



Lakeside Swim & Racquet Club



Swim Team Handbook

2018



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 from the age of four to 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).

2018 SWIM TEAM COMMITTEE

Chairperson: Katie McKenzie (M: 908-6189) katiemck3@gmail.com

JRAC Voting Representative: Jessi Kennedy

JRAC Swim Representative: Katie McKenzie

Swim Committee: Mary Jo Hilton Temple Womack Donna Clements

Katie McKenzie Gretchen Biernot Stephanie King

Coaches

Head Coach: Kelsey Hilton
Assistant Coach: Jessica Friesen

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. Once school lets out, there are two practices per day for each age group offered Wednesday and Thursday. 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. **Any time the outdoor temperature is below 65 degrees, practice is canceled.**

2018 Swim Practice Schedule

START DATE MAY 14, 2018

(no practice on Memorial Day, July 4th or Tuesday mornings following a meet)

Morning

Saturdays: Start-End May 20-July 8
10 and Under: 8:30-9:30
11 and Older: 9:30-10:30

Mon-Fri: Start-End June 19-July 14 (**excludes Tuesday**)
10 and Under: 8:30-9:30
11 and Older: 9:30-10:30

Afternoon

Mon-Fri: Start-End May 15-July 13
(no Friday PM starting 6/16)
10 and Under: 5:30-6:30
11 and Older: 6:30-7:30

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. JRAC arranges the schedule and posts it to their web site.

2018 LSRC SWIM TEAM SCHEDULE

Saturday, June 9

Mock Meet/ Doughnuts afterwards. 9 - 10:30 a.m.

Sunday, June 10

Swim Meet –Lakeside at RCC Richmond Country Club. Afternoon meet, Time TBD.

Monday, June 18

Swim Meet – Home Meet vs Hermitage CC – Warm-ups at 5:45p.m. Meet at 6:30.

Saturday, June 23

Splash for Cash - A Robbie Ashworth Challenge – 8:30 to 10:30 a.m. Pancake Breakfast

Monday, June 25

Swim Meet – Lakeside at Walton Park – Warm-ups at 6:00 p.m. Meet at 6:30.

Monday, July 2

Swim Meet –Home Meet vs Glen Allen – Warm-ups at 5:45 p.m. Meet at 6:30.

Monday, July 9

*Swim Meet – Home Meet vs Three Chopt – Warm-ups at 5:45 p.m. Meet at 6:30 p.m.
Senior Night. Ice Cream Social. Pie the Coaches!*

Monday, July 16

Swim Meet – Lakeside at Hermitage CC – Warm-ups at 6:00 p.m. Meet at 6:30 p.m.

Tuesday, July 24

Carbo Dinner @ Stevi B's

Wednesday, July 25 9 a.m.

Championship Meet: SwimRVA

Friday, July 27

*Swim Team Banquet and Awards Ceremony
6:00 – 8:30 p.m. at Hatcher Baptist Church*



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. Please opt out of a meet on the team site. You can also send email to Coach Kelsey at this address: coachk04@gmail.com

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, 2018. ("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 2018 the fee is \$115.00 for the first swimmer, \$60.00 for the second swimmer, and \$55.00 for additional swimmers. After May 30th, fees increase \$15 per swimmer.

All swimmers must sign a JRAC waiver before swimming at a meet. The waiver is signed electronically on the JRAC site. The link can be found on the LSRC web site. A waiver must be signed for EACH 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. These regular meets are held on Monday nights at 6:30 pm except for the first meet which is on Sunday, June 10, 2018.
- Monday night meets begin at 6:30 pm and may last until 10:00 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 team website and 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), **Freestyle**, **Back Stroke**, **Breast Stroke**, **Butterfly** and **Relays** (freestyle relay or medley relay, which means all four strokes)
- In a regular 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!
- When a swimmers event is called, the swimmer must be at the Clerk of the Course waiting for their event to be seated on the benches behind the Clerk of the Course. Swimmers and parents are not allowed to walk thru or hang out in the Clerk of the Course roped area.
- ***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 and the Novice stroke of the night. The final strokes follow in this order: Backstroke, Breaststroke, and Butterfly for all age groups. The meet ends with 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. Donated goods will be counted towards volunteers points.
- 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

All events will posted online at swimtopia and LSRC

Fundraiser events will be TBD, posted on website and email notification

April 21st Welcome/Registration potato dinner 6:00 pm at North Run Baptist Church - 2100 Lydell Dr. 23228. Swim Suit fittings will be available.

Meet The Coaches Pot Luck: May 18: at the pool pavilion. 6:00 p.m. Information will be sent by email. Swim suit fittings.

Mock Meet –Saturday - June 9: This is a great way for new swimmers to get a feel for how a swim meet runs.

Splash For Cash / Robbie Ashworth Scholarship Fund -June 23: Donations for the Splash for Cash 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! Swimmers who raise the most money have the honor of "pieing" the coaches on Senior Night. The swim marathon will be followed by the Pancake Breakfast. All swim team members who participate in the swim marathon will eat for free. Family members who are not on the team can also eat for a minimal charge.

Senior Night/ Ice Cream Social – Monday, July 16: 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. Since this is our last home meet, we will also have the winners from the Splash for Cash "pie" the coaches.

Swim Team End of Season Banquet – Friday, July 27: 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: TBA

Team Photos: Date TBD. Individual portraits will begin at 4:00 pm with the team picture at 5:00 pm. Any profits from the picture sales are donated to the Swim Team.



V. JAMES RIVER AQUATIC CLUB CHAMPIONSHIP SWIM MEET

Wednesday, July 25th 2018
Location: SwimRVA

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

Each of JRAC's 20 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 8:00- 9:00 a.m. and lasts about seven hours Thurs and 4hrs Fri. Warm-ups begin around 7:00 a.m.

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. He/she 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. GLOSSARY OF TERMS

Ageing 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 20-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.

**Additional information is available on our team website:
Lakesidehurricanes.swimtopia.com**

Addresses of Away Meets

6/10/18 Richmond Country Club: 12950 Patterson Ave, Henrico VA 23238

6/25/18 Walton Park: 530 Walton Park Rd, Midlothian, VA 23114

7/16/18 Hermitage Country Club: 1248 Hermitage Rd, Manakin-Sabot, VA 23103