

Welcome, LIZARDS!

Summer swimming at Lawndale Swim & Tennis Club is a short-but-packed season of fun practices, competitions, and social events for all levels of school-aged swimmers. Each season our team is composed of **returning AND new swimmers**, and what we can do as a team varies based on the availability of parents to facilitate essentials and the extras our team loves.

Please take a few moments to review this new swim team “primer,” so that everyone knows what’s up for this season, as well as how and when to volunteer, to launch our team to another great season.

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## Getting Started/To Do List

- Join the team at the Pool Open House/team ice cream social, or during a practice.
- Complete both the Lawndale swim team & required CSA forms when you turn in your payment.
- Purchase a team swim suit(s), if needed (the same style is used two years in a row). Team T-shirts and caps will be available prior to the first meet.
- Pick-up your swimmer's Swim for Cancer envelope and participation information.
- Sign-up for which meets your swimmer(s) will attend.
- Volunteer to work at meets and/or doing other team jobs (see contacts for several opportunities—everyone should plan to do something☺)
- Bring your swimmer(s) to practices!



## Practices

**Practices:** Coaches have swimmers swim laps to develop endurance, teach and work on all strokes, turns, starts, stops and meet rules for competition. Prior to the 4 weeks of competitions, after school practices are available at Lawndale after Memorial Day. Additionally, for those wanting to warm-up prior to our summer season, several year-round teams (see contact information at end) offer special programs and rates to do so.

Please try to make as many practices as you can as this time spent in the water is essential to both individual and team success. Practice is also a time to reinforce sportsmanship and facilitates team bonding. We have a GREAT team full of wonderful swimmers and we want to embrace it and strengthen it at every opportunity! In addition, please plan on arriving for practice 10 minutes prior to the “start” time as that provides our swimmers time to stretch and prepare to get in the water promptly. If you have occasional a conflict with a practice time, please let the coaches know so that we can see if there is a way to temporarily schedule your swimmer at a different time. DO NOT forget to bring your goggles, towel and water bottle to EVERY practice!!!

**Afternoon Practices** (May 26 – June 12): 10 & Under = 4 – 4:45 PM  
11 & Up = 4:45 – 5:30 PM

**Morning Practices** (June 17 – July 9): 10 & Under = 8:30 – 9:30 AM  
11 & Up = 9:30 – 10:30 AM

**Stroke clinics:** As a supplement to our everyday practice session, we also offer Stroke Clinics on Monday and Wednesday evenings (from 6:30 – 7:30) after school lets out. Please note that stroke clinics are NOT a substitute for practice as the format is quite different. Stroke clinics focus solely on fine tuning stroke technique and other specific elements of the sport. Each week, the coaches review any weakness have been repetitive at the meets and will take this time to address the needs of the team.

**Communication:** We WANT to hear what you have to say and we want to be able to focus on you so if you have anything that you need to discuss with any of the coaches, please wait until AFTER all practices are complete. We have a limited time in the pool and we want to make the most of it for your children. If there is something during practice time that requires immediate attention, please contact one of the parent representatives: Kim Gentry or Terri Hawkins and they will bring it to the coach's attention at the earliest convenience.

**Little Lizards:** For your younger swimmers, the team coaches, assisted by volunteer swim team members, work in small groups teaching basics of swimming. There are twelve sessions total for a nominal fee of \$50 for ages 3-4, or \$65 for ages 5-7 (this is \$4.50 - \$5.50 per session—a bargain for you to “test the waters” with your child). Most pools don’t offer this type of program, nor at such a low price—but so many of our wonderful swim team members today began as “Little Lizards.” The Little Lizard schedule is as follows:

**June 16<sup>th</sup>, 17<sup>th</sup>, 19<sup>th</sup>, 22<sup>nd</sup>, 24<sup>th</sup>, 26<sup>th</sup>, 29<sup>th</sup>**  
**July 1<sup>st</sup>, 2<sup>nd</sup>, 13<sup>th</sup>, 14, \*15<sup>th</sup>**

*\*The Little Lizard celebration party will be after practice on the 15<sup>th</sup> of July.*

**Private Coaching:** If your child is participating on swim team and you feel that they could benefit from some more individualized attention or if they would like to focus on a specific element of stroke development, this is just the thing for you! Our coaching staff will offer 15 – 30 min private “coaching” sessions for \$15 - \$20 per half hour (cost is directly related to the coaches’ experience). This is a great opportunity to go further than is possible in the large group team setting, to target areas of need unique to each swimmer. There is a binder in the guard shack with additional information and sign-up sheets or touch base with one of the coaches or parent reps after practice.

**Private lessons:** Whether your child is of Little Lizard age and would benefit from individualized attention, is of swim team age and is not comfortable participating on a competitive level, or even you as an adult wanting to learn, private lessons are available by the pool staff (lifeguards & coaches). Check the guard shack for names, contact and sign-up information.



## Volunteers

**Volunteers:** Our Lizards depend on a super team of volunteers to make our swim season as smooth, fun, and successful as it is. ‘Many hands make light work’...and the meets go by faster! Terri Hawkins is our volunteer coordinator and has done an EXCELLENT job at organizing the needs of the team. Lawndale has a reputation for outstanding volunteer support and as a result has been a “mentor” for new teams joining the CSA in an effort to “show them the ropes” and get them off to a good start.

To support our team by volunteering all you need to do is:

1. Get your copy of the **2009 Lawndale Lizards Swim Team Contacts**, which lists people to contact about any of your interests for supporting the team.
2. Sign up online at the beginning of the season for where you can volunteer. A separate note will be sent out regarding the web address.
3. Regular volunteer needs at SWIM MEETS include:

\*Meet Referee In-Training

\*Place Judge

Clerk of Course

Timers

Scorer Time

Computer Input

Bakers for Bake Sale

\*Starter

\*Stroke & Turn Judge

Head Timer

Runner

Averager

Bake Sale Coordinator

*\*= Requires CSA Certification. Attendance at 1 session is required. 2009 Training dates are:  
Stroke & Turn: Monday May 11<sup>th</sup>, Thursday May 14<sup>th</sup> & Tuesday May 19<sup>th</sup>  
Referee / Starter: Tuesday May 12<sup>th</sup>, Monday May 18<sup>th</sup> & Thursday May 21<sup>st</sup>  
Sessions will run from 7:00 PM until 8:30 PM at the Bryan YMCA in downtown Greensboro.*

4. Other volunteers needed throughout the season include:

|                                   |                                |
|-----------------------------------|--------------------------------|
| Pancake Breakfast Chefs           | Spaghetti Supper Coordinator   |
| Awards Banquet Dinner Coordinator | Swim for Cancer Representative |
| Grasshoppers Night Coordinator    |                                |

5. Finally, CITY MEET volunteers include:

|                    |              |
|--------------------|--------------|
| Parade Coordinator | Tent Parents |
|--------------------|--------------|

If you have any questions about what these volunteer positions involve, please see or contact one of the parent representatives.

*Thanks in advance for helping this season!*



## Swim Meets

The Community Swim Association (CSA) schedules Lawndale's dual meets and the championship citywide meet ("City Meet") in which all city teams compete. See the CSA website (<http://www.greensborocsa.org/>) for meet information, schedules, directions, as well as winning times and team scores throughout the season.

**2009 Schedule:** Dual meets begin promptly at **5:30 p.m.**, with required warm-ups at **4:30 p.m.**

|                      |                                                                                                                                                                   |
|----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday, June 15      | TBD                                                                                                                                                               |
| Thursday, June 18    | Lawndale @ Battle Forest                                                                                                                                          |
| Thursday, June 23    | Bur-Mil @ <b>Lawndale</b>                                                                                                                                         |
| Tuesday, June 30     | Forest Oaks @ <b>Lawndale</b>                                                                                                                                     |
| Monday July 6        | Lawndale @ Southeast                                                                                                                                              |
| <b>**July 9-11**</b> | <b>City Meet @ Lindley Pool</b> (more detailed info, including swimmer entries, schedule, volunteer needs, will be available for City Meet closer to these dates) |

**Dual Meets:** Dual meet participation helps the coaches determine your swimmer's entries at City Meet and helps your swimmer establish goals and mark their successes. Attendance, promptness, good sportsmanship, and staying together as a team at each meet are as helpful to the team, if not more than how fast one swims...swimming is a team and character-building sport!



## Keys to Swim Meets...

**Swimmer essentials:** LABEL EVERYTHING & ALWAYS KEEP YOUR THINGS TOGETHER (a bag is suggested), swim suits, goggles, towels, team shirt, swim cap, proper diet and hydration (light carbs, including fruit, and protein, if needed at meet, sports recovery drinks, water—no soda, heavy, greasy foods).

**Warm-ups:** Although dual meets begin promptly at 5:30, all swimmers should arrive at 4:30 to warm-up in the home or host pool, according to the assigned team warm-up schedule. Warm-ups are important to prevent injury and for swimmers to regain their "feel for the water" and establish a comfort level with the pool, prior to competing.

### **Sportsmanship & Swim Traditions:**

- After each event, **stay in the pool** until all lanes in your event are finished swimming
- **Shake hands or congratulate all competitors** before (but quickly) exiting the water
- Do not wear other team insignia on cap, swimsuit, goggles, etc. during swim (high school, year-round)
- Express team pride BUT with great sportsmanship (don't speak poorly of the other team!)
- Talk to your coaches before AND after every event for last minute motivation and feedback
- Throw all our coaches in the pool after a Lawndale win is announced (only if it's a home meet and only if you can catch them!!)

**Line-ups:** Every swimmer's full participation is important to the success of our team. Each swimmer can swim a maximum of three individual events, and up to two relays, according to the coaches' discretion. Putting together an entire team's events optimally, or according to whatever goals the coach has for that meet, is called a "line-up." Often the coaches will assign a swimmer an event that may not be his or her personal favorite. They may do this to give a swimmer the experience, or possibly to maximize our team's scoring potential, based on who is swimming at that meet. Please encourage your swimmer to do his/her best, even when not swimming an event of his/her/even your choice.

**Advance notification of Absences:** We realize that swimming is not your family's only summer activity but ask that you give the team the courtesy of notifying the coaches in advance of any absences from meets. Because of the multitude of events and swimmers, and the complexity of doing strategic line-ups, it is important for coaches to know of any potential absences from a meet(s) well in advance. It is preferable to "sign-out" your swimmer as soon as possible, ideally at registration, if your family knows your vacation schedule already, but **no later than 48 hours prior to the start of the meet.**

The registration form has a section to mark the meets in which you can attend. If something changes we prefer that you sign out or notify us via e-mail or phone call; please refer to the "Contact List" for the most recent contact information. If your child is sick and unable to compete, please convey this to the coaches as soon as possible prior to the meet. If you are unable to get your child to the meet, PLEASE let the coaches or the parent representatives know and we will do what we can to get transportation for your swimmer.

If a swimmer has not notified the coaches that he/she will not be present for a meet (by signing out in advance), the coaches assume the swimmer is attending and schedule accordingly. When swimmers do not show up to a meet that they have not signed out for, or if they leave a meet early, it can severely affect relays as well as overall team morale. In rare cases, a "no-show" can completely eliminate a relay, which will let 3 teammates down.

**Scoring:** For our dual meets, points are given for the top four places for individual swimmers and top two places for relays for each age and event. Though it's fun to have the fastest swimmer on your team, consistently taking 2<sup>nd</sup> and 3<sup>rd</sup> places can earn just as many points. Relays are worth more points, so can often decide the outcome of a meet. Thus it is important to your team that you not miss an event or especially a relay—your team needs you, even if you are tired or think you are not the fastest!

**Disqualifications (DQ's):** CSA trained officials, called Stroke and Turn Judges and the Referees, watch swimmers to determine that they are using proper/legal starts, strokes, turns and finishes. When an infraction is observed by the judges (and concurred by the referees), the swimmer is "DQ'd". If that swimmer placed, the place is forfeited to the next fastest legal swimmer. Because of this, it is always likely that a second or even third place finisher can end up first place, however slower he/she was. Hence, in training, coaches commonly encourage swimmers first to learn to swim legally, THEN to tweak their technique to swim fast.

While understandably it is disappointing to be “DQ’d” for a swim, rules level the playing field and are for the swimmers benefit. Coaches teach proper stroke, turns, and finishes, but it is a lot for a young, new swimmer to retain and do when under pressure at a meet—and even experience swimmers goof! DQ’s are normal and frequent for any team at the beginning of each summer season, and generally diminish as we progress toward City Meet. As part of the learning process, DQ’s motivate swimmers to pay more close attention to their coaches training and instruction, and prepare them for City Meet.

**Ribbons/Prizes:** Ribbons are awarded for the top ten places at dual meet, with points being earned for the 1<sup>st</sup> four individual places, and top two relays. The newspaper announces team scores and individual triple event winners. All age group winners and times can generally be found on the CSA website a day or so after each meet.

At Lawndale’s Team Banquet (after City Meet), Lawndale awards:

- Participation trophies to the swimmers (except for high schoolers, which their registration price reflects) at our team banquet.
- Coaches’ awards
- And the team trophy (if undefeated) is displayed



## City Meet DE-MYSTIFIED!!!

City Meet refers to the City Swimming Championship, in which more than 2,000 swimmers, from ages 5 to 18, from all 23 local summer swim teams, compete against one another at Greensboro’s Lindley Pool. It is held the Thursday, Friday, and Saturday the week of the last dual meet (with a rain date, if needed). Points earned there determine next year’s competition for dual meets.

Each team is assigned a tent, where swimmers check in and out between their events with a parent in charge, commonly called a “Tent Mom,” since moms typically take this task on for two-hour shifts. The team provides some refreshments (by sign-ups), and individuals keep snacks and drinks, talk, and play games. Swimmers are NOT allowed to leave the tent without specific permission from the tent mom – **THIS INCLUDES THE OLDER SWIMMERS!** City Meet is a huge event and it is very easy to lose track of people, location and time. We realize that everyone has many friends on other teams but swimmers should **wait to socialize until after all of their events are completed.**

The schedule varies annually, but typically if a swimmer competes on Thursday, every event is a “final” meaning it is only swum once. Swimmers who compete on Friday and Saturday will have “preliminaries” in the mornings which will establish the 20 fastest swimmers/times in each age group. These 20 swimmers will compete again at “finals” in the afternoon session. Relays are also scheduled throughout, and a CSA wide parade of all the teams is held prior to the afternoon session of the last day. After Saturday finals, team and individual awards are presented.

While City Meet is essentially like a large dual meet, rules are stricter-but-essential for its smooth administration, simply because of the sheer numbers of kids and teams. For example, if a swimmer does not show up to the gate to cue up for his/her event with the Clerk of Course in time, once the gate is closed, that swimmer forfeits that event. If a swimmer misses more than one event during a meet, it means that he/she **forfeits his/her further participation in the entire meet.** No-shows at City Meet are not only embarrassing, reflecting poorly on our coaches and team, but also mean we forfeit money needlessly paid for entries

**Warm-ups:** City Meet warm-up times and lanes are assigned in shifts by the CSA; swimmers and parents will be notified of times and lanes prior to the meet.

**Etiquette/protocol/swim traditions:** Do NOT forget your Lawndale Pride! Remember to practice good sportsmanship and respect of fellow swimmers, other teams, parents, coaches and officials.



**Team Social Opportunities:** Dinners after meets, movies on meet/other days, get-togethers like Bounce U, Swim for Cancer activities (swim laps, tennis ball dedications, decorations, pizza lunch, prizes like Wet n' Wild tickets, t-shirts, night out with coaches, etc)

**Time to Eat!** Pancake breakfasts the morning of swim meets, treats on ribbon award Thursdays, Pasta Dinner the Tuesday before City Meet, and our awards banquet, usually the Tuesday after City Meet

**Snack Shack (more food!):** Usually open during meets, sometimes with additional grilled burgers and dogs also available (for spectators or swimmers completely done, including relays)

**Swimmer of the Week:** Up to 2 swimmers per week will be awarded "Swimmer of the Week" on Friday mornings based on efforts at practice, meets, team spirit and overall sportsmanship.

**Swim for Cancer:** Lawndale Swim & Tennis Club has raised over \$24,000 in just the past 4 years, having participated in this CSA tradition for the past 34 years. The Swim for Cancer program raises money for cancer research via swimmers getting sponsorships for swimming laps with the team. Our club created our own one-of-a-kind **Tennis Ball Tow**—celebrating its 5<sup>th</sup> anniversary this year—to promote involvement among our entire swim and tennis membership. Prior to swimming laps, donors dedicate tennis balls (provided by our tennis pro's and members, one for each \$10 donation), in honor of cancer survivors or in memory of family and friends. Balls are decorated by the swimmers on a date prior to swimming laps, and then towed as they swim. This gives the swimmers a tangible way to share the burden of fighting cancer. Money raised is reported and collected prior to City Meet, at which time all club totals are announced for the season.

**Fundraisers:** Bake sales at home meets, 4<sup>th</sup> of July Silent Auction and throwing Pie in the Coaches' faces are for raising additional funds for team equipment, celebrations, and/or our Swim for Cancer involvement.

**Pictures:** PLEASE NOTE: No flash photography at starts during the swim meets. With great digital cameras these days and all the experience setting up our team photos we are interested in a parent photographer to take this year's team pictures, charging a little over cost to print with the extra any profit being a team fundraiser to defray team costs, but also saving members money compared to professional costs.



## Swim Terms

**Freestyle (Free)**-Technically, a swimmer can swim about any way possible to finish, as long as he/she touches the wall to turn and finish, without stopping to stand or touch the bottom. Obviously, they train for optimal performance!

**Back stroke (Back)**-Swimming on the back, shoulders not past vertical, except on the turn when touch wall (which if is a flip requires continuous motion)

**Breast stroke (Breast)**-Stroke requiring simultaneous arm pulls under water, but not below waist, and simultaneous “frog” kicks (not flutter or scissor kicks)

**Butterfly (Fly)**-Another stroke requiring simultaneous arms, but recovering over the water and pulling under, with feet doing a dolphin kick

**Individual Medley:** An individual event swimming all four strokes in the following order: Fly, Back, Breast, Free

**Medley Relay:** A team relay event with a different swimmer for each of the following stroke order: Back, Breast, Fly, Free

**Freestyle relay:** Another team relay event with four swimmers each swimming free.

**Starts:** On the block or in the water for back, once a referee calls on your mark, there should be no movement (not even adjusting goggles, swaying, talking, etc.) until the start horn (or the starting referee DQ's the swimmer).

**Turns:** Must touch the wall, with one hand or foot for free or back, but with simultaneous hands for breast and fly.

**Finish:** Must touch the wall, with any part of body for free or back (unfortunately, the head is common), but with simultaneous hands for breast and fly.

**Whistles:** Short whistles get ready and approach start; long whistle step up on block/or jump in water for back



## Year-Round Swim Clubs

For those of you who would like to swim beyond the summer, we have several teams in our area, with some of our Lawndale swimmers having experience with the following:

Greensboro Community YMCA (GCY) <http://www.gcyswimteam.org/>

Greensboro Swimming Association (GSA) <http://www.gsaswim.org/>

STAR Aquatics <http://www.staraquatics.net/>

At the CSA website, <http://www.greensborocsa.org/>, click on Links for even more information about the wonderful world of swimming.