

## LMAC Meet Opportunities

Meet Type	Who Attends	How/When to Sign Up
<p style="text-align: center;"><b>S.A.L. Dual Meet</b></p> <ul style="list-style-type: none"> <li>Swimming takes place on Saturdays—boys and girls swim against the same team, but at separate locations (one sex is home, the other is away at the opposing teams pool)</li> <li>Diving takes place on Friday night—boys and girls generally dive together</li> <li>See the LMAC website “Documents” tab for the Competitive Calendar—this document has the dual meet dates/opponents for this year</li> <li>Coaches choose events, swimmers compete in anywhere from 2-4 events per dual meet</li> <li>Dual meets last approx 2-2.5 hours</li> </ul>	<p><b>Bronze, Silver, Gold, Junior, Senior</b></p>	<ul style="list-style-type: none"> <li>Sign up is done online at <a href="http://www.lowermerionaquaticclub.com">www.lowermerionaquaticclub.com</a>. Once you are signed in, go to the Event Page for a specific dual meet. Event pages can be accessed on the home page, they are listed under the picture loop.</li> <li>Once at the event page for a meet, click on “Attend/Decline”, click on the swimmer’s name and choose “yes” or “no”.</li> <li>Swimmers/divers must sign up by the Tuesday prior to the meet. POSITIVE SIGN UP or your child will not be placed in meet.</li> <li>If you are not attending, it is helpful if you sign up as a “no” so we can definitively cross your swimmer’s name off the list.</li> </ul>
<p style="text-align: center;"><b>USA Swimming Invitational Meet</b></p> <ul style="list-style-type: none"> <li>Many are 2 day meets, generally taking place on Saturdays and Sundays. Some larger, more competitive meets are Fri, Sat &amp; Sun</li> <li>Swimmers choose their own events. Coaches are always willing to give guidance—just ask</li> <li>Many meets we go to are “A/BB/C” meets, this means anyone with any time (including No time, meaning this is the first time you are swimming an event) can compete in an event.</li> <li>Some of the meets we go to have qualifying times, those times are listed on the Meet Information Packet.</li> <li>Meet Information Packets for all of the USA Invitationals we are attending are located in the “Documents” tab of the LMAC website. (this is as they become available from the team that hosts the meet)</li> <li>See the LMAC website “Documents” tab for the Competitive Calendar—this document has the USA Swimming Invitationals we are attending this for Fall/Winter 2013-14.</li> <li>There is a small per event charge for this meet—typically \$4 per event.</li> </ul>	<p><b>Bronze, Silver, Gold, Junior, Senior</b></p> <p><b>8 or younger on day of meet: Attend Mini Meets</b></p> <p><b>9 or older on day of meet: Attend A/BB/C Meets</b></p>	<ul style="list-style-type: none"> <li>Typically you have to sign up for the meet 8-12 weeks prior to the date of the meet; this requires quite a bit of forethought, coaches are here to help you make event decisions—please ask!!!</li> <li>Sign Up is done by completing an entry form and submitting form and payment (typically \$4 per event) to Coach Sally or Kathryn</li> <li>Meet Information Packets and Entry forms are sent out via email to the team at least one week in advance of the entry deadline</li> <li>Meet Information Packets and Entry Forms are also available on the “Documents” Tab of the LMAC website. They are posted here as they become available</li> </ul>

<p style="text-align: center;"><b>S.A.L. Invitational Meet</b></p> <ul style="list-style-type: none"> <li>As a team, LMAC only attends one S.A.L. invitational, the Upper Merion Aquatic Club Last Chance Meet, which is on Saturday, Jan 25, 2014 for this coming season</li> <li>Swimmers of any age can compete as long as they are on the LMAC competitive team</li> <li>Swimmers choose their own events, when it becomes available, the Meet Information Packet will be on the LMAC website's "Documents" tab</li> <li>If you would like to attend another S.A.L. invitational meet on your own (the list of meets is at <a href="http://www.suburbanquatic.org">www.suburbanquatic.org</a>) then you are more than welcome to do so</li> <li>There is a small per event charge for this meet—typically \$5 per event</li> </ul>	<p><b>Bronze, Silver, Gold, Junior, Senior</b></p>	<ul style="list-style-type: none"> <li>The meet entry for the Last Chance Invitational will be due in early January</li> <li>Sign Up is done by completing an entry form and submitting form and payment (typically \$5 per event) to Coach Sally or Kathryn</li> <li>Meet Information Packet and Entry Form will be sent out via email to the team at least one week in advance of the entry deadline</li> <li>Meet Information Packet and Entry Form will also be available on the "Documents" Tab of the LMAC website once it becomes available</li> <li>If your swimmer wishes to attend another S.A.L. Invitational on their own (no LMAC coach provided) then you need to email Coach Sally at <a href="mailto:sswlax22@verizon.net">sswlax22@verizon.net</a> and let her know which events you would like to do.</li> </ul>
<p style="text-align: center;"><b>S.A.L. West Div. Champs</b></p> <ul style="list-style-type: none"> <li>Any member of the LMAC competitive team can attend this meet, which will be the first weekend in February</li> <li>A team from within our division (Radnor, Norristown, Methacton, Upper Merion or Perkiomen Valley) will host the meet</li> <li>Boys and Girls meets will be at different locations, possibly at the same time, possibly at different times</li> <li>This meet (or "A" Champs if the swimmer qualifies) is the end of the competitive season for Bronze and Silver swimmers</li> <li>Swimmers choose their own events</li> <li>There is no cost per event for the swimmer, LMAC covers the entry fees</li> </ul>	<p><b>Bronze, Silver, Gold, Junior, Senior</b></p>	<ul style="list-style-type: none"> <li>Sign Up is done by completing an entry form and submitting it to Coach Sally or Coach Kathryn</li> <li>Entry Forms will be due in early January</li> <li>Swimmers can compete in 5 championship events total—between West Div and "A" Champs.</li> </ul>
<p style="text-align: center;"><b>S.A.L. "A" Champs</b></p> <ul style="list-style-type: none"> <li>This is the championship meet for swimmers/divers who have one of the 18 fastest times/best scores in the league for a certain event</li> <li>The swim meet is generally held at LaSalle University. Diving "A" Champs are generally held at Central Bucks South High School</li> <li>"A" Champs take place the second weekend in February; typically on that Sunday</li> <li>There is no cost per event associated with this meet, LMAC covers the entry fees</li> <li>This is the end of the competitive season for Bronze and Silver Swimmers</li> </ul>	<p><b>Bronze, Silver, Gold, Junior, Senior</b></p>	<ul style="list-style-type: none"> <li>This is an event for which swimmers/divers have to qualify</li> <li>The LMAC coaching staff will inform those swimmers who have qualified—there are no entry forms or online sign up.</li> <li>Swimmers can compete in 5 championship events total—between West Div and "A" Champs.</li> </ul>
<p><b>S.A.L. = Suburban Aquatic League</b></p>		

# LMAC Contact Info 2013-14

## ● How LMAC Communicates with You:

- Email communication is the primary method (always weekly emails on Sundays—almost all information can be found in that email)
- In cases of last minute cancellations, we will send out a group text
- **Please make sure ALL information is up to date in your Team Unify account**—home address, email address, home phone, mobile phone, and make sure your mobile is added to receive SMS (text) messages.

## ● How to Communicate with LMAC:

- **General Swimming Related Questions:** i.e. practice schedule, meet schedule, meet events, practice concerns, etc.. should be directed to Coach Kathryn McKeone at [Lepster04@verizon.net](mailto:Lepster04@verizon.net). Kathryn's mobile # is 610-322-0467.
- **USA Meet Entry Issues:** If you need to correct the events you put down on your USA entry form, you aren't sure if you turned in a meet entry, etc... you should contact Coach Sally Wolfe at [sswlax22@verizon.net](mailto:sswlax22@verizon.net).
- **Financial Issues:** If you have a question about the amount or when or how to pay your swimmer's LMAC dues, please direct questions to Kathy Keehn at [kkeehns@msn.com](mailto:kkeehns@msn.com).
- **Girls' Team Rep:** Pam McKeon ([gpwg.mckeon@verizon.net](mailto:gpwg.mckeon@verizon.net)). Contact Pam regarding volunteering for an S.A.L. Girls meet.
- **Boys' Team Rep:** Becky Goldszal ([beckygoldszal@yahoo.com](mailto:beckygoldszal@yahoo.com)). Contact Becky regarding volunteering for an S.A.L. Boys meet.
- **LMAC Board President:** Greg Warshaw ([gmwarshaw@comcast.net](mailto:gmwarshaw@comcast.net)). Contact Greg regarding any concerns you may have regarding LMAC, including facilities or safety concerns.

## ● Primary Group Coaches:

- **Bronze & Silver:** Danladi Fletcher; [ldl@aol.com](mailto:ldl@aol.com)
- **Gold:** Sally Wolfe; [sswlax22@verizon.net](mailto:sswlax22@verizon.net)
- **Juniors:** James Wing; [jpwing224@aol.com](mailto:jpwing224@aol.com)
- **Seniors:** Kathryn McKeone; [Lepster04@verizon.net](mailto:Lepster04@verizon.net)
- Group coaches can be contacted if there is something specific you would feel they need to know about your child during a particular week, i.e. injury, sickness, emotional stress from another activity or school, etc...
- Coach Kathryn is ultimately responsible for all practice groups; complaints should be sent to Kathryn at [Lepster04@verizon.net](mailto:Lepster04@verizon.net)