

# Lakeland Hills YMCA Swim Team

## LHY Swim Team Website - [www.lhyswim.com](http://www.lhyswim.com)

A few highlights once signed in:

- *News*: Current news feed providing important team updates as well as articles and inspirational videos.
- *Meets & Events* - Current & upcoming meets and events as well as Job Signups.
- *Documents* - Calendar of Events, Practice & Fee Payment Schedule, Hotel Room Blocks, Qualifying Time Standards, Credit Card Draft Authorization form, etc.
- *Directions* - Travel directions & addresses for away meets.
- Coach and Member emails can be accessed at the top left of the home page.
- *My Tutorials*: A tutorial on how to update your account, verify your cell number & email address, and much more.
- *\$ My Invoice/Payment*. Itemized charges will be displayed here but for a more accurate balance go to <https://lakelandhillsymca.com>

## LHY Meet & Team Fees Payment -<https://lakelandhillsymca.com>

- **Pay online.** Go to *My Account* and log in. Top right under “head icon” choose *Balance & History*. This is where you check your balance throughout the season. This is not our swim team website. *OR*
- **Pay at front desk.** *OR*
- **Use our Monthly Credit Card Draft Payment Plan.** Authorization form is located under *Documents* on our LHY Team website (see above). Print, complete and deliver to the front desk to the attention of Gail Shelby.

## OnDeck App

This app allows you to access your swimmer’s upcoming events, best times, etc.

- Download the OnDeck App to your phone. When signing in you will need your LHY email login and password and the Team Alias - **njlhy** (case sensitive).
- Top left pull down you can access account information, best times, time standards etc. Most frequently viewed is **Events**. Select **Events**, then **Events & Meet Entries**. Locate the meet you'd like information on and select **RUN**. Listed are the events your swimmer is signed up for and what day. If there is nothing listed, your coach has not submitted entries yet or your child did not qualify for that meet.

## Meet Mobile App

Most meet hosts use this app for running meets. Meet Mobile provides real-time meet results and standings from anywhere, at any time. Requires a yearly charge.

## No Need to “Commit” to the Swim Meet if Your Swimmer IS Attending

Your swimmer **will be** committed by his/her coach. If your swimmer **cannot** attend, locate the swim meet in blue at the bottom of the LHY Team website or under *Meets & Events*, select *Edit Commitment* and then your child’s name and decline with an explanation. Make sure your swimmer discusses this with their coach as well.

## What are the differences between a Dual Meet & an Invitational Meet?

*Dual Meet*: is a smaller meet between LHY and one other YMCA. This meet is held either at LHY or the other team’s YMCA and last approx. 2 hours. Buses may be available for some away meets.

*Invitational Meet:* is a larger meet in which several other swim teams compete, usually held in a larger venue. No transportation is provided by the team.

## Volunteering

Throughout the season volunteers will be needed at team hosted events as well as our meets. For home dual meets and Invitationals an email is sent out to the team requesting volunteers to sign up. Go to the LHY Team website & sign in. Next to the swim meet listed at the bottom of the website or under *Meets & Events* is **Job Signup**.

As a member of the team, you will periodically be added to a list to time at our away meets. You will be notified by email. If you cannot attend the away meet, you are responsible for finding someone to replace you as a timer (see Member Search below.) All new timers will be trained at the meet.

## Member Search

Members' email addresses and phone numbers are listed under "Members" at the top left on the LHY Team website's home page. You must be signed in to be able to access.

## Meet Warmup & Start Times

There are two ways to find out the specifics for upcoming meets.

1. A few days prior to every away meet the team will receive an email from Coach Keira or Gina Lalani that will list "timers" and their specific lane to time. In the attachment to the email there will also be the Warmup and Start time of the meet.
2. LHY Team website **www.lhyswim.com**: Sign in and choose *Meets & Events*. Select the meet. Meet information is provided under *Forms/Documents*. If your child is swimming in the morning, the time will be listed. If your child is swimming in the afternoon, it will say TBA and you will have to wait until you receive Coach Keira's/Gina's email for further information. Coaches will communicate what time they would like their swimmers to arrive prior to warmups (approx. 15-30 mins.)

## Swim Supplies

California Beach Hut in Denville offers 10% off to all LHY swimmers. Please mention you are from LHY to receive the discount.

## Facebook

Join *LHY-Swim Moms (and Dads)* on Facebook. This is not monitored by the coaches but is run by parents from the swim team. You can post questions, lost & found items, looking for a carpool, etc.

## YMCA Silver Championship Meet

Mark your calendar for February 18-20, 2022. LHY runs this very successful meet which happens to be our largest fundraiser. Last swim season we purchased a new record board, backstroke ledges, training equipment and end of year team gifts. Every family with a swimmer 9/over will be expected to volunteer at this meet even if your swimmer is not participating.

## Hotel Room Blocks

Hotel room blocks have been arranged by our team for some of our away Invitational meets. Information for the room blocks is located under *Documents* on our LHY Team website. There is a limited quantity of rooms per meet, so please make arrangements early in the season.

## Questions for your Coach

The best way to contact your child's coach is to email them. If you do not hear back within 48 hours, don't hesitate to reach out again. The coaches email addresses are listed under "Coaches" at the top left of our LHY Team website's home page.

## Locker Room Etiquette

All parents are expected to monitor their swimmer in the locker room by limiting the time spent as well as keeping the noise level down. Our swim team shares the locker room with other members and their families from the Y. Please remind your swimmer of the following:

- All backpacks should be kept in or on top of a locker, not on the floor. We highly recommend bringing a lock.
- During Invitational meets a swimmer may leave after their last event. Any other meet, it is mandatory for all swimmers to be on the pool deck supporting their team. A swimmer should not be in the locker room during a meet other than to use the restroom.
- Changing rooms and showers are provided as first come, first served. Please do not reserve.
- Kids may find the locker room to be a fun place to unwind, but LHY has a zero-tolerance policy for horsing around which can result in losing locker room privileges.

***Thank you!***

Contact us if you have any questions throughout the season!

### ***LHY Parent Board:***

Tom Pownall: [pownallte@aetna.com](mailto:pownallte@aetna.com)  
Jeff Sartorio: [jsartorio272@gmail.com](mailto:jsartorio272@gmail.com)  
John Bernauer: [john@isenj.com](mailto:john@isenj.com)  
Cortney Hann: [hanncort@hotmail.com](mailto:hanncort@hotmail.com)  
Mike Tucker: [outnaboutmt@optonline.net](mailto:outnaboutmt@optonline.net)  
Nicole McNamara: [nmc07405@yahoo.com](mailto:nmc07405@yahoo.com)  
Brian Boardman: [boardmanb@optonline.net](mailto:boardmanb@optonline.net)  
John Riccio: [apinc1@verizon.net](mailto:apinc1@verizon.net)  
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