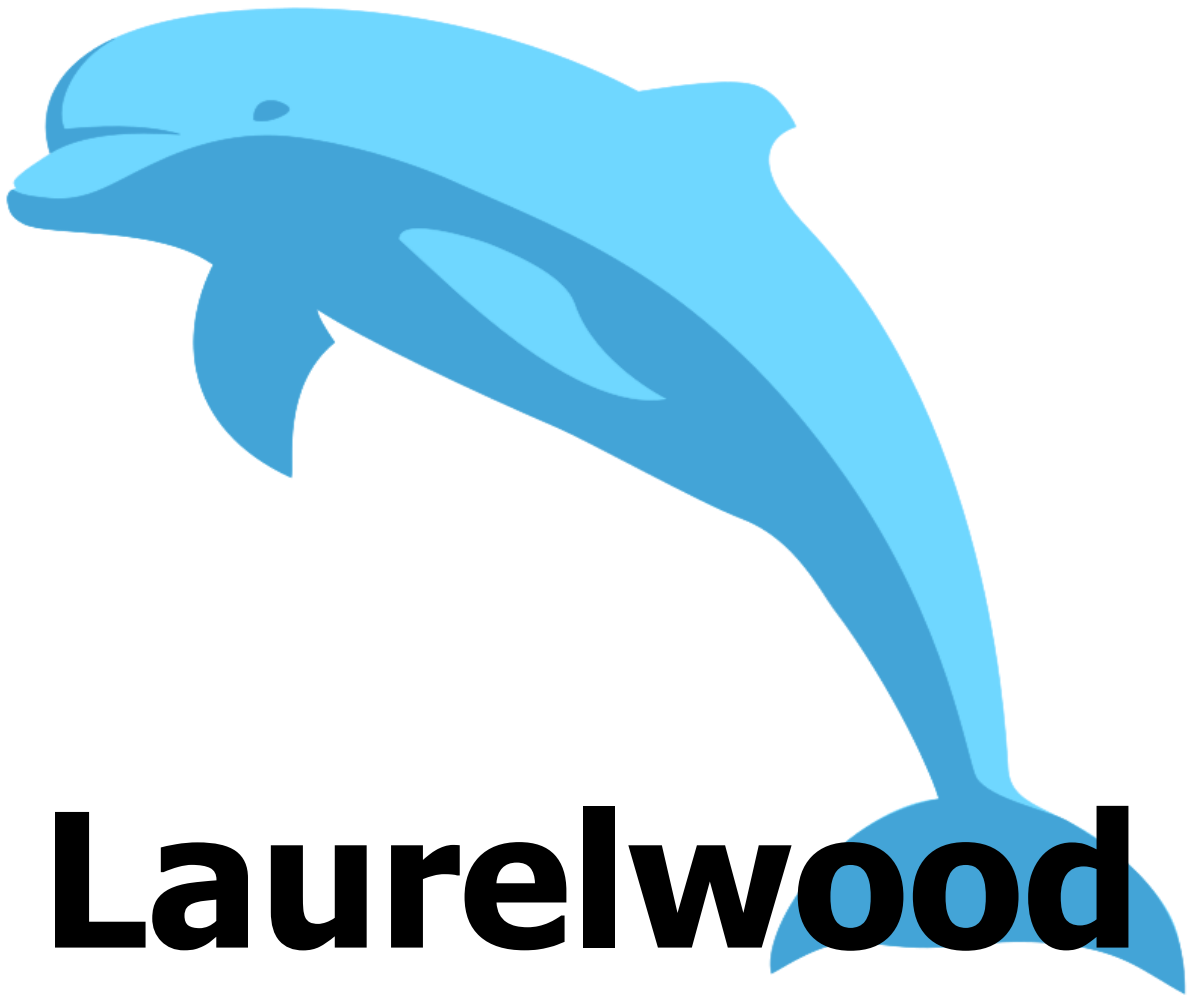


2021



**Laurelwood
Swim Team
Handbook**

Laurelwood Swim Team Handbook

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The information that follows is designed to be a guide and reference source for both new and returning swim team families.

Mission Statement:

Laurelwood Swim Team will:

- Provide an exciting, technique-oriented swim program (pre-team through summer of high school graduation)
- Welcome swimmers (emerging to competitive).
- Promote and cultivate the love of swimming, good sportsmanship and team spirit.
- Provide a fun, family atmosphere.

Code of Conduct:

As members of the Laurelwood Swim Team family, all athletes, coaches and parents are expected to represent our swim pool association, families, team, teammates, and coaches in a positive manner. We will:

- *Demonstrate respect for fellow teammates, coaches, parents, meet officials & volunteers, and opponents.*
- *Demonstrate loyalty to team and coaches.*
- *Demonstrate control over emotions.*

We expect all will maintain high standards of moral and ethical conduct that includes self-control and responsible behavior. Athletes, coaches, and parents must display courtesy and good manners by being considerate of the physical and emotional well-being of everyone.

If the swim team committee and/or coaches have any concerns with anyone's participation on our swim team, a meeting will be facilitated to resolve any issues.

Sportsmanship:

The Laurelwood Dolphin swimmers are known throughout the Tri-County League by their talent and sportsmanship, in and out of the pool. The Terry Wade Sportsmanship Award is named after Coach Terry Wade, who retired after twenty-five years of coaching

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at Laurelwood. Over the years, the Tri-County League has presented Laurelwood with the Terry Wade Sportsmanship Award. Our coaches, parents, and swimmers are expected to behave in a sportsmanlike manner at all times.

Swim Team Registration

Online swim team registration opened on May 1, 2021. An email with the link to register was sent to previous swim team members. If you are new to the team, please send Lisa VanNatter (crvjr@comcast.net) an email requesting the link. Members of the Laurelwood Swim Team **MUST** be members of the Laurelwood Swim Club.

Practice Schedule

Swim team practices will begin on Tuesday, June 1, 2021 at Laurelwood Pool Club. Practice will be held on Tuesday thru Thursday (6/1-6/3) the first week, and Monday thru Thursday (6/7-6/10), the second week. ***Pre-team will begin practice on June 14th at Laurelwood at 11am.***

Practice Schedule for June 1- June 10	
Practice Time	Levels
6:00 – 7:00 PM	7-10 yrs.
7:00 – 8:00 PM	11-14 yrs.
8:00 – 9:00 PM	15 - older

Beginning June 14, 2021, morning practices will begin at Laurelwood. The practice schedule may change in order to ensure a safe and productive training environment. Changes will be communicated to the swimmers and parents.

**It is preferable for swimmers to come to practice and leave practice in their suits. Our locker rooms are very small and are not conducive to a large number of swimmers.*

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Practice Schedule Beginning June 14, 2021	
Practice Time (Monday – Friday)	Levels
8:30 – 10:00 AM <i>(Arrive – 8:15) -Stretching</i>	Refer to email
10:00 – 11:00 AM <i>(Arrive – 9:55) - Stretchng</i>	Refer to email
11:00-Noon	Refer to email
Optional Evening Practices <i>Monday & Wednesday</i> 7:00 – 8:00 PM	For Swimmers 11 and older

Practice Policies and Guidelines:

Practices and Time Trials

*Swimmers are to wear a fun cap or a Laurelwood cap to practice. High school team caps, winter team caps, or other summer club are not to be worn during Laurelwood practice.

*Parents are not allowed on deck or on the deck benches. Parents are allowed to sit under/or near the pavilion.

*No children are allowed in the pools and no family can put their belongings down to reserve a spot in the grass until the 12:00 PM (opening time). Members must listen to the direction of the lifeguards.

Time trials will be held during practice on June 16 and June 17th, 2021. Due to safety concerns, only parents who volunteer to time or officiate are permitted on deck during time trials. The coaches, and the committee, would also like to ask any stroke and turn trained volunteer to attend our time trials in order to gain extra practice before the meets begin.

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Drop Off Policy

Coaches are only responsible for your child during your child's practice time. If your child is **under the age of 12** and is not in the water practicing, **they may not be left at the pool unattended without designating a responsible adult in charge.**

There will be a sign-out sheet in the pavilion for you to indicate the name of your child/children and the adult remaining at the pool in charge.

Lower Level and Playground Area

Children can play on the lower level during practice if they have complete adult supervision. Adults need to be supervising the playground area and not just sitting under the pavilion.

Pre-team and Age Groups

Pre-Team

Laurelwood Swim Team offers the beginner competitive swimmer the opportunity to participate in team swim practices and meets. The focus will be on technique, streamline, and executing a legal start.

The requirements to join the pre-team are as follows:

- 1. In-water evaluations will be conducted to determine swimmer status (weather pending- email will be sent with any change)*
- 2. The ability to swim one length of the pool non-stop.*
- 3. To take instruction from a coach without a parent on deck.*
- 4. All pre-teamers must demonstrate these skills to the pre-team coach by June 18, 2021.*

Age Group Assignment

Children swim in age groups as determined by their age as of June 1, 2021. Swimmers, ages 15 years old through summer of their high school graduation, will fall into the Senior age group.

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Swim Meet Schedule

Laurelwood Swim Team competes in the Tri-County Swim League

2021 Swim Meet Schedule			
Day	Date	Meet	Theme
Tuesday	June 22	Bellewood @ Laurelwood	Super Hero
Thursday	June 24	Laurelwood @ Upper Perk	Hawaiian
Tuesday	June 29	Laurelwood @ Nine Oaks	Greek/Toga
Thursday	July 1*	North End @ Laurelwood	Red, White, and Blue Olympics
Tuesday	July 6*	Skippack @ Laurelwood	White Out
Thursday	July 8	Laurelwood @ Hillside	Christmas in July
Tuesday	July 13**	Baker Park @ Laurelwood	College Night
Saturday	July 17	Senior Champs	TBD
Monday	July 19	'A' Champs	@Hillside
Tuesday	July 20	'B' Champs	@North End

*Picture Night: Picture night will either July 1st or July 6th. Individuals will be taken starting at 4:00 PM and the team picture will be taken at 5:00 PM. Details will be given out prior to that evening.

**Senior recognition night

The schedule is also on our website (laurelwoodswimclub.wildapricot.org/swimteam) along with directions to the away meets. If a make-up meet is required due to weather, a Tuesday meet will be rescheduled the next night (Wednesday). A Thursday meet will be made up the following Monday.

Our coaching staff works extremely hard to put together our line-ups for each meet. If your child will not be attend a Tues. meet, please email or note in binder by the previous Sat. If your swimmer cannot attend a Thurs. meet, please let the coaches by the Sunday prior to the meet. One missing swimmer in the line-up affects several events!

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All age groups and pre-team swimmer are expected to swim at both home and away meets. We are a team!

Swim Meet Guidelines:

*For both home meets and away meets, swimmers are to wear their suit, to and from, the meet. The locker room cannot accommodate all swimmers. Also, no deck changing is permitted.

Home Meets

All dual meets start at 6:15 PM. The home team always warms up first. Swimmers should be at the pool by 5:00 PM for warm-ups. Swimmers should bring with them at least 2 towels, Laurelwood caps, goggles, and sweats for warmth. Swimmers should wear their suit (preferably team suit) to the meet rather than changing at the pool. Parents should bring folding chairs for their convenience.

Away Meets

The away meets start at 6:15 PM and swimmers should be there at 5:15 PM for warm-ups. Swimmers should bring the same items as listed for home meets and parents should bring folding chairs. As with home meets, swimmers are to arrive and leave in their team suits.

*Please note that each swimmer is responsible for his/her own belongings at ALL times!

Weather

Be aware that swimming occurs in the rain. There will be no swimming if there is thunder and/or lightning, but there may be a delay in the meet. It will be up to the coaches of both teams and the meet official to agree to call a meet and reschedule. If you are told to go to your cars during a storm, DO NOT LEAVE unless the meet is called. There will be more information sent out via email regarding the subject of "weather."

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Live Heats vs. Exhibitions

During a swim meet, swimmers who swim "live" score points for the team. A swimming event can consist of several heats but only one heat is "live" – all other heats are in "exhibition". Swimmers who swim in exhibition means their time will NOT count for team points but will count toward bettering their own individual "personal best" time. Exhibition times are eligible for A Championship qualifying times. Swimmers can be in a maximum of 4 events but does not mean they will be. The coaches will only enter swimmers in events in which they are legal. This an expectation of the Tri-County Swim league.

Note

Swimmers and parents are not allowed to approach the scorer's table during a meet.

Recognitions/Ribbons

During the season, Laurelwood Swim Team will distribute personal time improvement ribbons to swimmers in the following age groups, 8 & under, 10 & under, and 12 & under. The time improvement ribbons will be given after the meets and will be placed in the swimmer's mailbox. Parents, please let your swimmer check their mailbox for ribbons and other printed communications. The Tri-County league will supply heat winner ribbons to be awarded during the meets to the following age groups; 8 & under, 10 & under, and 12 & under. Heat winner ribbons will not be awarded for relays.

Following swim meets, the Tri-County Swim League will be posting meet results on its website (www.tricountyswim.net). These results will have the swimmer's name, age, time and club listed.

*Laurelwood Team and Pool Records and the Tri-County League Records are posted on the Laurelwood Record Board located near the pavilion. This record board will only be updated at the end of the season after all the championship meets have concluded. Any record broken by a member of the Laurelwood Swim Team will only be announced at the Awards Picnic at the end of the season.

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Volunteers and Food Court Donations:

Food Court

The Food Court is an important source of income for the team. Your support of the Food Court is VERY much appreciated and VERY necessary.

For the first home meet each family is asked to bring one case of water, preferred a case of 40 from Costco or BJ's. By having every family donate a case of water we should have enough to get through the entire season. This is in addition to a food item.

For every Home Meet, each family is asked to bring a food item(s). We would like each family to participate in bringing a larger priced item one time this season. An example is a crock pot of taco meat for walking tacos.

Prior to each home meet, there will be a sign-up sheet on-line for food donations that are needed.

Volunteers

In order to conduct a swim meet, Laurelwood needs to have over 50 volunteers in place. Volunteers are always needed to help before the meet, during the meet and after the meet. We need timers, scorers, stroke and turn officials, referees, food court, set up, clean up, meet marshals, parking attendants to conduct a meet. We ask your support in helping out as much as you can. We require that at least one parent from each family sign up to work every meet.

*The Swim Manager website will be utilized to aid and track volunteers. A fee may be assessed if parents are failing to comply.

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Championships:

At the conclusion of the regular season, there will be three Championships meets: Senior Championships, "A" Championships, and "B" Championships. **A swimmer must swim in at least 3 dual meets to be eligible to swim in any of the championships.**

Senior Championships are for ALL swimmers age 13 and over. "A" Championships (12 and younger) have specific qualifying times for each event. "B" Championships (12 and younger) are for swimmers who do not qualify for "A" Championships. The coaches work very hard to place the swimmers in the proper championships based on their individual times and their strengths. Because of the structure of championships, some children may qualify to swim in both "A"s and "B" s.

"A" qualifying times can be found at www.tricountyswim.net

Everyone who is eligible will be placed in Championships meets by the coaches unless **you** notify the coaches that you will not be attending. Your commitment to attending Championships must be in the coach's book that is located under the pavilion at practices by July 10, 2021. Please do this as soon as you know.

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Additional Swim Team Events

Invitationals

*North End Invitational (ages 12 and under only) - TBD

*Nine Oaks Relay Carnival - TBD

In an invitational meet, all swim clubs in the league come together to compete, providing an opportunity for your swimmer to choose his/her own events. Invitational meets are optional, and fees will be charged per event. All swimmer fees are expected to be paid before the meet.

Laps for Camp Courage

Laps for Camp Courage will be held on **Friday morning, July 9, 2021**. Swimmers will have their lap swim during their scheduled practice. There will be swim challenges and prizes awarded during each practice. A slice of pizza and a drink will be sold at 11:30 AM. Along with monetary donations, we will be collecting other items. The list of these items will be sent out closer to the date.

Swim Team Picnic

At the end of the season, swimmers will be recognized for their accomplishments at our annual Swim Team Picnic, which is scheduled for **Sunday, July 18th, 2021**. More details will be made available closer to the date.

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Communication and Swim Team Committee Contact Information:

Please make sure that the Swim Team Committee has your correct email address and that you check your email daily for swim team updates. In addition, if you have a swim team concern, please contact a Swim Team Committee member to discuss. Nothing can get resolved if it is not taken to a Swim Team Committee member.

Any questions on any items relating to the Laurelwood Swim Team can be directed to any member of the Swim Team Committee.

Name	Committee Position	Email	Phone
Lisa VanNatter	Chair and Tri-County League Rep	crvjr@comcast.net	610-389-2732
Catherine Fink	Head Coach	thefinks6@yahoo.com	215-260-6574
Nikki Whitlock	Assistant Head Coach	nicola.whitlock@gmail.com	703-981-7848
Lisa Zakarevicz	Member	lisa.zak@comcast.net	
Beth Davison	Member	bug0819@gmail.com	
Karen Kulp	Member	kprez97@hotmail.com	
Deb Suessmuth	Member	suessdeb@yahoo.com	
Beka Shea	Member	yellopippi@gmail.com	
Steven Randolph	LW Board Member	Steven.d.randolph@gmail.com	
Dave Bartolini	LW Board Member	dab745@gmail.com	
Chuck VanNatter	Scorer's Table advisor	crvjr00@gmail.com	610-389-7097