



## Helpful Individuals

The Lake Central Barracudas swim club is full of a wealth of swim knowledge. From the coaching staff to the executive board to club parents to the swimmers, there is always someone who is willing to assist. However, below is a list of helpful individuals who are dedicated to assisting you should any questions arise.

### Board Members

President - Tanya Hampton ([president@lcbsswim.com](mailto:president@lcbsswim.com))

Vice President - Ray Vervlied ([vp@lcbsswim.com](mailto:vp@lcbsswim.com))

Treasurer - Gina Fezler ([treasurer@lcbsswim.com](mailto:treasurer@lcbsswim.com))

Secretary - Kelly Campbell ([secretary@lcbsswim.com](mailto:secretary@lcbsswim.com))

Silver Group Representative - Charm Mosley ([ckmosleyinc@gmail.com](mailto:ckmosleyinc@gmail.com))

Bronze Group Representative - Megan Cailles ([bronzerep@lcbsswim.com](mailto:bronzerep@lcbsswim.com))

Copper Group Representative - Sara Reese ([copperrep@lcbsswim.com](mailto:copperrep@lcbsswim.com))

LCB Head Official - Chris Cailles

Awards - Kate Perschon

Meet Director - Amy Rokita ([meetdirector@lcbsswim.com](mailto:meetdirector@lcbsswim.com))

Safe Sport Coordinator - Chaz Pacheco ([safesport@lcbsswim.com](mailto:safesport@lcbsswim.com))

Social Media Liaison - Jamie Kensinger

### Coaching Staff

Head Coach - Jeff Killinski ([coachjeff@lcbsswim.com](mailto:coachjeff@lcbsswim.com))

Head Age Group Coach - Adam Klimczak

Head Developmental Coach - Art Czarobski

Assistant Coach - Chris Cailles

Assistant Coach - Elly Harkema

Assistant Coach - Riley Ingram

Assistant Coach - Josh Kilinski



## FAQs

**Q:** How is the group structured and how are the kids assigned to groups? **A:** There are three levels based on skill - Copper (beginner), Bronze (intermediate) and Silver (advanced). It is likely new swimmers will start in Copper, but their skills will be assessed by our expert coaches to determine their level.

**Q:** What is the practice schedule?

**A:** Practice schedules can be found under the Info for Parents tab on the Website. Make sure to check the practice calendar under "Info for Parents" for updates, but general practice times are as follows:

Copper: Mon, Wed, Thurs, Fri from 445p-545p

Bronze I: Mon - Fri from 445p-615p

Bronze II: Mon, Wed - Fri from 545p-730p; Tues from 445p-645p

Silver: Mon, Wed - Fri from 530-730p; Tues from 445p-7p

**Q:** My swimmer does other activities. Do we have to make every practice?

**A:** The more a swimmer practices, the better the skills become but we know life happens. Swimmers should plan to attend no less than 2-3 practices a week.

**Q:** Is there a special swim uniform my swimmer needs to wear?

**A:** Girl swimmers wear one piece swim suits and boy swimmers wear jammers. We will let you know if someone will be at the pool to fit them for Barracudas swim gear. There are also vendors at swim meets that offer reasonably priced swimwear for purchase. There is no need to spend lots of money on overpriced swim gear. When purchasing swim gear, remember that suits/jammers need to be a tight fit so there is no drag in the water.



Q: Does my swimmer have to swim in competitive meets? A: All meets are optional. There is no requirement to participate in them. A meet is a great chance to see how your swimmer's skills are in a structured event. Meets also give your swimmer the chance to get official swim times and is a great experience for your swimmer. However, your swimmer does not have to swim in any meets but is welcome to sign up to swim any of them over the course of the season.

Q: How do I sign my swimmer up for a meet?

A: As each meet sign-up opens, you will receive an email identifying the meet as well as a brief description of it. Simply login to the LCB website and select whether your swimmer will participate in the meet.\* You can then select the races your swimmer wants to compete in at the meet. For new swimmers, the goal is to establish swim times along with selecting the strokes your swimmer feels comfortable swimming. As your swimmer progresses, you can select races that match his/her skill level. \*\*\*Make sure you "declare" whether or not your swimmer will participate by the deadline noted for each meet.

Q: What is the difference between a home and an away swim meet? A: Meets are very similar in nature. Locations may vary as well as start times. Your meet packet will provide a detailed description of what to expect at each meet.

Q: What is a meet packet?

A: The meet packet can be located by simply clicking on the meet name on the LCB website. A brief description of the meet along with meet details will come up. The packet has all the details for the meets including the location of the meet, the times for each session and who is eligible to swim.

Q: How will I know what time my swimmer should arrive for a meet? A: Each race you sign up for has a number which can be viewed in the meet packet. You will also receive an email verifying declared races. All races are swum within block of times during meets so you can see the time your swimmer needs to be there. In general, there are morning races, afternoon races and evening races, scheduled based on swim level.

Q: How do I know what to do when we arrive for a meet? A: Your swimmer may have to positively check-in for the meet (meaning they have to sign-in or highlight their name and races off a sheet by a certain time) and then report to either the locker room or to an area where the team will meet.

Q: Can I go with my swimmer into the locker room to get ready and then onto the deck to help them find their way?

A: Parents are not allowed in the locker rooms in order to keep our swimmers safe. Should you need to assist your swimmer, there are restrooms located in common public areas which you may access. Volunteers will be on hand on the pool deck to help make sure each swimmer gets in the right spot for each race.

Q: What if my swimmer can't remember all the races they signed up for?

A: No worries. For beginning swimmers, coaches will write the races on the swimmer's arm to help them remember. There will also be volunteers who will help gather swimmers to make sure they are lined up and in the right place for each race.

Q: What does my swimmer need to bring to the meet?

A: For all meets and practices, your swimmer should bring an oversized towel (or two), along with their gear and a change of clothes if they don't want to come or go in their suits. Swimming is a workout so water to drink will help with hydration. For meets, it's also good to bring healthy snacks since the meets can be long. Make sure the snacks are contained and can be eaten easily on the pool deck or break area.

Q: Which meets are this season's home meets and what are their dates?

A: The home meets that we host are Making Waves on May 14-16 and the Summer Sizzle on June 11-13. We will also have an intrasquad (only the LCB team) meet in early May. All meets can be viewed on the website.

Q: Do I have to volunteer for the meets?

A: We are an organization that relies heavily on volunteer support so we do ask that each parent does his/her part to help. There are a number of volunteer opportunities to help and no experience is needed for nearly all of them.

Q: Are there any penalties for not volunteering at home swim meets?

A: Because we rely on volunteers, if you do not volunteer, a non-participation fee of \$50 will be assessed for each required session that you do not sign up for. If you sign up to volunteer but don't show up, the fee will be \$100.

Q: Do I have to volunteer even if my swimmer isn't participating in any meets?

A: Yes. Since we need to ensure we have enough volunteers to cover all the needed spots for home meets, you are still required to volunteer.

Q: Do I have to volunteer for every home meet?

A: We ask that each family pick up 2 volunteer sessions for each home meet. There are 2 home meets this summer so that is 4 volunteer sessions in total. An additional session must be picked up at any meet to reach the 5 volunteer sessions required. You and your spouse/significant other can tag team your commitment and have your combined shifts count toward your required commitment. If, by chance, you won't be able to make one of the meets, you can possibly pick up your all your needed shifts in the other meet. Please contact our Meet Director ([meetdirector@lcbswim.com](mailto:meetdirector@lcbswim.com)), to discuss further.

Q: How does the club communicate changes regarding meet start times?

A: We will communicate any changes through email, social media and the club website.

Q: There is so much information to remember. What if I have questions?

A: We are here to help. Simply reach out to one of your friendly, helpful board members who will help answer any question you have.