



2023 Lane Lightning Swim Team Information Packet

(As of 6/7/23 – Information is Subject to Change)

About the Team

Lane is a fun-filled, competitive swim team open to boys and girls who have achieved at least a beginner level of swimming. The program is designed to bring out the best in each participant. During the 8-week season, swimmers will learn techniques that will take their swimming to the next level.

Our summer swim program promotes physical health, friendship, positive self-esteem, dedication, perseverance, and teamwork. The swim program is designed to develop each child physically, mentally, and emotionally in a safe and caring environment.

Eligibility Requirements

To participate in the 2023 Lane Lightning swim season, swimmers must also be a Lane Swim Club Member. All participants must be able to swim at least 25 meters (1 Lap) on their stomach or back. Swimmers must be 18 years of age or under on June 1, 2023.

North Brandywine Swim League (NBSL) Eligibility Agreement:

Participating families will need to read the NBSL Eligibility Rules toward the end of this packet. All families must acknowledge they've read this and clicking the box during online registration sends a notification to the league, so they have a record on file of all registered participants.

Online Registration and Fees

Online registration is required through the team's "Swimmingly" website. "Swimmingly" has been adopted league-wide for the second year – it is not optional and it is how our season and all of our meets will be run. Details about how to register will be posted to the website and sent via email.

There was an increase per tier starting in 2023 to cover our costs. The \$20 concession stand fee remained the same (which is per family, not per swimmer). The registration fees are:

\$95 for one swimmer + \$18 for Swimmingly + \$20 concession stand fee = **\$133***

\$120 for two swimmers + \$18 per swimmer for Swimmingly + \$20 concession stand fee = **\$176***

\$160 for three swimmers + \$18 per swimmer for Swimmingly + \$20 concession stand fee = **\$234***

\$160 for four swimmers + \$18 per swimmer for Swimmingly + \$20 concession stand fee = **\$252***

* There will be a **payment processing fee of 5% added to the total**, charged by Stripe (Swimmingly's payment processing provider)

- ***These fees cover our coaches' salaries, our membership in the NBSL, meet ribbons, logo swim caps, and entry fees for participation in our championship events. They also subsidize the cost of end-of-season awards and our team banquet***

For Questions, Contact

Coaches: Jack Gibson, Katie Jones, James Edwards - lightningbolts716@gmail.com

Parent Volunteer Managers: David & Michelle Skelly – GoLaneSwim@gmail.com

Our Team Suit

The Lane Lightning's official colors are Red and Black. In 2023, we will be using the previous "Dolphin" brand suit that has been used for many seasons. Any version of Lane's suit that was previously purchased is acceptable for use this season. This suit can be worn in practice and at meets and should be durable enough to last more than one season. Suits and Caps with other team names and logos are acceptable during practice but they are discouraged from use at Lane Swim meets.



- Girls Suit: Dolphin Polyester (Poly) Flyback Training Suit in Black/Red - **\$48**
- Boys Suit: Dolphin Polyester (Poly) Jammer Suit in Black/Red - **\$36**

These suits are available for purchase at the Swim Shop in Fairfax Shopping Center, on Concord Pike. **Bring your swimmer to the store for a suit fitting. Fittings must be done with undergarments. Ensuring the proper fit is a MUST because once the suit has the team logo added, it cannot be returned.**

For hours and location, visit www.theswimshopde.com or call them at (302) 575-1224.

You may ALSO purchase the suit online: www.theswimshopde.com/product-category/teams/summer-teams/lane-swimclub/

Goggles

Tinted or mirrored goggles are suggested for daytime practice – clear goggles are suggested for evening meets (after the sun goes down). It is recommended that you consult the Swim Shop staff for appropriate goggles for your swimmer; they range in price from \$15-\$35. (Certain goggles are \$50 or more, but you likely won't need those).

"Bungie" Goggle Straps are also a good idea. They are an easier-to-adjust and more durable solution compared to standard rubber goggle straps – they cost \$5 or less.





Caps

One team logo cap will be issued to each swimmer at no cost. A more durable silicone version of the team cap can be purchased from a coach at an additional cost of \$10.



2023 Season Schedule

(As of 6/7/23 – Information is Subject to Change)

Tuesday 5/16	Parent Meeting with the Coaches at 7:00pm at Lane Swim Club. Team Suits are already available for purchase at The Swim Shop in Fairfax Shopping Center	
Week of 5/21	Online Registration will Open	
Tuesday 5/30	Evening Practices Start (Monday through Friday until morning practices begin on 6/12) 4:00-4:30 pm: Ages 6 & Under (Mini Group) 4:30-5:30pm: Ages 7 through 10 (Junior Group) 5:30-7:00pm: Ages 11 through 18 (Senior Group)	
Monday 6/12	Morning Practices Begin (And Continue Monday through Friday Until TBD) 8:00-9:30am: Ages 11 through 18 (Senior Group) 9:40-10:40am: Ages 7 through 10 (Junior Group) 10:50-11:20am: Ages 6 & Under (Mini Group)	
Wednesday 6/14	Time Trials During Normal Practice Time (also on Thursday 6/15 and Friday 6/16 for any swimmers who could not make practice on 6/14)	
Tuesday 6/20	 Windybush Swim Team	AWAY (NBSL Friendly Meet) <i>5 Lane, 25 Yard Pool</i> 11:30am: Pre-Meet Pasta Lunch at Lane, all ages \$2 4:45pm: Meet Check-in and Warm Up (Meet Starts at 6pm) Location: 1635 Windybush Road, Wilmington, DE 19810 Phone: 302-475-9853 Theme: Pajamas
Thursday 6/22	 JCC Swim Team	HOME 11:30am: Pre-Meet Pasta Lunch at Lane, all ages \$2 4:45pm: Meet Check-in and Warm Up (Meet Starts at 6pm) Theme: Hawaiian Luau
Tuesday 6/27	 Graylyn Crest Swim Club	HOME 11:30am: Pre-Meet Pasta Lunch at Lane, all ages \$2 4:45pm: Meet Check-in and Warm Up (Meet Starts at 6pm) Theme: Senior's Choice - TBD
Thursday 6/29	 Elks Swim Team	HOME (Team Picture Day and Senior Recognition) 11:30am: Pre-Meet Pasta Lunch at Lane, all ages \$2 3:45pm: Team Picture 4:45pm: Meet Check-in and Warm Up (Meet Starts at 6pm) Theme: Look your best for pictures
July 3-4	No Practices on Monday, July 3rd or Tuesday, July 4th Regular Practice Tuesday 7/5 through Friday 7/7	
(Continued)		



2023 Season Schedule (Continued)

(As of 6/7/23 – Information is Subject to Change)

<p>Thursday 7/6</p>	 <p>Crestview Swim Team</p>	<p>AWAY <i>5 Lane, 25 Yard Pool</i> 11:30am: Pre-Meet Pasta Lunch at Lane, all ages \$2 4:45pm: Meet Check-in and Warm Up (Meet Starts at 6pm) Location: 1000 Faun Road, Wilmington, DE 19803 Phone: 302-478-9813 Theme: Red, White & Blue (USA)</p>
<p>Tuesday 7/11</p>	 <p>Silverside Swim Team</p>	<p>AWAY <i>6 Lane, 25 Meter Pool</i> 11:30am: Pre-Meet Pasta Lunch at Lane, all ages \$2 4:45pm: Meet Check-in and Warm Up (Meet Starts at 6pm) Location: 3200 Silverside Road, Wilmington, DE 19810 Phone: 302-478-9965 Theme: RED OUT</p>
<p>TENTATIVE Thursday 7/13</p>	 <p>River Road Swim Team</p>	<p>HOME 11:30am: Pre-Meet Pasta Lunch at Lane, all ages \$2 4:45pm: Meet Check-in and Warm Up (Meet Starts at 6pm) Theme: TBD</p>
<h2>NBSL Championship Meet Series</h2>		
<p>Week of 7/17</p>	<p>NBSL 6 & Under Age Group Championship Meet at TBD Location: TBD, Wilmington, DE 19810 Phone: (302) TBD TBD: Positive "Check in" for swimmers begins (est. 3:30pm) TBD: Warm Up (est. 4:00-4:45pm) TBD: Meet Begins (est. 5:00pm)</p>	
<p>Friday 7/21</p>	<p>NBSL 14 & Under and 18 & Under Age Group Championship Meets at Graylyn Crest Swim Club Location: 2002 Marsh Road, Wilmington, DE 19810 Phone: (302) 439-3335 TBD: Positive "Check in" for swimmers begins (est. 2:30pm) TBD: Warm Up (est. 3:00-4:00pm) TBD: Meet Begins (est. 4:15pm for 1st session)</p>	
<p>Saturday 7/22</p>	<p>NBSL 8 & Under, 10 & Under and 12 & Under Age Group Championship Meets at Graylyn Crest Swim Club One Session for each Age Group, back-to-back Location: 2002 Marsh Road, Wilmington, DE 19810 Phone: (302) 439-3335 TBD: Positive "Check in" for swimmers begins (est. 7:00am) TBD: Warm Up (est. 7:30am-8:15am) TBD: Meet Begins (est. 8:30am for 1st session)</p>	
<p>Sunday 7/23</p>	<p>*Make up / Rain Date for NBSL Invitational Meets at Graylyn Crest* Swim Team Banquet at 5:00pm Location: Lane Swim Club Inclement Weather Location: TBD</p>	



2023 Swim Meet Order of Events

Scoring:

Individual Events – First Place is 5 points; Second Place is 3 points; Third Place is 1 point. (6&Us DON'T score)

Relay Events – First Place is 5 points; Second Place is 2 points.

One swim team may earn points for first and second place but not third place.

Additional Heats of these events can be added to accommodate more swimmers.

1	6 & U Boys 25 Freestyle	35	10 & U Boys 25 Breaststroke
2	6 & U Girls 25 Freestyle	36	10 & U Girls 25 Breaststroke
		37	12 & U Boys 50 Breaststroke
3	10 & U Boys 100 Medley Relay	38	12 & U Girls 50 Breaststroke
4	10 & U Girls 100 Medley Relay	39	14 & U Boys 50 Breaststroke
5	12 & U Boys 200 Medley Relay	40	14 & U Girls 50 Breaststroke
6	12 & U Girls 200 Medley Relay	41	18 & U Boys 50 Breaststroke
7	14 & U Boys 200 Medley Relay	42	18 & U Girls 50 Breaststroke
8	14 & U Girls 200 Medley Relay		
9	18 & U Boys 200 Medley Relay	43	8 & U Boys 25 Backstroke
10	18 & U Girls 200 Medley Relay	44	8 & U Girls 25 Backstroke
		45	10 & U Boys 25 Backstroke
11	6 & U Boys 25 Breaststroke	46	10 & U Girls 25 Backstroke
12	6 & U Girls 25 Breaststroke	47	12 & U Boys 50 Backstroke
		48	12 & U Girls 50 Backstroke
13	12 & U Boys 100 Individual Medley	49	14 & U Boys 50 Backstroke
14	12 & U Girls 100 Individual Medley	50	14 & U Girls 50 Backstroke
15	14 & U Boys 100 Individual Medley	51	18 & U Boys 50 Backstroke
16	14 & U Girls 100 Individual Medley	52	18 & U Girls 50 Backstroke
17	18 & U Boys 100 Individual Medley		
18	18 & U Girls 100 Individual Medley	53	8 & U Boys 25 Butterfly
		54	8 & U Girls 25 Butterfly
19	6 & U Boys 25 Backstroke	55	10 & U Boys 25 Butterfly
20	6 & U Girls 25 Backstroke	56	10 & U Girls 25 Butterfly
		57	12 & U Boys 50 Butterfly
21	8 & U Boys 25 Freestyle	58	12 & U Girls 50 Butterfly
22	8 & U Girls 25 Freestyle	59	14 & U Boys 50 Butterfly
23	10 & U Boys 25 Freestyle	60	14 & U Girls 50 Butterfly
24	10 & U Girls 25 Freestyle	61	18 & U Boys 50 Butterfly
25	12 & U Boys 50 Freestyle	62	18 & U Girls 50 Butterfly
26	12 & U Girls 50 Freestyle		
27	14 & U Boys 100 Freestyle	63	8 & U Boys 100 Freestyle Relay
28	14 & U Girls 100 Freestyle	64	8 & U Girls 100 Freestyle Relay
29	18 & U Boys 100 Freestyle	65	10 & U Boys 100 Freestyle Relay
30	18 & U Girls 100 Freestyle	66	10 & U Girls 100 Freestyle Relay
		67	12 & U Boys 200 Freestyle Relay
31	6 & U Boys 25 Butterfly	68	12 & U Girls 200 Freestyle Relay
32	6 & U Girls 25 Butterfly	69	14 & U Boys 200 Freestyle Relay
33	8 & U Boys 25 Breaststroke	70	14 & U Girls 200 Freestyle Relay
34	8 & U Girls 25 Breaststroke	71	18 & U Boys 200 Freestyle Relay
		72	18 & U Girls 200 Freestyle Relay



2023 NBSL Invitational Qualifying Times

GIRLS

25 Meters

25 Yards

Age Group	Free	Breast	Back	Fly	IM*	Free	Breast	Back	Fly	IM*
8 & Under	24.0	33.0	30.0	28.0	N/A	21.6	29.7	27.0	25.2	N/A
10 & Under	19.5	26.0	25.0	22.0	N/A	17.6	23.4	22.5	19.8	N/A
12 & Under	39.0	51.0	48.0	44.0	1:33.0	35.1	45.9	43.2	39.6	1:23.8
14 & Under	1:19.0	45.0	45.0	41.0	1:36.0	1:11.2	40.5	40.5	36.9	1:26.5
18 & Under ^A	1:15.0	44.0	40.0	35.0	1:28.0	1:07.6	39.6	36.0	31.5	1:19.3

BOYS

25 Meters

25 Yards

Age Group	Free	Breast	Back	Fly	IM*	Free	Breast	Back	Fly	IM*
8 & Under	24.0	35.0	30.0	28.0	N/A	21.6	31.5	27.0	25.2	N/A
10 & Under	19.5	26.0	25.0	22.0	N/A	17.6	23.4	22.5	19.8	N/A
12 & Under	38.0	51.0	48.0	44.0	1:40.0	34.2	45.9	43.2	39.6	1:30.1
14 & Under	1:19.0	45.0	42.0	40.0	1:31.0	1:11.2	40.5	37.8	36.0	1:22.0
18 & Under ^A	1:05.0	42.0	36.0	35.0	1:21.0	1:02.1	37.8	32.4	31.5	1:13.0

* Times listed for the Individual Medley (IMs) are only guidelines. There will be no IMs at the NBSL Classic Meet and no time is needed to qualify for an IM event at the NBSL Invitational Meet.

A - 18 & Under swimmers only complete at the NBSL Invitational and a qualifying time is not required. The listed times are based on past results and serve as a guideline for entering events

Note: All NBSL Invitational and Classic Entries Must Be Presented in Meters. Convert 25 Yard Times by Multiplying by 1.11



“Stroke & Turn” Overview

Additional Resources can be found at <https://www.usaswimming.org/officials>

FREESTYLE	<p>START: Forward Start</p> <p>BODY POSITION: No restriction upon body position, except ... if submerged at start and turns, head must break the water surface by the 15-meter mark.</p> <p>STROKE: Any stroke style may be used. Swimmer may not pull on the lane line for momentum.</p> <p>KICK: Any kick style may be used. Swimmer may not push forward off the bottom of the pool.</p> <p>TURN/FINISH: Some part of the body must touch the end of the racing course at a turn or finish.</p>
BACKSTROKE	<p>START: Start in the water with back to the course ... feet or toes may not be in or bent over the edge of the gutter if one is present.</p> <p>BODY POSITION: Must swim “on the back”, except for turns ... if submerged at the start and turns, head must break the water surface by the 15-meter mark.</p> <p>STROKE: Any stroke style may be used. Swimmer may not pull on the lane line for momentum.</p> <p>KICK: Any kick style may be used</p> <p>TURN/FINISH: Some part of the body must touch the end of the racing course at a turn or finish. The swimmer MAY turn onto “the breast” while executing the turn if the turning motion is continuous ... may NOT be fully submerged at the finish touch.</p>
BREASTSTROKE	<p>START: Forward Start</p> <p>BODY POSITION: Must swim “on the breast” ... MAY have one pull and kick while fully submerged ... also MAY use one “downward” butterfly kick with or following the pull, and prior to the breaststroke kick, MAY be submerged (not required) ... head must break the water surface before hands turn inward at widest part of second stroke.</p> <p>STROKE: Arms shall move simultaneously and in same horizontal plane, not alternating ... hands recovered under, on or over water from the breast... elbows under the water except at touch of turns and finish ... head must break surface during each “stroke cycle”. Hands cannot be stacked one on top of the other. Not necessary to see space between hands. Incidental contact at fingers is not a concern.</p> <p>KICK: After the start and each turn, a single butterfly kick, which must be followed by a breaststroke kick, is permitted during or at the completion of the first arm pull. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. Feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted except as provided herein.</p> <p>TURN/FINISH: Body must be on the breast; the touch must be made with both hands simultaneously.</p>
BUTTERFLY	<p>START: Forward Start</p> <p>BODY POSITION: Must swim “on the breast” ... if submerged at start and following turns, head must break surface by the 15-meter mark.</p> <p>STROKE: One “arm pull” under water is allowed which must bring the swimmer to the surface ... arms must be brought forward over the water and recovered simultaneously. Hands cannot be stacked one on top of the other. Not necessary to see space between hands. Incidental contact at fingers is not a concern.</p> <p>KICK: All up and down movement of feet and legs must be simultaneous ... feet and legs may not alternate ... scissors or breaststroke kick is not permitted.</p> <p>TURN/FINISH: Body must be on the breast; the touch must be made with both hands simultaneously ... head may be submerged, under special provision.</p>
IM	<p>START: Forward Start</p> <p>BODY POSITION: Rules for each stroke apply</p> <p>STROKE: Rules for each stroke apply</p> <p>KICK: Rules for each stroke apply</p> <p>TURN/FINISH: Intermediate turns conform to rules for that stroke ... Transition turns conform to finish rules for that stroke.</p>
RELAYS	<p>RELAY TAKEOFF: At least ONE foot must maintain contact with starting platform (or wall if starting in the water) until incoming swimmer has touched the wall or pad.</p>



NBSL 2023 General Code of Conduct Rules

The purpose of the North Brandywine Swim League Code of Conduct is to establish standards of conduct that our swimmers, officials and parents are expected to uphold while participating in sanctioned swim meets of the NBSL. It is the goal of the NBSL that these standards of conduct be incorporated into the daily management of the teams within the league. Any individual with a complaint should be directed to the NBSL representative or designee who will take the complaint to the meet referee if warranted.

1. All participating teams will abide by this code of conduct.
2. Team members, parents, coaches, NBSL representatives, and officials should be respectful of one another. Anyone acting disrespectfully will be asked to change or stop that behavior. If an individual fails to comply, they will be asked to leave the pool area for the remainder of the practice or the meet.
3. No team personnel, competitor or spectator shall act in un-sportsmanlike manner. This includes, but is not limited to, the following:
 - Making insulting or derogatory remarks, gestures or acts, including taunting.
 - Trying to influence or showing disgust with the officials' decisions.
 - Using obscene language.
 - Vandalizing property.
 - **Physical Abuse, defined as any unwanted physical contact including but not limited to, shoving or striking a person before, during, or after a meet.**
4. The use of tobacco products, alcoholic beverages, or drugs other than those prescribed by a physician, is not permitted within the pool deck area prior to, during, or after the meets.
5. No individual shall direct the modification of disqualification cards following the final approval by the Meet Referee.
6. No individual shall modify the ribbons or medals awarded to swimmers at NBSL Classic or Invitational Meets.
7. Each team shall maintain orderly conduct at all times, including after-meet celebrations.
8. No team personnel/competitor shall enter the water without the referee's approval.
9. The reporting of a violation to these codes of conduct will be through the team's NBSL representative or designee, to the meet referee, **and written documentation will be presented to the NBSL Executive Committee within 24 hours.**
10. If an individual swimmer, coach, NBSL representative or designee, or team has repeated offenses, the NBSL officers will be consulted for further actions, to include barring the offender from further participation in the league activities.
11. Anyone who acts in a manner that would interfere with the operation of the North Brandywine Swim League will be subject to a penalty which may include barring participation from future dual meets and /or championship competition, suspension from practice, or dismissal from the team
12. The consumption or purchase of alcohol, smoking or chewing tobacco, or use of any other illegal drug or banned substance of any kind will not be allowed on the pool deck. In addition, any team member found or suspected to be in the presence of others (regardless of team affiliation) partaking in any of the above activities will be subject to the same punishments and probable expulsion. Cursing and disorderly conduct are prohibited on the deck at all NBSL swim meets. Persons violating these rules may be banned from all NBSL events at the discretion of the NBSL board. Infractions must be reported to the NBSL board within 24 hours after the completion of the meet



NBSL Swimmer Eligibility Rules

1. Swimmers on NBSL Teams must be members of their swim club on the same basis as non-swim team members. All swimmers must be active dues paying members of an NBSL League Pool. "Swim team only" memberships are not permitted, nor are memberships limited to the swim team season. An exception will be given to only those NBSL League Pools with summer camps existing before January 1, 2010 and are grandfathered by the NBSL.
2. For NBSL competitions, employees are not eligible to swim for that team unless they were a bona fide member during the previous season.
3. Babysitters, houseguests, and nannies are not eligible to swim for the NBSL.
4. The age group of a swimmer for the entire season is determined by his or her age as of June 1. Swimmers with birthdates on June 1 will be assumed to have reached the higher age.
5. A swimmer is eligible to compete so long as their age is less than 19 as of June 1 of the current year – i.e., a swimmer's age must be 18 or under on June 1.
6. A swimmer must swim for ***only one*** Summer Recreational Swim League from May 1 – August 31 of the current season – e.g., may not swim for both Suburban and NBSL. Participation on a USA Swimming or YMCA short or long-course competitive swim team shall not be considered a violation of this rule.
7. A swimmer is required to swim in ***at least two*** NBSL dual meets during the current season in order to participate in the NBSL Classic or Invitational meets. Exceptions to the rule must be approved by the NBSL and may include a swimmer who was unable to compete in at least two NBSL dual meets due to testing positive for COVID-19 or being in quarantine due to being identified as a close contact of someone testing positive for COVID-19.
8. A swimmer must swim for only one NBSL League Pool during the current swim season. A family may be represented on only one swim team during the season. Exceptions to this rule must be approved by the NBSL.
9. A minor transgender athlete member of a swim club is eligible to participate in NBSL-sanctioned events in accordance with his/her/their gender identity, irrespective of the sex listed on the athlete's birth certificate or other records and regardless of whether the athlete has undergone any medical procedure. This means an athlete who is biologically female but identifies as a boy/man should be allowed to participate in men's events and an athlete who is biologically male but identifies as a girl/woman should be allowed to participate in women's events. *USA Swimming guidelines.
10. A swimmer who participated in any NBSL-sanctioned event must have a parent's or guardian's signature on the Eligibility Agreement form prior to participating in an NBSL event.

If you have a swimmer who is ineligible under these rules that you feel needs a special dispensation, please bring a formal request to the NBSL board and it will be reviewed on a case-by-case basis. Please have the pool rep get forms to the NBSL President by the first meet.