



New Swimmer FAQ

1. How do I keep informed about what is happening with the Swim Club?
You can always go to the swim club website to find updated information: www.LebanonSwimClub.org. Also, a weekly email is sent out on Sunday evenings with the practice schedule, upcoming meet information and deadlines, social events, and any other activity that may be going on with the club.
2. How often will my swimmer practice?
Depending on the group your swimmer is assigned to, your swimmer will be scheduled to practice four to six days a week. Although your swimmer is not required to come to every practice, please keep in mind that the more your swimmer comes the more your swimmer will improve.
3. Where do I make my payments?
There are three different ways you can make a payment:
 - a. You can give your payment directly to the treasurer, Steve Levy.
 - b. You can drop your payment off in the cash box located in the filing cabinet on the pool deck.
 - c. You can mail your payment to: Lebanon Swim Club, PO Box 103, Lebanon, IN 46052
 - d. *Online payment option - Coming Soon!*
4. What happens if I am unable to pay?
If you know you are not going to be able to pay, please speak to our Club President, Chuck Goff. If your fees become more than 60 days past due and arrangements have not been made for payment, your swimmer will not be allowed to participate until the fees are brought current.
5. As a parent, how can I become involved in the Swim Club?
Volunteers are always needed. You can get in touch with any board member (or spouse if listed) and let them know how you would like to help. The board members are:
President: Chuck Goff (wife, Nancy)
VP of Fundraising: Randie Dial (wife, Becky)
VP of Operations: Walt Peycha (wife, Shannon)
VP of Social Relations: Alex Brown
VP of Growth and Development: *Vacant*
Treasurer: Steve Levy
Coach: Jay Anderson
6. What kind of equipment does my swimmer need?
 - a. Suit - Girls should wear a one piece suit with straps that are preferably connected in the back near the shoulders so they do not slip off. Boys are encouraged to wear stretch type suits - jammers or briefs. A team suit along with a practice suit is encouraged.
 - b. Goggles - Goggles are strongly encouraged to allow the swimmer to keep their eyes open in the water during training for better awareness of other swimmers and the walls at the end of the lane. Goggles also reduce the amount of chlorine irritation. Each swimmer should have a suit and goggles.
 - c. Swim Cap - Swim caps are worn by most of our swimmers, especially those with longer hair. A swim cap helps to protect their hair and cut down "drag" in the water. Team caps are available for \$10.
 - d. Swim Sandals - Swim sandals help protect swimmers from slipping when walking on the pool deck or in the locker room.
 - e. Swim Bag - A swim bag helps the swimmer to keep all of their swim equipment together.

7. Does my swimmer need a team suit and cap?

It is strongly encouraged that swimmers have a team suit and cap. Most of the swimmers have a team suit which is worn primarily during meets. When your child has a team suit, it is very helpful to the coaches on deck during a meet as they are easy to spot among all the other swimmers.

8. How often are meets held?

Meets are held usually once or twice a month on the weekend. The meets are usually held over a span of three days, however, the meets are split up by event and age. How many events and what days your swimmer participates is up to the parent.

9. Where are the swim meets held?

The swim meets are held at high schools within the Indianapolis area. The club usually does not travel more than an hour away.

10. How long do the meets last?

Each session of a meet will last anywhere from three to four hours. However, once your swimmer has competed in all of their events for their session, your swimmer is free to leave.

11. How do I register my swimmer for a meet?

A meet book will be on a table on the LHS pool deck at every practice. On the cover of the meet book will be a list of meets for the season. Some of those meets will be "mandatory" while others will be "optional". The "mandatory" meets simply mean that all club swimmers will be registered for the meet on Saturday only. If your swimmer would like to participate on other days, you can open the meet book to the particular meet and indicate this on the sign-up sheet. If your swimmer is unable to participate at that meet, you can sign your swimmer "out" of that meet. The "optional" meets are meets that the swimmer will need indicate in the meet book that they would like to participate at the meet and will need to specify what days.

12. What does my swimmer need to bring to the meet?

Your swimmer should bring the following to a meet:

- a. Team Suit
- b. Goggles
- c. Team Cap
- d. Sharpie (this will be used to write events on their arm so they know when they will be swimming)
- e. Two towels (one to use on deck and one to use after the meet)
- f. Water and/or other nutritious drink
- g. Healthy snacks
- h. Something to do (cards, a book to read, travel game, etc.)

13. What is a qualifying time and where do I find it?

As your swimmer competes and becomes faster there are meets he/she may be eligible for based on his qualifying time. These times can be found on the Indiana Swimming website at www.inswimming.org and click on "Times".