \$100 off)
13& Older (FLAGS, Seniors, Sectionals, Nationals)
This was once the fastest suit in the market. This is a non-kneeskin version. A good pick up for the price.
<http://www.metroswimshop.com/product.7190805.htm>

Nike Hydra Kneeskin - \$99.99 (about \$150 off)
Size 28 Only
13& Older (FLAGS, Seniors, Sectionals)
<http://www.metroswimshop.com/product.TCSS0091.htm>

Arena Powerskin X-Glide Kneeskin - \$179.99 (about \$200 off)
Suit that is next in line to the Carbon Pro
12& Older (FLAGS, Seniors, Sectionals, Nationals)
http://www.metroswimshop.com/product.AR_25132.htm

Speedo PowerPlus Kneeskin - \$89.99 (about \$10 off)
10&Older (Area, FLAGS, Seniors)

Finally Speedo is offering and intro kneeskin to compete with the TYR Fusion II, but still pricier than the TYR version. It's a new suit, I don't know anything about it in the pool, but it comes in colors and is meant to be somewhat like the Aquablade/Fastskin II.
http://www.swimmisports.com/brows_e.cfm/speedo-youth-powerplus-kneeskin/4.5669.html

Speedo LZR Pro - \$Ranges by Size
Amazon has some great deals on this suit but it ranges drastically by size. If you happen to wear a 27 you can pick one up for \$79.00 which is \$200 off.
12&Older (FLAGS, Seniors, Sectionals)
http://www.amazon.com/Speedo-Recordbreaker-Kneeskin-Female-Black/dp/B00455BT6K/ref=sr_1_1?e=UTF8&qid=1376189075&sr=8-1&keywords=speedo+lzr

Men

TYR Fusion II Jammer - \$54.00 (about \$30 off)
Any age
http://www.swimoutlet.com/Mens_Technical_Suits_s/278.htm

Same Suit in Racer Cut - \$27.99 (about \$20 off)
<http://www.tyr.com/shop/fusion-2-racer-swimsuit-20829.html>

Arena Powerskin ST - \$79.00 (about \$10 off)
12&Older (Area, FLAGS, Seniors)
Not the fastest suit out there, but it is a guys suit that isn't just black!
<http://www.swim2000.com/product/arena-powerskin-st-jammer-male/>