LFSC Fall
Parent Meeting
2019
Lake Forest Swim Club Mission

The Lake Forest Swim Club is a USA Swimming member program that strives for excellence at all levels of American and International swimming. We value health, fitness, sportsmanship, citizenship, honesty, integrity, hard work, discipline, teamwork, and fair play. Our program strives to provide a safe educational environment to develop these life qualities through sport.

Lake Forest Swim Club Objectives

Ø To provide an opportunity for young people to engage in a wholesome, lifesaving, lifetime sport and recreational activity;

Ø To promote and educate individuals on physical fitness, nutrition, and good health habits;

Ø To foster the development of high self-esteem and help cultivate positive self-images;

Ø To promote the ideals of honesty, integrity, good sportsmanship, and team loyalty;

Ø To provide opportunities to learn the values of hard work, dedication, self-discipline, and perseverance;

Ø To teach and promote respect of coaches, teammates, and officials;

Ø To create an environment that allows individuals to fully develop their natural abilities and help their teammates do likewise;

Ø To provide age group swimmers with the technical, physical, and emotional foundation necessary for a successful senior swimming career.

Ø To provide a comprehensive training and support program for swimmers preparing for the highest levels of national and international competition;

Ø To teach young people the importance of cooperative effort to achieve both group and individual goals;

Ø To teach young people to accept the responsibility and consequences of their own behavior and actions.
Michael Lawrence became the 7th Head Coach on LFSC in September 2018 upon the retirement of Coach Maureen Sheehan. He is certified by the American Swimming Coaches Association as a Level V Coach (Age Group/Senior/International) and a Life Member of USA Swimming. Prior to coming to LFSC in 1985 he coached at the Oak Park YMCA (1980-1982) and B.R. Ryall YMCA (1982-1985).

Meet Coach Michael...

Since coming to LFSC, he has coached over 200 individual Illinois State Age Group Champions, 197 Nationally Ranked Age Group Swimmers, one American Record holder and four world Ranked swimmers. He has staffed 16 USA Swimming National Training Camps, seven Illinois Swimming Camps, five Illinois Mid-States Teams, and two Illinois Zone Teams. Coach Michael has been selected American Swimming Coaches Association Illinois Age Group Coach of the Year five times.

USA Swimming National Team assignments:

- US Olympic Team -- Athens GRE, 2004
- USA vs Europe Duel In The Pool, Glasgow SCO, 2013
- FINA World Cup -- Berlin GER/Moscow RUS, 2011
- FINA World Cup -- Stockholm SWE/Berlin GER, 2010
- USA Jr National Team -- Melbourne AUS, 2008
- FINA Youth World Championships -- Monterrey MEX, 2008
- Pan Pacific Games -- Yokohama JPN, 2002
- World University Games -- Beijing CHN, 2001
- World University Games -- Fukuoka JPN, 1995

International Sport Governance:

- FINA World Championships -- Barcelona, 2013
- FINA World Championships -- 2015
- FINA World Championships -- Windsor CAN, 2016

USA Swimming Sport Governance:

- Board of Directors -- 1999 - 2012
- Sectional Chair -- 2010 - present
- International Relations Committee -- 2004 - present *(Chair, 2012 - 2018)*
- Olympic International Operations Committee -- 1996 - 2014 *(Chair 2004 - 2012)*
- Rules and Regulations Committee
- Senior Swimming Committee
- Age Group Planning Committee
- Club Development Committee
• Camps Committee

Illinois Swimming Sport Governance

• Board of Directors -- 1986 - 2019
• Rules and Regulations Committee
• Open Water Committee
• Senior Swimming Committee
• Planning Committee
• Coaches Committee

Guest Lecturer:

• FINA Development Clinic -- Nassau BAH, 1999
• USA Swimming Clinics and Conferences

Coach Michael swam and played water polo at the University of Illinois-Chicago and Oak Park-River Forest High School. He played on the 1973 Illinois State Champion water polo team and was a First Team All-State selection.

Laurel Liberty, Sr Assistant Coach

Laurel Liberty joined LFSC in 2004 after graduating from North Central College where she was a NCAA All-America swimmer. Under Coach Laurel's guidance LFSC swimmers have enjoyed great success pursuing Junior Olympic and Regional Championship berths. Laurel currently guides all aspects of our Age Group program including evaluations, membership and development.

Meet Coach Laurel . . .

Coach Laurel's swimmers can point to her work with the US National Team and training history with legendary swimming coach Peter Banks (coach of Olympic Gold medalist Brooke Bennett) as key factors in their success. Under Coach Banks she learned the value of hard work and perseverance as key contributors to success.

Most recently (August 2016) Coach Laurel was Head Manger for Marathon swimming with the USA Olympic team in Rio de Janerio, Brazil. Previously she was selected as one of three US coaches to Lead the USA-Russia Bi-Lateral Presidential Exchange Team in Moscow. Prior to that assignment she was a Team Manager for Team USA at the 2011 World Championships (Shanghai, China) and the 2010 Jr. Pan Pacific Games Team (Hawaii).

Coach Laurel still churns the water daily and coaches the Libertyville Masters Swim Team. She was the Gold medalist at the Masters National Championships in the 1650 freestyle (2004), 200 freestyle (2006) and 1000 freestyle (2010, 2011, 2013). She also took 4th in the world in the 400 freestyle and 10th in the world in the 200 Butterfly at the 2014 Masters World Championships in Montreal, Canada.
Alex Casler, Assistant Coach

Coach Alex has been part of the LFSC staff since 2017, working primarily with the Yellow Squad. He is currently the Aquatics Supervisor for the Hawthorne Woods Park District and coaches the HWPD summer league.

Kate Wolf, Assistant Coach

Coach Kate began swimming at age 8 with her local club team, and joined a year-round USA swimming club by age 11. She competed for her high school swim team, setting team records in the 200 IM, 200 FR, and 400m/500 yd FR. At Beloit College, she set team records in the 200 and 400 IM.

While in college, Kate began coaching the Beloit Aquatic Team as an assistant age group coach. She then served as interim head coach for BAT for several years, before returning to her hometown in Wisconsin to coach the Portage Piranhas.

Kate started her MD/PhD education at Rosalind Franklin University in 2015, and is currently studying how the body uses but is excited to continue coaching with the Lake Forest Swim Club!

Ruby Thompson, Assistant Coach

Hi all! My name is Ruby Thompson and I am a recent graduate of Skidmore College where I majored in Sociology, double minored in English (literature focus) and French. I’m originally from Cleveland, Ohio and moved to Illinois to work for a college access program based in Lake Forest (The Schuler Scholar Program). At Skidmore, I was a four-year sprint freestyler and backstroker and taught swim lessons to children ages 4-5 with my team throughout the academic year.

Swimming is a relatively new-found passion for me-- I started swimming my junior year of high school, but quickly fell in love with the sport and challenging myself to improve in the water. Since graduating college, I swim with the Libertyville Masters Swim Team, coached by LFSC’s very own Coach Laurel, which is how I got into coaching for the Yellow Squad. To me, swimming is not only an excellent life skill, but it’s a great avenue to learn and practice patience, resilience, and having fun in the water!
Maureen Sheehan, Coach Emeritus

Maureen Sheehan has served as the Head Coach/Executive Director of LFSC since 1984. Maureen first joined the LFSC staff as Head Age Group Coach in 1981. Prior to coming to Lake Forest, Coach Sheehan was an NCAA All-America swimmer at Kansas University.

Meet Coach Mo . . .

Under Maureen’s direction (1981 to 1984) LFSC age group swimmers won numerous Illinois State Championships and National rankings. In 1984 Maureen became the fifth Head Coach of the Lake Forest Swim Club. In September 1988 she added the title and responsibilities of Executive Director, reflecting the growth of the business operation of the club under her direction.

Since 1985, LFSC swimmers have captured 61 Illinois Age Group, Senior Men’s, Senior Women’s, and Combined State Championship trophies. LFSC has swept the team titles at the State Senior Championships three times and is the only team to bring home a trophy each year between 1980 and 2001, when the meet served as the state’s premier Senior Swimming competition. In 1999 LFSC became the first team to sweep both Age Group and Senior Championship titles in back-to-back seasons. Maureen has coached swimmers at every performance level including 30 USA Swimming National Qualifiers, six World Ranked swimmers, and an American Record holder.


Coach Maureen is certified by the American Swimming Coaches Association at Level V. She was selected to the staff of the Three Nation Distance Training Camp (Hawaii, 1991), National Junior Team (Montreal, 1992), the National Team Training Camp (Colorado Springs, 1996) and the Short Course World Championships (Hong Kong, 1999).

In 2004 Illinois Swimming recognized Maureen’s service contributions with a USA Swimming Life Membership.

Karen Longeway, Strength and Dryland Coach
Karen Borgerding, Office Admin Support
LFSC
SWIMMER DEVELOPMENT

NATIONAL SQUAD:
Elite Training and Performance

SENIOR SQUAD:
Sr. Training Program, HS Age, Performance Driven

BRONZE SQUAD:
Performance Focus, Commitment Driven, Intro to Elite Dryland, Elite Swimming Training Model, Personal Accountability and Responsibility

GREEN SQUAD:
Fitness Focus, Effort in Practice, Skill Development while Training, Personal Improvement in Competition, General Body Strength (Pre-hab), Multi-Objective Training Sets

YELLOW SQUAD:
Practice Organization, Essential Fitness, Stroke Skill Refinements, Intro to Competition, Simple Body Weight Dryland

MIGHTY DUCKS:
Practice Fundamentals, Essential Swimming Strength, Intro to Practice Equipment, Fundamentals of Breast and Fly, Starts, Turns, Relay Skills

MINI DUCKS:
Essential Skills, Fundamental Swimming Strength, Fundamentals of Free and Back
LFSC PRACTICE EXPECTATIONS FOR ALL SWIMMERS

LISTEN:
This is the first requirement for learning. Learning is the foundation of achievement.

GIVE YOUR BEST EFFORT:
It takes effort to learn, effort to achieve. Wishing and finger crossing is not effort.

STREAMLINE:
This is the simplest skill in the sport. Get it right.

USE THE PACE CLOCK:
This is how we organized practice and how you monitor your practice efforts.

BE POLITE:
Why not? There’s an etiquette in swimming. Learn and obey.

FINISH EVERYTHING:
corners is dishonest to your coach, your teammates and yourself. Everybody knows when you cut corners. Take pride in finishing.

COME TO PRACTICE:
Is an explanation really needed?

DO ALL STROKES CORRECTLY:
Race day is a bad day to try to fix your stroke. Practice is the proper place.

DO ALL TURNS CORRECTLY:
Quality turns = Speed. Why be sloppy?

COMPETE:
Just do it!
9 Ways to Help Your Swimmer

1. Come to Practice
2. Attend Competitions
3. Be Patient
4. Let your child be an athlete
5. Let your child encounter hardship and disappointment
6. Trust your coach
7. Be prepared
8. Get involved in the club
9. Let it be fun and enjoy the ride
LAKE FOREST SWIM CLUB

_Nurture A Growing Commitment through the Years_
LFSC Coaches Maureen Sheehan and Michael Lawrence

_How Can You Help Your Swimmer_

- Be patient with their development
  Swimmers’ progress at different rates – physically and mentally
- Increase your understanding of the physical and mental demands of the sport.
- Use positive encouragement
- Recognize and encourage good efforts
- Recognize and encourage good attitudes
- Support their teammates
- Support their coaches
- Support the team
- Prepare your child now for the distraction and peer pressure of the future
- Show them a healthy lifestyle
- Develop good nutritional habits
- Encourage proper rest
- Teach them to enjoy the journey. It’s about the journey not the destination.
- Take the sporting experiences as an opportunity to teach life skills. Both victory and defeat present opportunities to share your adult perspective.

_Remember..._
All of the talent in the world isn’t worth anything without the passion to develop it. Nurture your child’s love of the sport, and the many challenges that it brings.

A Champion is not only the one with the gold medal – it’s the one with the heart, the head, the passion, and the will to succeed at whatever they put their mind to.
Lake Forest Swim Club
Swim Meet Tips for Parents

Well sports fans, another swim season is upon us! Before the season starts here are just a few reminders to help your child get maximum enjoyment out of their sports participation experience.

<table>
<thead>
<tr>
<th>Prior to the Meet</th>
<th>When you Arrive</th>
<th>During the Meet</th>
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</thead>
<tbody>
<tr>
<td>• Return your meet schedule by established deadlines</td>
<td>• Be on time for scheduled warm-ups</td>
<td>• Sit back and enjoy your child’s participation!</td>
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<tr>
<td>• Check the entries posted on the college bulletin board.</td>
<td>• Buy a heat sheet and note your swimmer’s events.</td>
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<tr>
<td>• Make travel and lodging arrangements if necessary</td>
<td>• If check-in is required, swimmers should take care</td>
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<tr>
<td>• Bring team suit and cap (required), goggles, t-shirts,</td>
<td>of this immediately.</td>
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<tr>
<td>warm-ups, etc.</td>
<td>• Swimmers should report to the team area and settle</td>
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Remember, this is your child’s experience. Let them enjoy, learn and grow from the ups and downs of sports participation.

THE MYTH in the BLEACHERS

Myth......"The parent with the fastest swimmer knows the most about swimming." Most often this is very far from the truth. Don’t confuse talent with knowledge, especially if the two reside in different bodies! Don’t emulate obvious displays of poor sportsmanship and don’t become an armchair quarterback.

What good sports parents do...

- Watch the meet and be positive about everything
- Give non-technical support and feedback.
- Wear team colors (green and yellow, Go Ducks!)
- Sit with other LFSC parents in the stands.
- Remember: only working meet officials, coaches, and swimmers are allowed on the pool deck.
- Put your child’s event numbers on the back of their hand.
- Remind your swimmers to go back to the coach immediately after each race.
- Support your child’s teammates, cheer for all the Ducks.
- Realize that lessons learned are more important than results posted.
- Allow intrinsic rewards to be the most important award.
- Be fun for other parents to sit near.
- Accept that children are very erratic in performance and inconsistent in demonstrating new skills.
- Realize that children need a variety of experiences in order to discover what they are good at.
- Encourage good skill and efforts.
- Leave critical evaluation and decisions to the coaches.
- Understand that there is always tomorrow.

A Few Final Thoughts...

Swim meets are places where everyone should have fun: swimmers, parents and coaches. It is the responsibility of the adults to make sure this happens. Disappointing experiences and results are part of sports and part of the learning process for children. Your role in this cannot be underestimated. Now, it’s off to the races.
How to sign up for Swim Meets!

Participation in swim meets is not required for most squads but is highly recommended. Competition allows both swimmer and coach to assess what has been learned and what needs more work in practice. And competition is just plain ol’ fun!

USA Swimming meets are generally held on weekends with different age groups participating in either a morning or an afternoon session. Each session of a meet is planned to finish in 4 hours. You may choose to participate in one day of a meet or both. Once you have signed up for the days your swimmer is available the coaches will select events that are most appropriate for them.

LFSC participates in meets about once a month. If you have question about which meets are appropriate for your swimmer ask your coach. In order to sign up for a swim meet you will need “commit to each meet” in your team account. Meet sign up is available on the Lake Forest Swim Club website, www.swimlfsc.org.

Steps to Meet sign up

1) Log into your family account at www.swimlfsc.org
2) Click the “Events” in the top middle green bar
3) Click on the name of the meet you would like to go to
4) Click the pink “Edit Commitment” tab
5) You may select the session you wish to be entered in or leave us a note in the “Notes” section if you have special instructions.
6) Save

Other things to know . . .

- As long as the deadline has not passed you will be able to go in and make changes to your commitment. Please contact us if immediately if you need to make a change and a deadline has passed, we cannot always get entry fees back.
- Meets are entered 6-8 weeks in advance, you will receive an email 7 days prior to the entry deadline, please make sure to take care of your entry.
- As we get more information about each meet, warm up times, sessions etc. we will post it on each page.
Event Support Policy

LFSC Hosted Meet Parent Worker Policy

Swim meets hosted by LFSC are an important source of revenue for our non-profit club with financial benefits accruing to all members. Each meet we host has the effect of lowering our membership fees approximately $150/swimmer/annually. Our club hosts four meets annually and Championship Meets as often as awarded.

In the 2019-2020 Short Course season we host the following meets:

- Oct – Monster Mash; 26-27 October, Pleasant Prairie WI
- Jan – Windy City Open, 11-12 January, Pleasant Prairie WI

Hosting these prestigious meets requires the dedicated efforts and support of our coaches, Board of Directors, and members. To ensure that we are hosting a quality event we contract with various local groups as necessary to fill meet operations positions that we are not able to staff from our membership. Each position that we hire has an additional $80/position/session negative impact on profit and consequently on our fees.

Accordingly, all families with a child participating in a club hosted meet are required to provide a worker (age 14 & up) for each session they have a child participating in.

To volunteer your support login to your account and head to the EVENTS page. Each LFSC meet has a “Sign Up” button; click to find the available volunteer slots for the meet.

We understand that the club event calendar may come into conflict with the family calendar and simply ask that families unable to provide support at a particular meet to offset the financial impact to the club.

We also host several intra-squad meets each season—Short Course Meter Challenge, Distance Duck, Age Group Challenge, e.g.—providing great training opportunities to learn the ropes. These meets are organized on game day on-the-fly, no pre-planning or sign-up needed.

Event Support Policy

For the 2019 - 2020 season each family with a swimmer participating in a club sponsored/hosted competition is required to provide a “worker” (age 14 & up) for each child participating in a session of the meet.

Families unable to provide support are required to contribute $75/session/swimmer to the club ($150 maximum). This will be posted on your monthly statement.
Lake Forest Swim Club Facility Policies

**LFSC FACILITY POLICIES FOR PARENTS, CARE TAKERS, SWIMMERS, AND SIBLINGS**

Parents, care takers, and siblings may not be in any part of the LFA or LFC campus grounds other than the pool viewing areas, locker rooms, or pool without express permission of an LFSC coach. Upon arrival for practice please enter the building and go directly to the pool, locker room, or pool viewing area. During practice parents, care givers and siblings are invited to observe practice but must avoid interacting with your child. All members of LFSC are expected to conduct themselves as guests of any facility we practice at. Specifically, but not all-inclusive restrictions:

2. All siblings, family, and friends must be supervised in pool viewing areas.
3. Be respectful of LFA/LFC/LBPD staff, patrons, and students at all times.
4. Specific “off limits” areas at LFA and LFC include the hockey rink, study areas, TV foyer, basketball gym, corridors between the locker rooms and training room, and fitness/weight room areas.

**AT LFA --** The restrooms located in the pool viewing corridor at LFA may be used by LFSC during practice. No changing is permitted in these restrooms and no other restrooms are to be used. The restrooms in the corridor by the LFC weight room is not to be used by our swimmers.

**AT LFC --** The locker rooms in the hallway near the weight room are off-limits to LFSC members. These are reserved for students, faculty, and fitness center patrons. LFSC members are permitted to use the locker rooms adjoining the pool, only.

1. Adults (other than LFSC coaches) are not allowed in the locker rooms. This is a mandated SafeSport policy of USA Swimming.
2. No siblings or friends are permitted in the locker rooms at any time during LFSC activities.
3. All participants must use appropriate gender locker rooms and restrooms at all times.

**MAINTAINING OUR GUEST RELATIONSHIPS**

We encourage all parents/care takers to drop children off 15 minutes prior to practice and return to observe the last 15 minutes of practice. There is limited seating in pool viewing areas (especially at LFA) and this will dramatically enhance our relationship with both LFA and LFC.

**SWIMMERS USE OF OUR FACILITIES**

LFSC swimmers are only permitted in LFA locker rooms at the conclusion of practice. This is to ensure that LFA student-athletes have privacy and priority use of their locker rooms.

1. Unless otherwise notified, LFSC practicing at LFA must come to practice in swim suits and bring an appropriate swim bag or backpack for storage on the benches on-deck.
2. Swimmers will enter the pool through the side door (not the locker rooms). Prior to or during practice swimmers will use the restrooms in the pool viewing area; REMEMBER: using the restrooms for changing purposes is not permitted.

Use the locker rooms for changing only. We are guests of LFA/LFC, not members of a health club! Long showers are OK at home but not at practice. As always, at all times and in all facilities, screaming or yelling, disturbing a team mates belongings, and horseplay in the locker rooms is not permitted.

Please Sign that you and your family understand and will abide by all USA Swimming, Lake Forest Swim Club and LFC/LFA policies.