

# LAKE SAINT LOUIS SEALIONS SWIM TEAM

## TEAM HANDBOOK

# 2009



## TEAM HANDBOOK

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**Team Handbook**

**2009 Sea Lions Board Members**

	Area Code (636)	
Lee Sutherlin – Board Chair	625-1570	<a href="mailto:lee.sutherlin@cengage.com">lee.sutherlin@cengage.com</a>
Pearson Buell – League Rep	288-9451	<a href="mailto:pwbuell@lslswimteam.com">pwbuell@lslswimteam.com</a>
Michelle Coogan - Treasurer	625-2112	<a href="mailto:mrcoogan@charter.net">mrcoogan@charter.net</a>
Kara Flynn – Vol Co-Chair	561-3195	<a href="mailto:lslmom4xs@aol.com">lslmom4xs@aol.com</a>
Darla Young – Vol Co-Chair	459-5228	<a href="mailto:dawdru@msn.com">dawdru@msn.com</a>
Tammie Scheidner – League Tres	265-0354	<a href="mailto:tammieandkidz@hotmail.com">tammieandkidz@hotmail.com</a>
Sheri Smith – Secretary	625-3438	<a href="mailto:tsmith232323@msn.com">tsmith232323@msn.com</a>
Keith Jack – Stroke Judge	561-6549	<a href="mailto:keithjack40@hotmail.com">keithjack40@hotmail.com</a>

**2009 Coaching Staff**

	Area Code (636)	
Head Coach – Deb Knowlton	625-1163	<a href="mailto:debknowsall@hotmail.com">debknowsall@hotmail.com</a>
Co- Asst. Coach – Kathy Cumbie	561-4131	<a href="mailto:cumbies5@yahoo.com">cumbies5@yahoo.com</a>
Co- Asst. Coach – Brynne Buell	625-2154	<a href="mailto:brynneeb@centurytel.net">brynneeb@centurytel.net</a>
Co- Asst. Coach – Thomas Sutherlin	625-1570	<a href="mailto:tsutherlin89@aol.com">tsutherlin89@aol.com</a>
Swim Lesson Coord – Deb Knowlton	625-1163	<a href="mailto:debknowsall@hotmail.com">debknowsall@hotmail.com</a>

**Swimmers**

All swimmers who are residents of Lake St Louis and 18 years old or younger may join the team.

**Fees**

The 2009 swim fee for a Lake St Louis resident is \$70 per swimmer for the first three children per family with the 4<sup>th</sup> child for free. The current cost of an amenity 2009 CA pass for residents is \$64.47 per individual & \$161.18 for a family. For a non-CA member, the per child fee for a guest season CA swim pass is \$91.23 per swimmer. All Registration forms need to be submitted by Friday, May 8<sup>th</sup> to avoid a \$15 late fee charge. The team is limited to 200 swimmers. Therefore, early registration is encouraged. Registration forms can be found on the Lake St Louis web site - [www.lslswimteam.com](http://www.lslswimteam.com).

**Refunds**

In the event a swimmer is unable to participate in this year’s swim team, a parent and/or guardian must provide a written notice to a LSL Swim Board no later than May 8, 2009, to receive a full refund of your registration and volunteer deposit fees. Refunds will be 50% if notified after May 8<sup>th</sup> but before the roster is set for the first swim meet. There are no refunds given after the first swim meet.

**Practices**

(Subject to Change)

**Regular Season Practice begins on 6/1/09 – No Practice on Saturday, July 4<sup>th</sup> – Last Practice 7/31/09**

<b>Morning Practices</b>		
Ages 8 and Under	Monday, Wednesday and Friday Tuesday and Thursday	10:00am – 10:45am 8:00am – 8:45am
Ages 9-12	Monday, Wednesday and Friday Tuesday and Thursday	8:00am – 9:00am 10:00am – 11:00am
Ages 13 and older	Monday – Friday	9:00am – 10:00am
<b>Evening Practices</b>		
All ages	Monday – June 1 <sup>st</sup> & 8 <sup>th</sup> and July 6 <sup>th</sup>	6:00pm – 7:30pm
All ages	Wednesday – June 3 <sup>rd</sup> and July 1 <sup>st</sup> & 29 <sup>th</sup>	6:00pm – 7:30pm
All ages	Wednesday – June 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> & July 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup>	7:00pm – 8:30pm
<b>Saturday Practices</b>		
All ages	Sat – June 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup> & July 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup>	10:00am – 11:30am



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### Attendance

It is encouraged that swimmers attend a minimum of three practices per week. Swimmers may attend as many practices they wish per week. Attendance will be left up to the responsibility of the swimmer to check off in the attendance binder. If a swimmer is away due to vacation and/or camp, please indicate absence in the binder.

### Weather

Practices will be held in light rain. If the weather is severe there will be no practice. If weather is threatening, please do not drop off swimmers without verifying practice will be held. The CA offers no inside facilities to hold a dry-land practice.

### What to bring/wear to practice

Swim suit, towel, swim cap, goggles (extra pair), pool deck shoes, water bottle, and sunscreen. Coaches may request you to bring additional equipment which may include swim fins.

### Team Pictures

Team pictures will be taken by StIDigital and are scheduled for **Monday June 22<sup>nd</sup>**, at the CA pool starting with individual photos at 8am followed by the team picture to be taken at 9:00am. The rain make up date will be Monday, June 29<sup>th</sup> following the above schedule. For individual pictures you will have the option of having a traditional still photo or an in the water "action" photo. All swimmers will need to have team suit and boys are asked to wear the team t-shirt on team picture day.

### Awards Party

Scheduled for **Sunday, August 16th, 2009** from 4-6pm, the awards party will be held at the Lake St Louis Clubhouse in the main ballroom. It will begin with an ice-cream social followed by age group awards. The team provides an end of the year award for ALL participants on the LSL Sea Lion Team. The afternoon concludes with a fun swim for parents and swim team members.

### All-County Meet

This year the All-County Meet will be held **SATURDAY, AUGUST 1<sup>st</sup>** at the St. Peter's Rec-Plex pool. One parent per family will be **required** to work this meet if your child is swimming even if you bought out of volunteering for the regular season meets. This meet allows our swimmers to swim head to head with several teams and in one of the finest swimming facilities in all of Missouri. The All-County Swim Meet registration **DEADLINE is Monday, July 6<sup>th</sup>**. There is no additional fee to participate in this meet. As a participant in the meet each swimmer receives: 1) a per swimmer plaque award, 2) a per family heat sheet of the meet, and 3) a new LSL "All-County Team" swim cap. This meet is **HIGHLY** recommended by our coaching staff.

### Team Suits

The team suit for 2009 is the same as it was for the 2008 swim season. Team suits will be available at Kid's Sports World located off Clarkson road in Chesterfield. You will receive a 20% discount if you let them know you swim for the Lake St Louis Sea Lions. The price after the discount ranges from \$26 for the boys to \$40 for the girls. The suits will also be available for purchase on the evening of the Parent's Meeting.

### Correspondence

Each family will have a folder inside the mail crates that will be at the pool during practice every day. This is where your swimmers will collect their ribbons from swim meets as well as ALL correspondence from the coaches and swim board. Coaches will also have a folder. You are encouraged to leave coaches notes if you are going on vacations, or camps, or just want to share a thought/need with the coaches. In addition to our mailbox system, email is used frequently throughout the season to keep everyone up to speed with the latest information.

### Parent Support

As a parent of a swimmer, first and foremost, we ask that you be encouraging to your swimmer. The coaching staff will be working with all swimmers to teach proper swim stroke technique. They ask that parents refrain from "coaching" their own children from the deck and encourage parents to communicate directly with the coaches before or after practice to discuss any specific issues.



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Other responsibilities

- Each family is asked to contribute a food item or a case of drinks for our home meet concession stand. You will receive a message in your folder mailbox with your assignment as well as an email reminder.
Fundraising - Our fundraising is specifically done to support our senior scholarship fund. We will have a team Chevy's night on Sunday, June 7th from 4-8pm. We will also have Dairy Queen ice cream night (Bryan Road location) after each of our home swim meets Monday, June 22nd, Monday, July 13th, and Monday, July 20th. Finally, we will continue our tradition of having a FUN evening of swim at our annual SWIM-A-THON which will be held on Monday, July 6th from 6 - 9pm. The swimmers will each get sponsors to challenge them to swim laps. We will have music and prizes.
Each family (one person per family) will be asked to volunteer for 1/2 a meet at 3 or 4 swim meets during the season. We have the BEST parent volunteers in the league. It takes a tremendous amount of energy to run a meet and if everyone contributes the meets run smoothly. The volunteer assignments are scheduled on a first come basis based on the swimmer registration date. Our 2009 Co-Volunteer Chairs are Kara Flynn (Lslmom4xs@aol.com) and Darla Young (dawdru@msn.com). Every effort will be made to honor a volunteer's job preference. If a volunteer is unable to work as scheduled, they must find their own replacement. A complete volunteer schedule and team phone roster are provided for this purpose. Anyone not performing his or her assigned job will forfeit the \$80 volunteer deposit on a prorated basis. The various volunteer jobs are listed below.
1. Stroke Judges - For every swim meet 8 total stroke judges are assigned (4 per half). These individuals watch the swimmers to determine if they are swimming each swim stroke within regulation. This position requires attending a stroke judge clinic to be certified.
2. Starter/Announcer - Starts each event, calls events for the bullpen and judges false starts.
3. Ribbon/Scoring Table - Assists with logging times, determining awards and keeping score. Writes out ribbons to top six winners for each event. Our team provides participant ribbons to all swimmers in the 12 & U category.
4. Bullpen - Assign swimmers to lanes and inform starter as to the number of heats per event.
5. Timers - Times the swimmers as they swim their events.
6. Runners - Take event cards from the timers after each heat and delivers them to the scoring table.
7. Hospitality (Home meets only) - Volunteers sell concessions at home meets and supplies drinks to workers.

2009 Meet Schedule Dates

We will have 6 regular meets plus the ALL-County Swim Meet, dates as follows:

Table with 4 columns: Date, Location, Warm Up, Meet Starts. Rows include dates from Monday, June 15th to Saturday, August 1st.

Check the website for any information regarding meets, time changes, and directions. After each meet the individual swim results will be posted. \*\*Please CONFIRM WARM UP & MEET START TIMES on our website before each meet.

Meet Sign-up for Swimmers

We use a binder system for meet signups. You will find the binders on the picnic tables under the deck during practice times to sign your child up for meets. Each meet has a meet deadline requirement for sign up. The coaches encourage ALL swimmers to sign up for all swim meets; however, we know that due to camps, vacation schedules, etc. this will not always be possible. We do ask that you indicate on EACH meet sign up form if you are going to participate or not. If you will be swimming, you are asked to "X" the events you wish to swim. If you are NOT able to swim a meet, we ask that you put a line through your name.



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### General Swimmer Guidelines

1. Swimmers may enter up to four events per meet during the regular season. The swimmer will be able to choose one of the events and the coach will assign the remainder according to the needs of the team. For the All-County Swim Meet, each swimmer can swim 4 individual events PLUS 2 relays.
2. There will generally be 8 practice times available each week. Although swimmers are encouraged to attend as many practices as possible, they should strive for a minimum of 3 per week.
3. In order to participate in a swim meet, swimmers must sign up in the swim meet binder prior to the deadline established for each meet. If for some reason a scheduled swimmer is unable to attend a meet, please list it in the sign up book. If on the day of a swim meet a swimmer must scratch from the meet, it is the swimmer's responsibility to contact the coaching staff prior to the swim meet. At our 6 regular season meets we allow "deck" entries which mean that we can enter swimmers into individual events on the spot. Deck entries are NOT allowed for the All County meet.
4. The All-County meet will be held at St. Peter's Rec-Plex on **Saturday, August 1<sup>st</sup>**. There is no additional fee charged for All County. As a participant in the meet each swimmer receives: 1) a per swimmer plaque award, 2) a per family heat sheet of the meet, and 3) a new LSL "All-County Team" swim cap. This meet is **HIGHLY** recommended by our coaching staff.
5. Each swim family will have a folder kept at the pool. Ribbons won at the meets will be placed in this folder during the week after the meet for the swimmers to pick up. Other general announcements will also be placed in the folder.
6. During a meet, it is a league rule that swimmers and their families are not to approach the scoring table, stroke judges or announcer. If a question or concern arises, please notify a coach or league representative.

### Scoring the Swim Meet

It is important for our coaches to completely cover each event at a swim meet in order to gain individual and relay points. Each team receives points from its highest placed swimmer or relay team in each event. Ribbons will be awarded to all swimmers for 1st through 6th place. When two swimmers in an event have duplicate times, both will be awarded the same points and the same place ribbons, but no ribbons will be awarded for the next place in sequence. (Example: two swimmers share 1st place, then no second place ribbon or points will be awarded, however, points and ribbons will be awarded for 3rd through 6th place.) No points are awarded for swimmers who are disqualified or swimming an exhibition event.

The meet is scored as follows:

Place	Individual Events	Relays
1st	7 points	14 points
2nd	5 points	10 points
3rd	4 points	8 points
4th	3 points	6 points
5th	2 points	4 points
6th	1 point	2 points



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**Swim Meet 2009 Order of Events**

**Note:** With this new schedule of events our youngest swimmers (6 &U) will be finished with their events just past the halfway point of the meet.

<b>Girls</b>	<b>Event</b>	<b>Boys</b>	<b>Mixed</b>
1F	9-10 100 Yard Individual Medley	1M	
2F	11-12 100 Yard Individual Medley	2M	
3F	13-14 100 Yard Individual Medley	3M	
4F	15-18 200 Yard Individual Medley	4M	
	6-U 100 Yard Freestyle Relay		5X
6F	7-8 100 Yard Freestyle Relay	6M	
7F	9-10 100 Yard Freestyle Relay	7M	
8F	11-12 200 Yard Freestyle Relay	8M	
9F	13-14 200 Yard Freestyle Relay	9M	
	15-18 200 Yard Freestyle Relay		10X
11F	7-8 25 Yard Butterfly	11M	
12F	9-10 25 Yard Butterfly	12M	
13F	11-12 100 Yard Butterfly	13M	
14F	13-14 100 Yard Butterfly	14M	
15F	15- 18 100 Yard Butterfly	15M	
16F	6-U 25 Yard Backstroke	16M	
17F	7-8 25 Yard Backstroke	17M	
18F	9-10 25 Yard Backstroke	18M	
19F	11-12 50 Yard Backstroke	19M	
20F	13-14 50 Yard Backstroke	20M	
21F	15-18 50 Yard Backstroke	21M	
22F	7-8 25 Yard Breaststroke	22M	
23F	9-10 25 Yard Breaststroke	23M	
24F	11-12 100 Yard Breaststroke	24M	
25F	13-14 100 Yard Breaststroke	25M	
26F	15-18 100 Yard Breaststroke	26M	
	6-U 100 Yard Medley Relay		27X
28F	7-8 100 Yard Medley Relay	28M	
29F	9-10 100 Yard Medley Relay	29M	
30F	11-12 200 Yard Medley Relay	30M	
31F	13-14 200 Yard Medley Relay	31M	
	15-18 200 Yard Medley Relay		32X
33F	6-U 25 Yard Freestyle	33M	
34F	7-8 25 Yard Freestyle	34M	
35F	9-10 25 Yard Freestyle	35M	
36F	11-12 50 Yard Freestyle	36M	
37F	13-14 50 Yard Freestyle	37M	
38F	15-18 50 Yard Freestyle	38M	
39F	7-8 50 Yard Freestyle	39M	
40F	9-10 50 Yard Butterfly	40M	
41F	11-12 50 Yard Butterfly	41M	
42F	13-14 50 Yard Butterfly	42M	
43F	15-18 50 Yard Butterfly	43M	
44F	9-10 50 Yard Backstroke	44M	
45F	11-12 100 Yard Backstroke	45M	
46F	13-14 100 Yard Backstroke	46M	
47F	15-18 100 Yard Backstroke	47M	
48F	9-10 50 Yard Breaststroke	48M	
49F	11-12 50 Yard Breaststroke	49M	
50F	13-14 50 Yard Breaststroke	50M	
51F	15-18 50 Yard Breaststroke	51M	
52F	9-10 50 Yard Freestyle	52M	
53F	11-12 100 Yard Freestyle	53M	
54F	13-14 100 Yard Freestyle	54M	
55F	15-18 100 Yard Freestyle	55M	



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### **Before the Meet**

Arrive early: Warmups begin 30 minutes before the start of the meet. This is when the swimmer swims a few laps to get ready for the meet. Arrive early enough for your swimmer to be ready when warm-ups begin. **Reminder:** Please be at all meets approximately 15 minutes prior to warm-ups

#### A. Swimmers:

- a. Pick up your heat cards. There are pink cards for girls' events, blue for boys' events. (Mixed relays – 6 & Under & 15/18 age group can be either color). The LSL Pocket Card Banner will be hung on the fence in our team area. Look for our team banner! Maximum number of events per swimmer is 4. This includes individual and relays.
- b. Check your events and if there is a mistake, see a coach immediately. Most swimmers use a waterproof marker to write their events on their hands. No other writing on the skin is allowed! (Parents usually write down their children's events also, so they can watch for their swimmer more easily.) You are now ready to warm up!!!
- c. **Special note for relays:** There will be one official pink or blue heat card for the relay, located in the pocket of the first swimmer of the event. White reminder cards will be placed in the pockets of the other swimmers in the relay. Please look at the relay board to see who you are swimming with and what stroke and/or position you are swimming.

#### B. Parents:

- a. Check in at the worker table to make sure when & where you are assigned, or to see if the team needs some added help.
- b. Drop off your contribution to the concession stand, (home meets only) so the workers can get set up for the early shoppers.

**REMINDER:** Most swimmers like to bring a blanket or sleeping bag to stretch out on the ground. When they are not swimming, they rest, chat with friends, etc. You may want to bring along something to pass the time. Some ideas: a deck of cards, drawing supplies, a good book or magazine and most important to your swimmer is MONEY FOR THE CONCESSION STAND! Remember sunscreen for swimmers and a lawn chair for parents for when they are not working.

### **During the Meet**

- A. Watch for your events to be called to the bullpen. Event numbers will be posted on a board near the bullpen. When your event is called to the bullpen, remember to take – 1) swim cap, 2) goggles, and 3) your heat card with you.
- B. In the bullpen, swimmers will be lined up and lanes assigned. Once your lane is assigned, please remain in your seat until you are moved to the starting blocks. Please remember to keep your voices calm and listen for instructions.
- C. At the starting blocks, hand your card to the timer. Wait for the starter to direct you to start. Swim your event. After your swim, you should talk with one of the coaches. Be sure to rest up for your next event and enjoy something from the concession stand.
- D. Team scores are posted outside the ribbon area. (Ribbons will be placed into your folders at practice a couple days after the meet)
- E. At our HOME MEETS during the half way mark our team has a tradition of challenging the opposing parents to a parent/coach medley relay. The kids love to see us compete. If you are interested in participating all you need to do is come prepared to the meet with a swimsuit and come down on deck when the Parent Relay announcement is made.

**Important:** If you are in need of any assistance, or have a question or problem with a swimmer, coach, parent, or score table, direct these issues to either your League Representative (Pearson Buell) or your LSL Board Chair (Lee Sutherlin) and they will resolve the questions at hand. **This is a league rule.** This is just a brief summary of what you can expect at a swim meet. If you have any other questions, find another team parent who looks like they might know what they are doing and ASK. We were all new at one point and remember how overwhelming it all can be. **Our team strives to have fun - Remember that success is not from winning the race but from trying!!!**



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**Parent's responsibility** is to remember that participating on a swim team is a family event. Both swimmers and parents are making a commitment to learn and enjoy a lifetime sport. You are expected to encourage your swimmer, support your team and to monitor the behavior of both you and your swimmer at any time that you are at a meet or representing our team. We are proud to have each of you as a part of our team!  
Have FUN & GO SEALIONS!

### **Swim Lesson Program**

We have a very successful swim lesson program that is taught by the older swimmers on the Sea Lions team and coordinated by our Head Swim Coach – Deb Knowlton. Every year swimmers move from our lesson program to become full participants on the swim team. If after the first two weeks of swim team practice, the coaches determine that a swimmer is not prepared for the swim team they will make the recommendation to place the swimmer in our swim lesson program at no additional charge to the family.

Cost Per Session = \$40 per child.

#### 2009 Swim Lesson Schedule

All morning swim lessons are on Monday, Wednesday and Friday from 11am-noon.

Morning Session 1	Monday, June 15 <sup>th</sup> – Friday, June 26 <sup>th</sup>
Morning Session 2	Monday, July 6 <sup>th</sup> – Friday, July 17 <sup>th</sup>
Morning Session 3	Monday, July 20 <sup>th</sup> – Friday, July 31 <sup>st</sup>

All night lessons are on Wednesday evenings from 6-7pm.

Night Session 1	Wednesday, June 10 <sup>th</sup> – Wednesday, July 22 <sup>nd</sup> (excluding Wednesday, July 1 <sup>st</sup> )
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## Sea Lions Code of Conduct

As a Lake St Louis Sea Lion athlete, I recognize and agree to the following Code of Conduct at all times while representing the Lake St Louis Swim Team.

- Offer congratulations to my opponents, win or lose, and to cheer my teammates.
- Act and conduct myself with dignity and with respect for others and the property of others.
- Dress in a manner suitable to my position as a representative of the Sea Lions.
- Be humble in victory and courageous in defeat.
- Always teach and practice good sportsmanship.
- Be a responsible goodwill ambassador between the sport of swimming and the public.
- Promote positive high team spirit and morale.
- Cultivate in myself and encourage in all team members the virtues of patience, courage, justice, and sincerity.
- Strive to do my best and encourage all team members to do the same.
- Deal justly, kindly, impartially, and intelligently with all of my fellow team members.

While taking part in any Lake St Louis Sea Lion function:

- I will not cause physical harm or threaten physical harm to a fellow team member, coach, or parent.
- I will not possess, use, or be under the influence of alcoholic beverages, chemical, or illegal drugs.
- I will not behave in a manner that in the opinion of the coaches or team representative is contrary to normally accepted behavior.

I understand that violating any of these may cause me to be sent home at my parents' expense and subjects me to dismissal from the team. This Code of Conduct remains in effect as long as I am a member of the Lake St Louis Swim Team.

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Signed (Swimmer)

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Signed (Parent/Guardian)

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Date

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Date