



## MEN'S SWIMMING AND DIVING TEAM



### PARENT MEETING NOVEMBER 10, 2015

#### Coaches:

#### Head Coaches:

- ❖ **Swimming:** Jeff Kilinski
- ❖ **Diving:** Angela Malinowski

#### Assistant Coaches:

- Daley Ramsy
- Emily Tobias

#### Information:

- **Daily Practices:** Attendance is mandatory at all scheduled practices, if missed please bring a letter of documentation. Poor attendance will impact the amount of events one swims/dives in and can affect the ability to letter. Also all practices are closed to spectators, so if you wish to speak to a coach please do so after practice or through phone/e-mail. Thank you.  
*\* See Team Rules sheet for further explanation of practice attendance. \**
- **Meet Competition:** Home meet attendance is expected from all athletes to assist with set up, timing and cheering on fellow teammates this includes; both varsity and junior varsity meets. Arrival time for home meets and departure time for away meets will be posted the day before the competition.
- **Dress Code:** Spirit wear which includes: Warm-ups and T-shirt are for on deck during competitions. (There is an alternative dress option for those not purchasing spirit wear).
  - Travel attire: Will either be formal or spirit wear. (Coach/team captains decide which attire to wear that day)
  - Alternative Dress Option: Royal blue sweat pants and plain grey T-shirt.
- **Required Purchases:** All athletes are required to pay the participation fee. Also, each athlete will be required to purchase a team meet suit. This suit is to be worn during meets throughout the season. Athletes must purchase a new meet suit every season, being that the design changes every year. Athletes need to pay a weight/training room and transportation fee. LCHS is fortunate to have a designated strength coach and an athletic trainer. This fee allows the athlete to have full use of the weight room and training room. The weight room fee is waived for those who participated in a fall sport. The transportation fee goes towards bus usage and travel costs. The required purchases are as follows:

#### Fees:

- \$100 participation
- \$30 transportation
- \$30 weight room

**Please make separate checks to Lake Central  
One Check for \$100.00 and the other for \$60.00**



## More Information:

- **Parent Help:** Please consider volunteering. The swimming and diving team relies heavily on parent involvement to make our program successful. We would appreciate some parent involvement to run a successful meet. There are many roles parents can assume to help the swimming and diving program please see below and ask how you can help!

**Booster Club Team Representative:**

Sue [kilinski-jeffsue@lcsbglobal.net](mailto:kilinski-jeffsue@lcsbglobal.net)

**Communication Representative:**

Shelly [Baisa-shellybaisa@gmail.com](mailto:Baisa-shellybaisa@gmail.com)

Swimming Announcer

Diving Announcer

Computer and Scoreboard Operator

NEED VOLUNTERS

## Other Parent Involvement:

- Fundraising: Triathlon (May 2016): Parent committee
- Senior Night: Munster (1-21-15)
  - Senior programs
  - Pictures tentatively after diving
  - Junior Parents traditionally organize the events
  - Senior gifts
    - Use current senior parents as a resource
- Food for visiting teams (need volunteers)
  - Penn Meet (12-12-15)
- Team Gatherings
  - Possible Opportunities: Xmas break, Conference Meet, etc...
- Sectional's Pasta Party

## Upcoming Dates:

**Official Start Date:** November 9<sup>th</sup>, 2015

## Contact Information:

Check the team website for updates and information:

[www.lcbswim.com](http://www.lcbswim.com)

**219-689-8074**

**219-365-8551 ext. 2118**

**[jkilinsk@lcsbmail.com](mailto:jkilinsk@lcsbmail.com)**