

Lakeside Swim & Racquet Club



Swim Team Handbook

2011



I. INTRODUCTION

The purpose of the Lakeside Swim Team is to foster fun, fitness and competition. Team participation promotes sportsmanship, self-esteem, self-discipline, self-improvement and social interaction among a wide variety of age groups. Inherent in this team atmosphere is the striving for personal excellence in a spirit of good will and fair play.

Lakeside offers a competitive swimming program on four different levels of ability, so every child between the ages of four and 18 has the opportunity to contribute. However, parents should recognize that the swim team can't take the place of swimming lessons. **To be on the swim team, children should be able to swim the length of the pool without assistance. To participate in a meet the swimmer must be able to swim the length of the pool in less than one and a half minutes without stopping.**

II. SWIM TEAM ORGANIZATION

Swim Team Committee

It takes many volunteers to run a swimming program successfully. In addition to the Chairperson of the Swim Team Committee, there are Senior Advisors, Parent Representative Coordinators, a Head Coach, an Assistant Coach, a Mite Coach, and numerous Meet Officials. (The duties of meet officials are described in Section VI of this handbook).

2011 SWIM TEAM COMMITTEE

Chairperson: Juanita Wilson (387-1279)

JRAC Voting Representative: Juanita Wilson

JRAC Swim Representative: Tina Wilhelm

Swim Committee: Jane Bailey Kim Barnes Amy Britton
Cindy Dietrich Tina Wilhelm Mary Jo Hilton
Connie Pryor Juanita Wilson

Coaches

Head Coach: Kelsey Hilton

Assistant Coach: Mary-Patrick Bailey

Mite Coach: Emily Gay

It takes many, many volunteers to run our swim meets efficiently.

Thanks to all of our Lakeside parent volunteers!



Swim Team Practice Schedule

The **practice schedule** is set by the coaches and the Swim Committee. Two practices per day for each age group are generally offered Wednesday, Thursday, and Friday. There is also practice on Saturday mornings, a morning practice on Monday before a swim meet and an afternoon practice on Tuesday following a swim meet. There are no Sunday practices. There is ample practice time for all age groups during the week. Swimmers are encouraged, but not required, to attend all practices. The swim coaches will announce any changes to the practice schedule.

2011 General Practice Schedule

May 16-June 17 (No practice Memorial Day)

Weekday Afternoons – Mon, Tues, Wed, Thur, Fri

4:30 – 5:30 p.m. Mites & Midgets (10 & under)

5:30 – 6:30 p.m. Juniors, Intermediates, & Seniors (11 & up)

Saturday Mornings

9:00 – 10:30 a.m. All Swimmers

June 20 – July 18 (No practice July 4th)

Weekday Mornings – Mon, Wed, Thur, Fri

9:30 - 10:30 a.m. All Swimmers

Weekday Afternoons – Tues, Wed, Thur, Fri

4:30 – 5:30 p.m. Mites & Midgets (10 & under)

5:30 – 6:30 p.m. Juniors, Intermediates, & Seniors (11 & up)

Saturday Mornings

9:00 – 10:30 a.m. All Swimmers

2011 Champs Practice Schedule

July 19 – July 27

Weekday Mornings – Every day

9:30 - 10:30 a.m. All Swimmers

Weekday Afternoons – Every day

4:30 – 5:30 p.m. Mites & Midgets (10 & under)

5:30 – 6:30 p.m. Juniors, Intermediates, & Seniors (11 & up)

Saturday Mornings

9:00 – 10:30 a.m. All Swimmers

* Afternoon practice only on July 19 following meet on July 18.

Team members are expected to attend practice at least once a day and behave in an appropriate manner. Practices are grouped by ability level. In some cases, the more advanced younger swimmers may practice with older swimmers.



Swim Meet Schedule

The meet schedule (as well as the location of the meets) changes every year. The schedule, along with maps to JRAC Clubs and Associations are provided each year.

2011 LSRC SWIM TEAM SCHEDULE

Saturday, June 11

Swim A Thon for Robbie Ashworth – 8:30 to 10:30 a.m.

Mock Meet/ Pancake Breakfast 10:30 – 12:30 p.m.

Sunday, June 12

Swim Meet – Lakeside at Walton Park – 4:00 p.m.

Monday, June 20

Swim Meet – Ginter Park at Lakeside – 6:30 p.m.

Monday, June 27

Swim Meet – Lakeside at Country Club of VA – 6:30 p.m.

Tuesday, July 5

Swim Meet – Avalon at Lakeside – 6:30 p.m.

Monday, July 11

Swim Meet – Burkwood at Lakeside – 6:30 p.m.

Individual pictures begin at 4:00 p.m.

Team picture 5:00 (Please be on time!)

Senior night following the end of the meet (ice cream party/open swim)

Monday, July 18

Swim Meet – Lakeside at Ginter Park – 6:30 p.m.

Wednesday, July 27

Carbo Dinner @ CiCi's Pizza

Thursday, July 28 and Friday, July 29

Championship Meet at NOVA

Friday, July 29

Swim Team/Champs Banquet, 6:00 – 9:00 p.m. at North Run Baptist

Advanced Notice of Swim Meets Your Child Will Miss

If your child will miss a swim meet due to vacation schedules, summer camp or other conflicts, please let the coach know as soon as possible. There are sign up sheets posted in the breezeway. You can also send an email to Coach Kelsey @ khilton@mail.umw.edu



Age Groups

Boys and girls compete in separate events in specific age divisions:

Mites	8 and under
Midgets	9-10
Juniors	11-12
Intermediates	13-14
Seniors	15-18

For swimming purposes, a child participates in the age group that corresponds to his or her age as of June 1, 2011. ("Aging up" was voted out in January 2000 by the JRAC Board.)

For all Mites, all individual events are 25 meters*, or one length of the pool. For the older age groups, swim races are at least 50 meters*, or two lengths of the pool. The 100 meter* individual medley is offered for Midgets through Seniors, while 100 meter* freestyle and other events are offered for Intermediates and Seniors.

Beginning swimmers who cannot swim the length of the pool should be enrolled in swimming lessons.

* *Three JRAC teams have pools which are 25 yards in length (Ginter Park, Shady Acres, and Glen Allen). To convert a given time at these pools, multiply the yard time by 1.105 and round off to two decimal places.*



Levels of Competition

In meets, a swimmer competes against other swimmers at his or her own level of competition. In other words, a first-year swimmer on the team generally will not start out competing against a faster, more experienced swimmer. However, he or she may advance to a higher level as the season progresses. Once a swimmer's time in a particular event qualifies him for the next level, he can no longer compete in that event at the lower level.

The classifications for the swimmers are:

- **Novice** – generally the first level of competition. In regular meets, each team may swim an unlimited number of swimmers in the novice events. Each meet will have two novice events. Freestyle is a novice stroke in all meets. One other stroke (alternating among backstroke, breaststroke and butterfly) will be designated as a novice stroke.
- **Regular** – the second level of competition. In standard meets, each team may enter only three regular-level swimmers in each event.
- **X** – the third level in summer swimming. X times are generally equivalent to United States Swimming "B" times.
- **XX** – the highest level in summer swimming. XX times are generally equivalent to United States Swimming "A" times.

Registration and Team Fees

All swimmers must be members of the pool and be registered with all fees (pool and swim team) paid, in order to participate in practice and swim in a meet. Parents are encouraged to register their children and pay the required fees prior to the first day of practice. Lakeside Swim Team encourages new swimmers to join the Team at any time.

Children may not participate in practice or compete in any meets if annual pool dues and swim team fees are not paid.

Fees are established by the Swim Team Committee. For 2011 the fee is \$70.00 for the first swimmer, \$45.00 for the second swimmer, and \$35.00 for additional swimmers. On May 30th, fees increase \$15/swimmer.



III. SWIM MEETS

(What Parents Should Expect)

- Please notify the coaching staff as early as possible if your child is unable to swim in a particular meet. There are sign up sheets posted in the breezeway.
- Except for the Championship Meet, we have dual meets which involve two teams. The dual meets are held on Monday nights at 6:30 pm except for the first meet which is on Sunday, June 12, 2011 at 4:00 pm.
- Monday night meets begin at 6:30 pm and may last until 11:00 pm. Your child should arrive at the pool early for warm-ups. The home team usually warms up from 5:45 to 6:00 pm and the visiting team from 6:00 to 6:15 pm. Swimmers may leave after their final event.
- Please check the bulletin board regularly for swim team news and the events your child will be swimming. The list of swimmers in each event will be posted the morning of the meet.
- There are six (6) events in which swimmers may compete: **Individual Medley**, or IM (includes butterfly, back, breast & free), **Free Style**, **Back Stroke**, **Breast Stroke**, **Butterfly** and **Relays** (freestyle or medley - which means all four strokes)
- In a dual meet, each swimmer may swim a maximum of four events, including a relay. A swimmer may compete in four events, including relays, in the Championship Meet. Since there are limits to the number of events in which a swimmer may participate and limits to the number of swimmers each team may put in an event, the coaches use a great deal of strategy to determine the best events and speed classes for the swimmers to maximize our team's chances of winning the meet!
- For each swimmer in each event, there is a separate entry card. When an event is called, the swimmers go get their entry cards from the swimmer check-in table and then proceed to the Clerk of the Course.
- ***Parents are encouraged to monitor the behavior of their children while at the Clerk of Course.***
- The Clerk of the Course then arranges the swimmers in heats. Faster swimmers are grouped together and newer swimmers are grouped together to keep each heat balanced. The swimmers will be seated in the Clerk of Course area according to their heat number.
- In novice events, there can be many heats – we have had as many as nine novice heats in the Mite events! Please remember that your child may win his or her heat, and win a heat ribbon, but if six swimmers in other heats of the same event (at the same speed class) have faster times, your child may not place (win an event ribbon) in that event.
- Freestyle will always have a novice category in every meet. For a novice stroke, there are no limits to the number of swimmers that can swim that stroke at the novice speed level.



- In addition to freestyle, each meet will have one other novice stroke. The order is:

Meet 1 (Back Stroke)	Meet 4 (Back Stroke)
Meet 2 (Breast Stroke)	Meet 5 (Breast Stroke)
Meet 3 (Butterfly)	Meet 6 (Butterfly)

- Each lane has three timers with representatives from both teams. The three timers will have digital stopwatches and all of the stopwatch times will be written down on the swimmer's card.
- Meets begin with the Mite relays, then follow with individual medleys for all age groups except Mites. The next strokes are freestyle, backstroke, breaststroke, and butterfly for all age groups. The final events are Midget, Junior, Intermediate and Senior relays.
- Girls and boys are grouped together for relay teams, with no more than two boys allowed on a four-person team.
- **During Home Meets** a cookout is provided for all attending (at a nominal cost). Also, a bake sale is held and parents are encouraged to donate baked goods.
- Parking is at a premium during home meets, especially if you arrive late. Please check the street signs, as some streets adjacent to LSRC do not permit parking on both sides of the street. Please respect the rights of our neighbors. If you park in a no-parking area, the police will be called to tow your car.
- **If a meet is delayed due to the weather, the minimum delay for determining whether a meet shall be conducted is one hour from the scheduled start of the meet. When a meet has already started, the minimum delay in determining whether a meet shall continue is one hour from the stoppage of competition.**
- **If a meet is rained out, it is usually rescheduled for the next night. No one may be in the water for a period of 30 minutes following any thunder or lightning.**

What to Bring

- Well rested swimmer (coaches suggest that swimmers leave the pool after morning practice the day of the meet and spend a quiet afternoon.)
- Team Swim Suit, Team Swim Cap, towels (more than one), and goggles (**goggles are optional but are highly recommended.**) The team suit and team swim cap are also optional but highly recommended. The coaches **strongly** encourage the use of team equipment during the Championship Meet to help represent our team. **During JRAC swim meets, it is inappropriate for LSRC swimmers to wear swim caps/suits with names/logos that advertise other local swim clubs.**
- Sweatshirts and sweatpants (it gets cool in the evening in June.)
- Nutritious snacks in a cooler, card games or quiet board games, money for the swim team cookout or snack bar (optional.)
- Folding chairs or blanket for parents.



IV . SOCIAL ACTIVITIES

SOCIAL ACTIVITIES

Swim-A-Thon / Robbie Ashworth Scholarship Fund/Mock Meet/ Pancake Breakfast (Saturday, June 11)

We will have our Swim A Thon first followed by the Pancake Breakfast. All swim team members who participate in the Swim A Thon will eat for free. Family members who are not on the team can also eat for a minimal charge. The Mock Meet will follow. This is a great way for new swimmers to get a feel for how a swim meet runs. ***Donations for the Swim A Thon benefit the Children's Hospital and the Robbie Ashworth Memorial Scholarship Fund. A straight donation can be made out to Lakeside Swim Team, or an amount can be pledged for each length the participating swimmer completes. Your support is needed!

Team Pictures/ Senior Night/ Ice Cream Social July 11th Individual portraits will begin at 4:00 pm with the team picture at 5:00 pm. All proceeds from the picture sales are donated to the Swim Team. We will recognize each senior swimmer on the block before their final individual swim. After the meet we will have an ice cream social for the team. Each family is asked to bring toppings.

Swim Team End of Season Banquet (Friday, July 29) Awards Banquet beginning at 6:00 pm at North Run Baptist Church. All LSRC swimmers are recognized and special awards are presented. Each participant receives a trophy. This is the culmination of the teams' efforts, and is an event that families will not want to miss.

Themed Swim Meets During this year's home swim meets, our swim team will have a theme. Please encourage your child to create a costume or accessories according to our team's theme. The Coaches will announce what the themes will be prior to each meet.

Other Events We'll let you know about them as we think them up!



V. JAMES RIVER AQUATIC CLUB CHAMPIONSHIP SWIM MEET

(Thursday, July 28 & Friday, July 29, 2011 at NOVA)

Ten days following the sixth dual meet of the summer league season, JRAC holds a two-day Championship Swimming Meet.

Each of JRAC's 19 teams competes to determine a Championship Meet winner. Each team is allowed only two entrants per competitive category in each stroke: Novice, Regular, X, and XX. Such a format reduces the advantages held by large clubs.

Competition starts each day (Thursday and Friday) at 9:00 a.m. and lasts about seven hours per day. Warm-ups begin at 7:00 a.m. and the league determines each team's warm-up time.

The coaches decide participation in the meet. Well in advance of the meet, coaches are required to submit entries for individual events and relays. These are seeded by JRAC a week in advance of swimming. With rare exceptions, the league allows no substitutions, so it is imperative that parents, coaches, and the child are clear on a child's availability to swim. **If your child misses any Champs event, he/she is disqualified for the rest of the day. If he/she was scheduled to be on a relay team, that entire team is scratched for the event. Three other swimmers will have to miss that relay event through no fault of their own. Do not agree to participate in Champs unless you can give the time and dedication necessary.**

All entries are based on qualifying times. Since only two swimmers are allowed per category, the coaches determine if a child has attained the necessary qualifying times for specific strokes. These times are posted on the swimming bulletin board during the season.

Swimming in the Championship Meet is a privilege and not a right, one earned through the course of the season. With rare exceptions, it is the fastest swimmers who are chosen for participation. Alternates are selected and practice with the Championship Meet team once the dual meet season is concluded.

Lakeside has traditionally done very well at this meet. Excitement runs high. Encourage your swimmer to bring games, food, clothing and good behavior to the meet. If the weather is hot or rainy, it is especially important to cooperate with coaches and parents. Swimmers must be attentive to the call to Clerk of the Course.

Each day's events are concluded with relays – medley relays on Thursday and freestyle relays on Friday. Trophies to the top six teams are awarded at the conclusion of swimming on Friday.

Concessions, suits, caps, goggles, championship meet T-shirts and heat sheets are available for purchase at the meet.



VI. VOLUNTEER REQUIREMENTS FOR PARENTS

The need for parent volunteers abounds in summer league swimming. Prerequisites are common sense, organization, caring, attendance at a training clinic (for certain positions), and a small time commitment.

The following officials are needed each week:

- **Meet Director:** The Meet Director arranges with the pool manager to see that the swimming pool is set up for the meet, that refreshments are prepared and delivered, and that workers for various functions are assigned for the meet.
- **Table Workers:** Several workers are needed at the administration table for a variety of functions, including recording results and labeling ribbons.
- **Runners:** Runners carry time cards from the Mite swimmers to the timers at the other end of the pool (for 25-meter events) and pick up the completed cards from the timers for all events. The cards are collected and delivered to the table of workers. Runners also have the sad duty of collecting DQ sheets from the strokes and turns judges and delivering them to the table workers.
- **Timers:** Both beginning and seasoned parents enjoy being timers. This function allows workers to see the meet from the end of the pool. It requires being able to operate a digital stopwatch and record a swimmer's time.
- **Clerk of Course:** This is the official who collects the cards from the swimmers before their events, and assigns the swimmers heats and lanes. "Clerk of Course" also refers to the place where the swimmers go to be lined up. Several assistants are needed. This job requires a disciplined nature, a love of children, and a threshold for chaos.
- **Starters:** These are the officials who start each race with the strobe light and buzzer system. This requires organization, a steady hand, an aura of authority, and some training.
- **Strokes and Turns Judges:** These are the on-deck enforcers of swimming rules. They determine that each stroke is executed properly. When the strokes are not properly executed, these judges are empowered to disqualify swimmers. Training and fairness are crucial.
- **Computer Workers:** They operate the computer that records all swimmers' times.
- **Referee:** This is the final arbiter of any dispute at a meet and has full authority and responsibility for the conduct of the competition. A thorough knowledge of strokes and turns and all other aspects of competitive swimming is necessary.

All of the above jobs are vital to the successful conduct of any swim meet. The James River Aquatic Club offers clinics to learn these jobs prior to the start of each season. Lakeside hopes you will take advantage of the clinics offered before the beginning of the season. You will have greater understanding and more enjoyment of your children's meets.



VII. RIBBONS AND AWARDS

Ribbons

Various ribbons are awarded during and after each meet.

During the meets, the winner of each Mite heat will receive a Heat Ribbon.

In each dual meet, ribbons and team points are awarded to the top six swimmers in each speed level of each event, as follows:

<u>DUAL MEET POINTS</u>						
<u>Place</u>	<u>Color</u>	<u>Novice</u>	<u>Regular</u>	<u>X</u>	<u>XX</u>	<u>Relays</u>
1st	Blue	7	8	9	10	16
2nd	Red	5	6	7	8	12
3rd	White	4	5	6	7	10
4th	Pink	3	3	5	6	8
5th	Yellow	2	2	4	5	6
6th	Green	1	1	3	4	4

Results are posted in a prominent location as soon as possible after each event. Points for the events are added up to determine which swim club wins the meet.

JRAC Awards

The James River Aquatic Club (JRAC) gives awards based on performance during the dual meets and the championship meet.

Dual meet awards consist of ribbons for finishing first through sixth in any novice, regular, X and XX event.

Championship meet medals are given for finishing first through third, and ribbons are given for finishing fourth through eighth. Team points are awarded for the first eight places of Championship Meet events, as follows:



CHAMPS MEET POINTS

<u>Place</u>	<u>Color</u>	<u>Novice</u>	<u>Regular</u>	<u>X</u>	<u>XX</u>	<u>Relays</u>
1st	Blue	9	10	11	12	20
2nd	Red	7	8	9	10	16
3rd	White	6	7	8	9	14
4th	Pink	5	6	7	8	12
5th	Yellow	4	5	6	7	10
6th	Green	3	4	5	6	8
7th	Purple	2	3	4	5	6
8th	Orange	1	2	3	4	4

In dual meets, heat winner ribbons are given to all Mites who finish first in their respective heats. Heat winner ribbons are awarded to heat winners in all events (for all age groups) at the Championship Meet.

Lakeside Awards

All Lakeside swimmers who participate in at least one dual meet receive an LSRC participation trophy at the Summer Banquet. In addition, the coaches award special trophies to recognize outstanding contributions. Traditionally, separate trophies have been given to boys and girls within each age group for Most Valuable, Most Improved, Most Dedicated and the Robbie Ashworth/Coach's Award. The criteria for each are explained below:

- Most Valuable. This award is presented to the swimmer who accumulates the most points for the team. Essentially, there are no other criteria.
- Most Improved. This award is presented to the swimmer who, in the coaches' opinion, has demonstrated the greatest improvement from the beginning to the end of the season. Time drops and technical improvements weigh heavily in consideration for this award.
- Most Dedicated. This award is presented to the swimmer who, in the coaches' opinion, has demonstrated dedication and hard work to the team over the course of the summer.
- The Robbie Ashworth/Coaches' Award. This is purely a discretionary award, with attitude, dedication, and sportsmanship the main criteria.



VIII . MICHAEL J. STOTT SCHOLARSHIPS

The James River Aquatic Club (JRAC) recognizes the commitment of its long-time athletes. Each year, an estimated \$6,000 in college scholarships will be awarded to one or more graduating high school seniors, in honor of JRAC Past President and Southampton swimming leader Mike Stott.

In order to be eligible to apply, students must have participated in JRAC swimming for the past five seasons, including the current one, and must have participated in at least 75 percent of the meets for which they were eligible. Applications are due by July 1. For further information, please see Juanita Wilson.

IX. GLOSSARY OF TERMS

Aging up - When a child moves from one category to another as the result of a birthday. Aging up in JRAC means going from 8 to 9; 10 to 11; 12 to 13, 14 to 15.

Aging out - When a child turns 19 and is no longer eligible to compete in JRAC.

Championship Meet Qualifying Times - Times set by the league that must be met by a swimmer in order to swim in the Championship Meet. These are set by stroke, gender, and age group.

Clerk of Course - (1) The check-in point for each swimmer in order to be placed in the proper event, heat, and lane for a swim meet. (2) The officials who perform this function.

DQ - Short for disqualification. If a swimmer is observed to have failed to swim a stroke in the prescribed manner, then he will be disqualified by a strokes and turns official.

Heat - One individual race within an event. There can be several heats in a given event.

IM - Short for Individual Medley, a 100-meter event. In JRAC, 25 meters of each stroke are swum in the following order: butterfly, backstroke, breast stroke and freestyle.

Intervals - In practice when swimmers swim prescribed distances during a specific period of time, i.e. swim 100 meters in two minutes. If a swimmer finishes in 1:40, then he has 20 seconds to rest. Also called repeats.

JRAC - The acronym for the James River Aquatic Club, a 19-member swim league.

Warm up - The fifteen minute period allocated to each team prior to a dual meet. The host team warms up from 5:45 - 6:00 and the visiting team from 6:00 to 6:15 pm for Monday night meets.



X. JRAC MEMBER CLUBS

<u>Member Club:</u>	<u>JRAC Designation:</u>
AVALON	ARA
ANIRAV	ASC
BURKWOOD	BRA
CHAMBERLAYNE	CRA
COUNTRY CLUB OF VIRGINIA	CV
GINTER PARK	GP
GLEN ALLEN	GA
HERMITAGE	HERM
KANAWHA	KRA
LAKESIDE	LSRC
RICHMOND COUNTRY CLUB	RCC
RIDGE TOP	RT
SANDSTON	SND
SHADY ACRES	SA
SOUTHAMPTON	SRA
THREE CHOPT	TC
WALTON PARK	WP
WESTWOOD	WEST
WOODMONT	WRA



Directions to 2011 Away Swim Meets

Sunday June 12 – Lakeside at Walton Park – 4:00 p.m.

From Richmond - LSRC

Take I-95 S / RICHMOND-PETERSBURG TURNPIKE

Merge onto I-95 S via exit 79 toward US-60 W/ POWHITE PKWY/ US-360 W. – travel 2.6 miles

Keep left to take VA-76 S toward VA-150/POWHITE PKWY/US-60/US-360 – travel 2.3 miles

Keep left at the fork to go on VA-76 S/ POWHITE PKWY- travel 3.5 miles

Merge onto MIDLOTHIAN TNP/ US-60 W. toward Midlothian – travel 5.2 miles

Turn left onto N. WOOLRIDGE RD

Turn left onto WALTON PARK RD

500 Walton Park Rd, Richmond, VA 23114 is on the right.

Monday, June 27 – Lakeside at Country Club of Virginia – 6:30 p.m.

From Richmond - LSRC

Take GLENSIDE DRIVE to THREE CHOPT RD

Turn left onto THREE CHOPT RD- travel 1.7 miles

Turn right onto ST. ANDREWS LANE

6031 St. Andrews Lane, Richmond, VA 23226

Monday, July 18 – Lakeside at Ginter Park – 6:30 p.m.

From the intersection of Parham Road and Route 1/Brook Road (at Walmart) –

Head South on BROOK RD/US-1 – travel 3.6 miles

Turn left onto W LABURNUM AVE. – travel 0.3 miles

Take 3rd right onto HAWTHORNE AVE – travel 0.2 miles

3421 Hawthorne Ave, Richmond, VA 23227 is on the left.