

2015 Summer Swim Team Parent Handbook



Lakota YMCA Stingrays Swim Team
6703 Yankee Road
Liberty Township, OH 45044
513-779-3917

www.lakotastingrays.com

2015 Summer Coaching Staff:

Shaun Harlan	shaun.harlan@lakotaymca.com
Josh Murray	murrja28@yahoo.com
Brooke Rowley	
Courtney Yanzsa	
Allison Gayer	

2015 Summer Swim Team Board

President:	Angela Mayer
Vice President:	Nicolle Binkley
Treasurer:	Dawn Marie Leamer
Secretary:	Jackie Suggs
Technology Coordinator	Rita Gayer
Aquatic Director	Sara Matchinson

The summer swim team is a member of the **Tri-County Swim League**. League documents, information about member teams, details about Championships, and other information can be found on the league website at www.tricountyswim.org.

Registration

Registration period: **April 25 to May 31**

There will be one registration open house:

- Saturday, April 25 1:00-4:00 (swim suit fittings 1:30 – 3:30)

At the registration you will need to pay swim team fees, write a separate check for the volunteer fee or have a credit card to be kept on file, complete online registration which includes the medical forms, and code of conduct, and select a t-shirt size for each swimmer and place orders for the team suit

Registration fees include as team cap and a team t-shirt for each swimmer. The team T-shirts will be distributed at Open House. If you miss the Open House, your team shirt will be delivered as soon as possible. Please check your mailboxes for the shirts. Swim caps will be given out before the first meet.

Practice Schedule:

After school – indoor pool: May 18 until the last day of the Lakota school year:

8 and under	M/W/F	6:15-7:00 pm
9/10	M/W/F	5:00-6:15 pm
11/12	M/W/F	7:00-8:30 pm
13-18	M/W/F	3:00-5:00 pm

Morning practices – outdoor pool: After the end of the Lakota school year:

8 and under	Monday-Friday	9:00-9:45 am
9/10	Monday-Friday	8:30-9:45 am
11/12	Monday-Friday	7:30-9:00 am
13-18	Monday-Friday	7:15-8:45 am

All swimmers must attend 3 out of 5 practices per week in order to participate in swim meets. Also, swimmers must attend practice the morning of a meet in order to swim in the meet that night. Suit, goggles, and towels need to be brought to practice every day.

2015 Summer Meet Schedule

<u>DATE</u>	<u>WHERE</u>	<u>AGAINST</u>
June 16	AWAY	Lakota Hills
June 23	HOME	Beckett Ridge
June 30	AWAY	Mason
July 7	HOME	Landen
July 14	HOME	Four Bridges
July 22	Make up meet if needed	

All **HOME** meets begin at **5:30pm**. Swimmers need to be at the pool by **4:00pm** and be ready to be in the water by **4:30pm**.

All **AWAY** meets begin at **6:00pm**. Swimmers need to be there by **5:00pm** and be ready to be in the water by **5:30pm**.

Some teams may choose to start their meets a little earlier, we will let you know if the meet time changes.

Extra Meets:

June 19 & 20	Rolling Hills Invitational
June 28	Mason Invitational
July 18	Chris McCullough Invitational
July 24 & 25	CHAMPIONSHIPS at Miami University

Details about these meets will be provided later.

Any swimmer wishing to participate in Championships must participate in two sanctioned swim meets prior to championship weekend. Our goal is to have the entire team at championships. **PLEASE** try and make practices and meets so we can have a good turn out at Championships.

Important Dates

April 25	Registration begins with open house (1:00 – 4:00) with swim suit fitting 1:30-3:30
May 18	First day of summer swim team practice
May 13	Parent Information Meeting @ 6:30
May 31	Last day of regular registration
July 26	Swim Team Banquet @ 6pm Poolside

Swim Team Policies and Meet Information

- 1) Signing up for a swim meet** - Swimmers must be signed up for each meet by end of practice on the Friday prior to a Tuesday meet. Your child is thought to **not** be swimming in a meet unless they are signed up. Sign up can be done easily on the team website; www.lakotastingrays.com. Much time is spent by the coaching staff writing line-ups. Entries to invitational are prepared approximately 1 to 1 1/2 weeks in advance of the date of the meet.
- 2) Have children attend practices regularly and on time.**
The season is short, and the more practices attended, the more progress your child will make. Please have your child to the pool 10-15 minutes prior to practice time. Your child is required to swim at least 3 practices per week and must practice the morning of a swim meet. If for some reason your child is not able to practice the day of the meet, you must let the coaches know in writing, prior to practice time.
- 3) Arrive on time for the meet.** For home meets, be at the pool by **4:00 pm**. For away meets, be at the pool by **5:00 pm**
- 4) Late Arrivals and No-Shows.** If you are going to be late or absent from a meet, contact a coach as soon as possible. Swimmers who do not check in within ½ hour of the start of the meet may be dropped from the first set of relay events. Coaches need time to reconfigure relay teams and make the necessary changes in the computer and on the time sheets. If you sign up for a meet, don't show up, and fail to contact the coaches, you will not be able to participate in the next swim meet.

- 5) **Check-in at the meet.** Find the check-in volunteer, let them know you are there, and pick up any information they are handing out.
- 6) **Lining up for an event.** Parents are responsible for bringing younger children to the starting block. It is recommended that you have them at the block 4 to 5 events before the child's scheduled event.
- 7) **Relays.** For 8 & under swimmers in relays, please go to the blocks early and find the coach for your swimmer's event. Do not wait until the last minute to show up for a relay. It's inconsiderate to the other team members and may result in your child being replaced. If a swimmer is scheduled to be in a freestyle relay, they must stay the entire meet. If a swimmer leaves, the entire relay team may have to be scratched, and the 3 other swimmers will miss an opportunity to swim. If this happens, the missing swimmer will not be put in any relays at the next meet.
- 8) **During the meet.** Team members are asked to stay in the team area during the meet. Between races, swimmers should rest and remain in the team area. For home meets, the team sits in the grassy area by entrance to the indoor pool.
- 9) **What to pack for a meet.** You will need the following items for swim meets:
 - Team swim suit
 - Swim cap
 - Goggles
 - Towels
 - Nutritious snacks
 - Spending money for concession stand
 - Books, games, or toys to keep busy between events
- 10) **Weather:** Swim meets are almost never cancelled prior to the start of a meet, if it is rainy some meet may be delayed, but all swimmers need to be at the pool on time! Most meets are only delayed during thunderstorms. We have practices and meets during rainy weather as long as there is no thunder. Coaches' and pool staff discretion will prevail under severe conditions.

Why are parents important to the swim team?

Parents play essential roles in the organization and support of the swim team family. The positive, committed attitude of parents is crucial in determining the quality of the team. It is important for our swimmers to know that their parents are in the crowd and cheering them on. It is equally important for parents to help instill a sense of purpose, respect, discipline, and teamwork in their children.

Getting swimmers to practice and meets on time is only part of the job of parents. Swim meet operations are 100% dependent on family support. Without parents and family members filling positions at every swim meet, it would be impossible to run any meets. To ensure positions are filled, Stingray parents are required to work at the meets. Championships may have additional needs which will be discussed later in the season.

Besides teaching your child the importance of commitment, in doing your fair share, you'll have fun, meet other parents, and help your team immeasurably.

Volunteer Fee

When registering, each family is required to submit a check to the team treasurer for **\$100** to cover the volunteer fee. Each family is required to fulfill a minimum of **four volunteer** positions throughout the season. Records will be kept of volunteer work performed. In the event you are unable to work on the day, time, or position you signed up for, **YOU** are responsible for supplying your own qualified replacement, and responsible for notifying the volunteer coordinator of the change and substitution.

At the end of the season, every family who has completed at the minimum number of volunteer activities will receive their check back. If you do not volunteer at least **four** times, your check will not be returned and will be deposited in the swim team account. If you show up late to work at the meet, you are considered a no show and this volunteer time will not count toward your requirement. Fees **will not** be prorated if you volunteer less than **four** times. Volunteer fee checks should be made out to "Lakota YMCA Stingrays" and submitted when you register your child for the swim team.

Concessions

A major source of income for our team is the concession stand at home meets. We depend on donations from you to make this a success. We will have sign ups on the team website for donations. Donations usually include baked goods, pasta salad, fruit for fruit salad, and hamburger toppings (lettuce, tomatoes, pickles, onions, etc.) Please bring your donations already individually packaged (except fruit for fruit salad). These donations go a long way toward generating funds for our team. Thanks for your support!

Descriptions of Volunteer Positions

Volunteer Coordinator:

This person is in charge of keeping the records of volunteer time of all the families; make sure all volunteer positions are filled prior to the meet. Check in all volunteers the day of the meet and is in charge of supervising the relay team leaders. This person must have good communication skills, be detailed oriented and be available during the day on meet day.

Swimmer Check – In Coordinator:

This people must be at the meet at least 30 minutes before swimmers start arriving for both home and away meets. This person will hand out the individual swimmers event sheets as they check in. The check-in person notifies the coaches of missing swimmers before the meet starts.

Official Coordinator:

This person must be a certified official. Responsible for training, coordinating officials for each meet, care and maintenance of all starting equipment, headsets and other equipment used by officials.

Officials: these positions require training and certification.

Turn Judge - Observes the swimmers after the start and reports any violations of the turn rules to the referee.

Stroke Judge - The official positioned at the side of the pool, walking the length of the course as the swimmers race. If the stroke judge sees something illegal, they report to the referee and the swimmer may be disqualified.

Starter – The official in charge of signaling the beginning of a race and insuring that all swimmers have a fair takeoff.

Referee - The head official at a swim meet in charge of all of the "Wet Side" administration and decisions.

Timer Coordinator:

This person is in charge of coordinating timers for every meet, care and maintenance of all timing equipment (stop watches, clipboard, pens, etc.); setting up and passing out equipment and making sure all timing positions are filled prior to the start of each meet. Must be available to be at home meets by 4:30 pm.

Head Timer (home meets only) – this person is in charge of making sure that all timers are in their specified locations and are equipped with stopwatches, boards, and pencils. They also fill in for timers in case a timer's watch malfunctions.

Timer – this person will use a stopwatch to time each individual race. They are responsible for writing down the time of the swimmer for each event.

Runner (home meets only) – picks up timer sheets from the timers and DQ slips from officials and takes them to the scoring table.

Ribbons (home meets only) – places award stickers on ribbons at the end of the meet. You will have to stay after the end of the meet to do this job.

Relay Coordinators - organizes relay teams for 8 & under swimmers, lines up swimmers at the proper end of the pool, makes sure swimmers know what stroke they are swimming and what order they swim. Must be available for relays at the beginning and the end of the meet.

Concession Coordinator:

This person is in charge of making sure all volunteer positions are filled. Is in charge of buying all concession supplies, storing or arranging storage of supplies between meets, coordinate food donations from families starting a minimum of one week prior to a home meet. Must be at every home meet and be at the pool by 4:00 pm to supervise the set up of the concession area. This person does not need to work at the concession stand at every meet they are in a supervisory role, but needs to be able to run to the store if needed for more supplies during a meet.

Concessions Worker (home meets only) – helps in preparing and selling food during swim meets.

Social Activities Coordinator:

This person will be responsible for creating and supervising a social activities committee that will plan events for the team, including but not limited to:

- Ice cream social
- Parade
- Psyche party
- Picture day donuts
- Banquet games/activities

Fundraising Volunteers – helps with fundraising activities. Parents will be notified when volunteers are needed.

Directions to Pools

Lakota Hills Swim Club

6565 Seminole Dr. West Chester, OH 45069

Coming from the west on Tylersville Road:

Travel east on Tylersville Road.

Turn left on Kennesaw Drive.

Turn right on Seminole Drive. The pool is down the hill on the right.

Coming from the east on Tylersville Road:

Travel west on Tylersville, through the Cincinnati-Dayton Rd. intersection.

Go up the hill and take the fifth right (Kennesaw Drive).

Turn right on Seminole Drive. The pool is down the hill on the right.

Mason Water Moccasins [Map](#)

Mason Community Center, 6000 Mason-Montgomery Road, Mason, OH 45040

Travel east on Tylersville Road. Turn left onto Mason-Montgomery Road.

Turn right at the second light. This is the High School/Community Center

entrance. Park in the Community Center parking lot. Enter the Community

Center entrance that is on the right. Note: this meet is at the indoor competition

pool, not the outdoor pool.