

Lazers Swim Team 2011 Info

Swim Team Representative:

Gina Barry 571.243.8058 (c) email: ginabarry@msn.com

Dianna White 703.298.2807 (c) email: wythouse@gmail.com

Developmental Meet Coordinators:

Ellen Mayer 703.354.0239 (h) email: ellenmcm@yahoo.com

Angela Sapp 703.916.7441(h) email: sadiesapp@netscape.net

Coach: Hadley Rowland 703.217.0614(c) email: coachhadley@gmail.com

Asst. Coach: Georgia Garney

Schedule

Date	Day	Time	Swim Meet	
June 18	Saturday	9 A.M.	Time Trials w/BrenMar Edsall Park	Home
June 25	Saturday	9 A.M.	@ Hollin Hills	Away
June 26	Sunday	TBD	LPRC Swim/Tennis Fundraiser	Home
June 27	Monday	6 P.M.	Dev Meet w/N. Springfield	Home
July 2	Saturday	9 A.M.	@ Rolling Valley	Away
July 9	Saturday	9 A.M.	Lakeview @ LP	Home
July 11	Monday	6 P.M.	Developmental Meet	TBD
July 13	Wednesday	6 P.M.	Relay Carnival @ Lakeview	Away
July 16	Saturday	9 A.M.	@ North Springfield	Away
July 17	Sunday	4 P.M.	Championship Relay	Home
July 18	Monday	6 P.M.	Dev Meet @ Parklawn	Away
July 21	Wednesday	4 P.M.	All Star Relays	Away
July 23	Saturday	9 A.M.	Parklawn @ LP	Home
July 25	Monday	6 P.M.	IM Carnival @ Annandale	Away
July 30	Saturday	9 A.M.	Divisionals @ Parklawn	Away
August 7	Saturday	9 A.M.	All Stars	Away

Welcome to the Lasers Swim Team 2011

The Lincolnia Park Recreational Club (LPRC) has had a swim team in the Northern Virginia Swimming League since 1960. The NVSL was founded to sponsor competitive swimming and diving in and among the community swimming pools of Northern Virginia. The NVSL seeks to develop in the children “A love for the sport, advanced aquatic skills, team-work, and the principles of good sportsmanship.”

We want to have a successful season for each swimmer:

Improving swim strokes and times
Demonstrating good sportsmanship and building team spirit
Having fun!!

We all look forward to a great season.

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LPRC website: <http://lincolniapark.org>

NVSL website: <http://nvsl.nvblu.com/plasma/core/site/nvsl>

Facebook: Lincolnia Park Recreational Club

Practice Times

After School Swim and Tennis: May 31 – June 25

Time	Swim Team	Tennis Junior Development (JDP) Lessons
4:30 P.M.-5:30 P.M.	11 years old & older	
5:30 P.M.-6:30 P.M.	10 years old & younger	

Summer Vacation Swim and Tennis: June 28–July 30

(Practice times for All Stars from July 28 to August 1 will be determined later.)

Time	Swim Team	Swim Lessons (Two Sessions)	Tennis Team	Tennis JDP Lessons
9:00 – 10:00 A.M.	10 years & younger			Intermediate & advanced
9:30 – 10:00 A.M.	Little Lazars (young beginners)			
10:15 – 11:15 A.M.	11 years & older			Beginner
11:30 - 12:00 A.M.	Swim Lessons	Sign up sheet at pool		
11:30 - 1:00 P.M.			M, T, Th, F practices. Matches are Wed. 8 A.M.	
5:30 P.M.	Tues. Wed. Thurs.			

Coaches

Hadley Rowland – Head Coach. Plans and conducts all practices. She will supervise swimmers during practices and meets, ensuring safety and sportsmanship and compliance with NVSL rules and policies. She will instruct team members in proper strokes starts and turns. She will develop the meet sheet in conjunction with the team representative.

Georgia Garney – Assistant Coaches. Under the supervision of the head coach, the assistant coach is responsible for assisting with all of the above duties and responsibilities.

Parents' Information

Newsletter

There is a weekly newsletter usually available by Wednesday that will be e-mailed to all parents. Directions to away pools will be included and then posted on the Swim Team Bulletin Board.

Distribution of Ribbons

Ribbons will be available at Tuesday morning and afternoon practices from the previous weeks meets. The coaches will distribute them.

Swim Meets

Swim meets are not cancelled because of rain or cold weather. We all must show up and then the decision will be decided. If, during the conduct of a meet, there is thunder and/or lightening, the meet will be delayed or postponed. All swimmers and parents are to clear the pool deck area immediately. Swimmers and parents will be given instructions regarding a place to wait, the waiting time, and the continuation of the meet.

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“A” Meets.

Start Times. All League-scheduled dual meets begin promptly at 9 A.M. on Saturdays. For away meets, we need to be at their pool at 8:15 A.M. If you need your child to get a ride, please make the appropriate arrangements with another family. For home meets, you should be at the pool by 8:00 A.M. for warm-ups. In addition, your prompt arrival will give your team representatives and coaches the opportunity to change the meet sheet if a change is necessary in the event of an unexpected absence or illness.

There are five Saturday morning meets. These are dual meets and are scored. This means that first, second and third place winners score points for the team. Swimmers may swim only two individual events and one relay (boys' or girls').

- Freestyle
- Backstroke
- Breaststroke
- Butterfly (9 years old and up)
- Medley relays (9 years old and up)
- Freestyle relays (8 and under)
- Eight swimmers, four boys and four girls, will swim in their respective mixed age relays.

Swimmers are selected for Saturday meets by the coaches and team representatives. The selection process is based on several factors, but the primary factor is best times. These times can come from any official meet or practice time recorded by the coach. In general, the swimmers with the three fastest seed times in each event will swim that event in a Saturday dual meet. At the same time, the scheduling of participation is a subjective process driven by the need to maximize team points. The needs of the team determine the strokes in which a swimmer will be entered.

“B” Meets

These are Monday evening *developmental meets*. These are not scored, but provide swimmers with the opportunity to swim events under “meet conditions.”

Start Times. “B” meets begin either at 6 or 6:30 P.M. on Monday evenings. Every swimmer is encouraged to swim on Monday. The events for developmental meets are basically the same as Saturday meets except as follows:

- In the freestyle and backstroke, a 6 and under age group is added and the 13–14 and 15–18 age groups are combined into one.
- There is an 8 and under competition in the butterfly.
- There are no relays.
- Individual medleys are added for 10 and unders, 11–12’s, 13–14’s, and 15–18’s.
- There may be multiple heats of each event for younger swimmers.

The eligibility for these meets is affected by the Saturday “A” meets.

- Any swimmer who takes a first, second, or third place in a Saturday meet is ineligible to enter that event except in an unofficial capacity.
- Swimmers not eligible to compete in an event can swim for time only in an unofficial heat. Any swimmer competing in an unofficial heat is ineligible for ribbons.
- Under no circumstances can any swimmer enter more than two individual events.
- Swimmers who age up during the season may enter any event until they take a place in a Saturday meet.

Relay Carnivals

Each year each Division conducts a Division Relay Carnival. The 2011 Division 16 Relay Carnival will be held **Wednesday, July 13** at **Lakeview**. All six teams in our division will come to their pool for an evening of relay races. These include both freestyle relays (each swimmer swims the freestyle) and medley relays (each swimmer swims a different stroke). The next night, all the Division Coordinators meet and relay teams are selected to swim at the All-Star Relay Carnival the following week. The sole criterion for selection to the All-Star Relay Carnival is to have one of the eighteen fastest times in that event as swum at all of the Division Relay Carnivals.

Individual Medley (IM) Carnival

The IM Carnival this year is with 5 to 6 other teams at **Annandale** on **Monday, July 25** instead of a B Meet. The IM involves one swimmer swimming all four competitive strokes in succession. The order of the strokes differs from the medley relay and is as follows: butterfly, backstroke, breaststroke, and freestyle. This meet also includes 25 meter Butterfly for 8 & under.

Divisionals

On **July 30 at Parklawn** , each Division has an individual championship meet, commonly referred to as “Divisionals.” Each team in the Division is allowed to enter two swimmers in each event and a swimmer can enter no more than two events. If a team does not have two swimmers for an event, the other teams can “bid in” other swimmers to fill the empty lanes. This is an individual meet and is not scored. Selection of swimmers for events at Divisionals depends on times. Within each age group, swimmers with the fastest recorded times during the season have their choices of events at Divisionals.

All-Stars

After the Divisionals, all the Division coordinators meet to select swimmers for the All-Star meet, which will be swum on **August 6**. The sole criterion for selection for swimming in the League’s individual All-Star meet is to have one of the 18 fastest times swum that day in an event in the Divisional meets.

Awards

Ribbons are awarded for first through sixth place finishes in all meets. For DQ’s and other finishes, competitor ribbons are given. Ribbons are also awarded during the season every time a Personal Best time is swum in any event.

Swimmer of the Week—Coaches will determine the swimmer(s) who deserves this award for outstanding swimming, effort, and sportsmanship.

Participation Award—every swimmer who attends at least three “A” meets ready to swim and support the team will get a participation award at the End of the Year Party.

Jimmy Knipple Award—established in 1984 in memory of Jimmy Knipple, a former Lazer swimmer who died in the bombing of the Marine barracks in Beirut, Lebanon, in October 1983. Historically, this award has been given to a Lazer swimmer or swimmers who are graduating seniors who exemplify the best in the sport of swimming and dedication to the Lincolnia Park swim team.

Coaches Award—this award is based on sportsmanship, effort, attendance, team spirit, etc. Two awards are given each year for a boy and a girl.

Walt Kruger Award—Established in memory of Walt Kruger, a former Lazer parent and meet official whose primary interest was in the improvement of individual swimmers as reflected in faster times. Two awards, one for a boy and one for a girl, are given annually. These awards are based on meet statistics demonstrating the greatest improvement in times over the season.

Volunteers

Lazers must rely on help from all families of swimmers. We need your help with all meets and social events! The family registration sheet lists some of the volunteer opportunities.

Snack Bar

Our snack bar is an important fundraiser for the team. We ask each family to provide one case (24 cans) of soda to the snack bar. You can drop this off at the guard desk during normal pool hours. Be sure to tell a guard so they may mark your name off the checklist.

Write your name on the case and indicate that it is for the Lazars.

If your last name begins with	Please bring a case of
A – F	Diet Coke/Diet Pepsi (regular or caffeine-free)
G -- M	Coke/Pepsi (regular or caffeine-free)
N – Z	Sprite/7-Up (regular or diet)

All families are asked to donate food items for sale at the snack bar for each home meet. The following donations of bulk quantity items would be a great help: Power Bars—one multi-pack usually is enough; multi-pack of Frito Lays; cases of bottled water or Gatorade; containers of Ring Pops, Push Pops, Air Heads, candy necklaces, Twizzlers, Gushers, Starburst, Fruit Rollups, etc.; and cans of nacho cheese. Some fruit dropped off on the day of the meet would be great, but in small quantities (for example, bananas, apples, oranges, or grapes). Baked items such as brownies, muffins, or cupcakes, individually wrapped, are also welcome.

Swim Meet Officials

Please keep in mind that it takes a minimum of 40 people from LPRC to host a home swim meet. We need almost as many volunteers to help at away meets. All officials are asked to wear navy blue bottoms with a white top. If you are interested in serving as an official, please attend an NVSL clinic. See attached for details.

The following officials serve at the swim meets:

The **Referee** is the chief official for each swim meet. Responsible for the conduct of the meets and is the final authority on the interpretation and enforcement of all swimming rules. Prior to the start of each race, the referee sounds two or three short blasts to advise the participants to get ready.

The **Clerk of Course** makes sure the right swimmer gets to the right place at the right time.

The **Starter** ensures that all swimmers are given a fair and equitable start. The starter will instruct the swimmers to “Take your mark.” After all swimmers are ready and still, the starter will start the race. A race can be recalled only if it was a bad start by the starter (i.e. not all the swimmers were ready) or for a safety reason.

Stroke and Turn Judges ensure that all swimmers obey all the rules for the stroke that they are swimming. If a stroke and turn judge sees a violation of the rules, he or she raises his/her hand to signify that an infraction has occurred. A Disqualification is recorded in duplicate on a disqualification slip, which the referee reviews and approves and forwards copies to the table workers and the team representative. The team representative will review the disqualification slips with the coaches to correct these errors during practices.

Marshals are responsible for ensuring that warm-ups are conducted safely and that order is maintained during the warm-ups. Duties include ensuring that swimmers enter the water feet first (diving is allowed only in circumstances when a lane is “one way” away from the starting end). They also stop any horseplay and make sure swimmers are not hanging or sitting on the lane lines.

Relay Take-off Judges ensure that each swimmer touches the wall before the next swimmer in the relay leaves the deck. During relays there are four relay take-off judges at each end of the pool (two per lane). Each judge notes on a slip of paper whether each swimmer in his lane left before or after the swimmer in the water touched the wall. Relay take-off judges do not raise their hands

when they observe an early take-off because a disqualification occurs only if both judges observed an early takeoff.

Timers start their watches on the strobe light from the Colorado system and stop their watches when the swimmer touches the wall. There are three timers per lane and all three times are recorded. The middle time is the official time. The chief timer collects the time cards from the timers, reviews them for accuracy and completeness, and forwards them to the table workers.

Table Workers study the time cards and any disqualification slips and determine the order of finish for each event, score the meet, and prepare ribbons for the participants.

The **Team Representatives** are the designated recipients of all disqualification slips for his their team and is the **only** ones with any official standing to challenge any decisions made by the referee.

NVSL Rules

Every family receives a copy of the NVSL handbook. The rules for the conduct of Saturday League meets and developmental meets are in this handbook. Please review this handbook.

Two rules that may affect your child are the substitution rule and disqualifications (DQ's). When swimmers have been listed in the meet sheet and then do not come to the meet, the team rep can either scratch the swimmer and substitute no one or substitute a swimmer. The new swimmer may not already be listed in two events.

Swimmers can be disqualified by swimming the stroke incorrectly or finishing the stroke incorrectly. We find that the breaststroke and butterfly are difficult to learn. The backstroke flip turn is another difficult technique where even experienced swimmers fail to execute the turn correctly. Please help your child to understand that even our very best swimmers have been disqualified in their swimming career. This is part of the learning process.

Lazer Rules

1. Swimmers (or parents) must notify the team representative and Coach by **Tuesday practice** if they are not going to be available for a Saturday meet.
2. Parents must arrange for their children's transportation to and from meets. Your child may be able to catch a ride with another parent, but it is your responsibility to make these arrangements.
3. Discuss basic safety with your child. **HORSEPLAY WILL NOT BE TOLERATED AT PRACTICE.** Keep in mind the pool is closed during team practice in the mornings. No one is allowed in the baby pool, the wading area, or in the guard office. No one should interrupt the coaches or swimmers during practice; this is very distracting. Parents who are waiting for their children are encouraged to stay in the picnic areas.
4. Warm up time is to be used seriously. There is no horseplay. Use this time wisely and confirm your stroke(s) with the coaches. Be sure to check your stroke count into the wall.
5. During meets, swimmers should not leave the team area without the permission of the team marshal or coach. Further, parents are not to be in the team area
6. All swimmers must assist in cleaning up the team area after all home or away meets.
7. **HAVE FUN.**