

2014 Lake Park Swim Team

Thank you for coming to this year's Parent Meeting. We're all looking forward to a great swim season this summer! Swim team information: <http://www.lakeparkpool.com/swimteam.html>

Swim Team Parents Meeting Tuesday, March 18, 2014 @7:00 pm

1. **Welcome** *Stew Esposito*
2. **Registration** *Helene Lane*
 - \$75/swimmer fee required for each swimmer. Checks made to "Lake Park Swim Team"
 - Please fill out all applicable forms on last pages of handout
 - NOTE: To receive trophy or team plaque, swimmer must participate in three (3) dual meets
 - Deadline: Registration must be turned in with payment by **May 31, 2014**
 - **Late fee of \$15/swimmer collected beginning June 1st.**
3. **Budget** *Beth Robbins*
4. **Volunteers** *Jean Farrell*
 - Swim meet schedule included in handout
 - Swim Meet Job signup via Sign-up Genius – watch for emails
 - Try new job at Blue/White Meet
5. **Swim suits** *Janis Suits*
 - New suit. Size information in this handout
 - Sizing kit and Order sheet circulated at the parent meetings. This is the only time the sizing kit will be available.
 - If you miss the parent's meeting, see attached ordering information for details.
6. **Swim Team** *Stew Esposito*
 - Head Coach: **Stew Esposito**; Assistant Coaches: TBD; some returning, some new.
 - 6 & under Swimmers: need to be able to swim 25-yards to participate in meets,
 - Mini- Marlins practices for those swimmers needing extra confidence before stepping up to the swim team
 - Afternoon practice starts May 12, Morning practices (by age group) starts June 13
 - Weekly events on most Tuesdays; special Beach & Water Park trips; Team Pictures, Banquet
7. **Newsletter, Concessions, Merchandizing, Banquet, Fundraising**
 - Marlin Messenger Newsletter needs youth reporters – Sign up sheet
 - Concession donations for home meets – Good moneymaker for the team!
 - Merchandizing, Fundraising events & Swim team Activities.
 - Banquet – St. Andrews Presbyterian Church; Tuesday, July 29, 2014

Practice Schedule

Afternoon swim team practice begins on Monday May 12th and regular morning practice begins Monday, June 16th. Once regular morning practice begins, afternoon practices are typically for swimmers who are unable to attend the morning workouts. Morning workouts are strongly encouraged.

Monday, May 12, 2014: Afternoon Practice Schedule

Swimmers are to be properly dressed for dry land: t-shirts, shorts, sneakers, hoodies/sweatsuits, towels & swim suits NO FLIP FLOPS

Ages 11 & up: 4:30 pm – 5:30 pm

Ages 7-10: 5:15 pm – 6:15 pm

Ages 6 and under: 6:15 pm - 6:50 pm

Monday, June 16, 2014: Morning practice begins

Morning Practice Schedule: Ages 7-10: 9 am – 10 am
Ages 11 and up: 10 am – 11 am
Ages 6 and under: 10 am - 10:30 am

Afternoon Practice: Ages 7 and up: 5 pm – 6 pm
Ages 6 and under: 6pm – 6:30 pm

On Wednesdays, following swim meets, there will be one combined morning practice at 10:00 am. Afternoon practice will be at the regularly scheduled time.

Swim Team Stroke Development

As a means to provide the best instruction for our swimmers as well as take advantage of local coaching expertise, we will sometimes have local year-round swim team coaches provide free stroke clinics for our team. These clinics will be organized by the coaches to focus on what we need the most work on as a team. Dates and times will be announced by email and during practice and will typically be during regular practice times.

The coaches encourage each child to take at least one Stroke Development Session. This gives your child more time with the coaches in a more intimate setting of 2-5 kids. We will be reviewing a stroke per day, breaking it down into the basics for a review and working on specific drills for what your child needs improvement on. The Lake Park swim team coaching staff highly recommends these for your child.

Meet & Event Schedule

Swimmers **MUST** arrive to **HOME** meets by 4:45 p.m. and to **AWAY** meets by 5:15 p.m.

Date	Event	Location
Saturday, May 10 @ 1:00 pm	Parent Meeting- New Parents	Pool Shelter
Tuesday, June 10 @ 5 pm	Blue & White Meet	Home
Tuesday, June 17	Swim Meet	@Heritage Wake Forest
TBA	BOOK SALE	Pool Shelter
Tuesday, June 24	Swim Meet	@Northbrook
Wednesday, June 25	Emerald Point Water Park	Greensboro
Tuesday, July 1	Swim Meet	Springdale (Home)
Tuesday, July 8 <i>Individual/team pictures</i>	Swim Meet <i>Pictures @3:30</i>	Seven Oaks (Home)
Friday, July 11	Beach Trip	Wrightsville Beach
TBA	Pancake Breakfast	Pool Shelter
Tuesday, July 15	Swim Meet	University Club (Home)
Tuesday, July 22	Swim Meet	@Greystone
Saturday, July 26	TSA Swim Meet (TSA)	Curren Aquatic Center (TAC)
Tuesday, July 29	Swim Team Banquet	St. Andrews Presbyterian Church

VOLUNTEERING

It is essential that parents volunteer to support the activities of the Lake Park Swim Team. Please remember that the swim team needs your help – and more than once! We need help from all parents whether your child is a novice swimmer or a senior swimmer. The jobs are easy to learn and someone will always be there to help you. We have an EXCELLENT record of volunteering at Lake Park!

*As an example, if we have 80 families this year and we have 269 volunteer positions to cover during the season, each family will need to volunteer for **at least 4 meets**. Families that are veterans to the swim team, please volunteer for positions that require more experience in order to leave the easier jobs to newer parents.*

Thank you in advance for your support of our swim team this season! If you have any questions, comments or concerns about volunteering, please feel free to contact Jean Farrell either by email at pjfarrell@mindspring.com or by phone at 919-649-2713.

Volunteer Positions and Descriptions

Please consider trying something new this year! If you are interested in a position that requires TSA training, attend a clinic or shadow our current volunteer in that position for a meet to see if you like it. All these volunteers were novices at some point! Below is a brief description of each volunteer position:

TSA Representative *(1) – Represents the swim club on the Tarheel Swimming Association (TSA). The representative attends monthly regular TSA meetings and assigned TSA committee meetings. The TSA Representative ensures that dual meets are executed according to TSA rules and resolves issues that arise during a dual meet, including weather issues, according to TSA procedures. (Appointed position)

Swimmer Check-in (3) – One volunteer will ensure that all swimmers arriving at the meet are checked in on the team list. Two volunteers will write the swimmer number on each arm of every swimmer to clearly identify them for the timers.

Announcer (1) – Calls swimmers to the clerk of course for each event, announces main events and updates score after each event. (Home swim meets only.)

Clerk of Course (2) – Get swimmers to the starting blocks for their events and ensure swimmers are in the correct heat. Also gets event sheets to the recorder before the main heat of each event. The Clerk of Course assistant helps keep the kids in place and also acts as backup.

Starter (1) – Starts each event with an appropriate starting device; asks whether judges and timers are ready; announces gender, distance and stroke; directs swimmers to "Take your mark."; pauses to ensure no early start; gives starting signal and calls false start if needed. Starters must attend TSA training clinic. (Home swim meets only.)

Stroke and Turn Judges (2) – Makes sure that swimmers perform the stroke according to the regulations established by TSA. Stroke and Turn Judges must complete a TSA training clinic.

Place Judges (3) – Determine the first through sixth place swimmers in each event and handle any disputes about how the swimmers place. There are six place judges for each meet that judge only the main heats of each event. Our team covers three of these positions. The opposing team covers the other three positions. The first place judge runs a stop watch in order to capture the time of the winning swimmer in each event.

Recorder (1) – Finalizes place finishes from place judges and assists them in handling any disputes about swimmer placings. Records place finishes and winning time on the event sheets. (Home swim meets only.)

Runner (1-2) – Responsible for taking disqualification slips from the stroke & turn judges to the scorer. Delivers the event sheets from the clerk of course to the recorder prior to the start of an event and then from the recorder to the scorer's table after the event is complete.

Scorer/Team & Pool Records*(1)- Present at each meet (can practice at Blue/White) . Prepare score sheets for each meet. During meet neatly records 1,2,3 & 4 place winners in each main heat and disqualifications from each event and scores on the score sheet. (Requires specialized training) Also keeps track of team and pool records during meet. Keeps announcer apprised during meet of score and any new records. Upon conclusion of meet updates team and pool record board.

Time Sheets/Hy Tek Data*- Collects Timer sheets upon conclusion of each meet and inputs data into database. Prints out reports of times for each swimmer and posts at pool. Keeps track of points for Keever awards.

Heat Winner and Participant Ribbons (2) – Hand out heat winner and participant ribbons to swimmers that are not swimming in main heats in the 10 and under age group events. (Home swim meets only)

Ribbon Writer (2) – Completes the forms on the back of each ribbon (name, event, etc.) for the main heats from the event sheets provided by the Recorder.

Timers (6-10, depending on the number of lanes at the pool) – Time all the swimmers in the lane assigned. Our team will have timers in half the lanes at each meet. Two timers are assigned to each lane. One person operates the watch and the other records times.

Relief/Backup Timers (6-10) – Times the second half of the meet or takes over for timers who need to leave the meet early or who need to take a break during the meet. Also may be required to step in if a timer is late or cannot make it to the meet at the last minute.

Head Timer (1) – Runs two backup stop watches in case a regular timer doesn't get a time for a swimmer. The Head Timer must be able to run two stop watches simultaneously. (Home swim meets only)

Kid Pushers (6) – Find and takes swimmers in their assigned gender and age group to the clerk of course when the announcer calls their event. Also assists clerk of course in organizing swimmers in the correct order according to their heat on the benches or seats in the starting area. One volunteer required for each gender/age group up to and including our 9-10 swimmers.

Lane Pushers (3) – Works with Clerks of Course from both teams behind the starting blocks to keep swimmers in the proper order so that the starter can keep the meet running quickly. Lane pushers will be responsible for monitoring two lanes each.

Concessions (6) – *Work in the concessions area during the meet. Every effort will be made to ensure that concession volunteers see their children swim their events at the meet. (Home swim meets only)*

Banquet Volunteers – *Our banquet committee headed by Ann Croft and Karen Farrell will be in charge of facilitating the end of year banquet. Volunteers are always needed and appreciated for this great event. Please contact Ann anncapca@bellsouth.net if you are interested in helping with the banquet.*

Fundraising Volunteers – *Our fundraising committee is in need of volunteers to help with this important activity. The swim team registration fee is kept low by supplementing the budget with fundraising activities like the Book Sale, Silent Auction, Penny Wars and donations from our Sponsors. Please contact Helen DiPietro if you are willing to help.*

Merchandise – *Determines which items will be sold to team, chooses swim caps and T-shirt designs (with Stew), and places orders with vendors.*

Newsletter- *Edits newsletter and writes some articles for weekly newsletter. There are 8 editions; one prior to start of season, one each week of season, and one final after banquet. Works with concessions, fundraising, record keepers and Stew.*

Treasurer- *Collects all checks, cash and monies received by team. Makes all Deposits and verifies reimbursements (Stew signs checks). Prepares yearly budget report and provides a preliminary budget for following year.*

Trophies/Plaques- *Orders and delivers trophies /plaques for presentation to swimmers at banquet. Obtains list of meets attended from Time Sheet person to verify eligibility.*

Volunteer Coordinator- *Coordinates volunteers for each meet and blue/white meet utilizing “sign-up genius” program on-line. Makes sure all equipment is functioning and all spots are filled to ensure a smooth running meet.*

**The TSA rep, Time Sheet Data and Scorer work together at the conclusion of each meet to determine who will scan the time sheets and distribute electronically to the others. Home TSA rep reports results to TSA website.*

General Swim Team Info

Tarheel Swimming Association

Lake Park Swim Team is a member of the Tarheel Swim Association (TSA). TSA is North Carolina's largest summer recreational youth swim league. Over 10,000 athletes aged 18 and under competed last summer for TSA's 78 member teams. TSA's member clubs are located all over Wake County. For more information about TSA including team and pool locations, schedule information as well as meet results, check out the TSA web site at the following web address: <http://www.tsanc.org>

The purpose of the TSA is:

- to further interest in competitive swimming,
- to set and enforce meet standards and rules for participation, and
- to foster cooperation between participating clubs.

Each team in TSA competes in six dual meets during the course of the season. (A dual meet is a meet involving two swim teams.) These meets take place on Tuesday nights starting the week following the last day of school for Wake County and continuing for six consecutive weeks.

Every season, Lake Park will swim dual meets against three other teams that are in the same division as us (usually Seven Oaks, University Club, and Greystone). In addition we usually will swim the 3rd ranked team in the Southern League of TSA as well as teams who are ranked in the 2nd division of the Northern League.

Lake Park will participate in the TSA Championship swim meet at the end of the regular season. Swimmers for this meet will be chosen by the coaches based on their performance throughout the season in the dual meets. Parents will be notified of their child's participation in this meet by email most likely after the 3rd or 4th meet of the season.

To prepare for the regular season swim meets, following is a list of suggested items to take to each meet:

- Chairs (no pool has adequate seating)
- At least two towels (one for drying and one for sitting on)
- Warmer clothing (sweatshirt, jacket, sweatpants, etc. It can get chilly, especially when you are wet! Lightweight fleece jackets are great.)
- Activity books, games, cards, crayons, etc. (swimmers have a lot of time between heats to engage in non-fatiguing activities)
- A variety of snacks and drinks (most pools will also have concessions). Some healthy choices are: bite size fruits and vegetables; sandwiches; crackers; popcorn; water and non-carbonated beverages.

Dual Meet Format

A swim meet consists of the following events (in this order):

- Medley Relays (back, breast, fly, free); all age groups except 6 and under
- Freestyle; all age groups
- Backstroke; all age groups
- Breaststroke; all age groups
- Butterfly; all age groups except 6 and under
- Free Relays; all age groups except 6 and under

Each swimming event is comprised of a main heat and subsequent heats. While only the main heat in each event is scored, swimmers in subsequent heats are competing for personal best times. All swimmers depend on a supportive and cheering crowd to swim their best in any heat. Ribbons for 1st-6th place are distributed at a subsequent practice for main heat swimmers. Heat Winner and Participant ribbons will be distributed at the actual swim meet, for swimmers not in the main heat.

Scoring

Scoring for the six regular swim meets is as follows and points are split in case of ties:

	Relays	Individual Events
First Place	5 points	5 points
Second place	0 points	3 points
Third Place	0 points	1 point

For each swim meet, 6 and under swimmers are allowed to swim in only two main heats. For all other age groups, swimmers are allowed to swim in only three main heats. Participation in the medley or free relay is not included in the number of individual main heats a swimmer may swim. A list of all swimmers and their designated strokes and heats (line-up sheets) will be posted by the coaches at each swim meet.

Note: Please ensure that your swimmers swim all events and heats for which they are included in the line-ups. This is very important to the flow of the meet and also shows good team spirit.

Age Groups:

A swimmer's age group is determined by his or her age as of midnight on June 1st of the current TSA swim season.

6 and under swimmers will swim 15 yards of the pool. The distance will be marked by a rope and older swimmers will position themselves at the finish line to help the children to the wall.

7-8 and 9-10 swimmers will swim 25 yards (one length of the pool).

11-18 swimmers will swim 50 yards (two lengths of the pool facilitated by a standard flip turn).

Disqualifications

During the meets, all swimmers must swim their strokes and perform turns according to standards established for each stroke. Any swimmer swimming in a main heat can be disqualified from an event for violating this standard. In this case, a disqualification (DQ) slip is written for the swimmer and the infraction will be shared with the swimmer at the following practice.

Team Expectations

Each family is responsible for cleaning up after themselves following the swim meet. We must leave the pool deck in the same condition, or better, than we found it. This is true at home and away meets.

Be respectful and courteous to our opponents. Be supportive of our team, remember to be a good sport at all times.

HAVE FUN!

Grants and Scholarships

At the TSA Championship Meet, twenty-five recent high school graduates are selected in a random drawing to receive Cecil L. Williamson TSA Educational Grants of \$400 each.

Pool Professionals is once again generously offering a \$1000 Partnership Scholarship to a TSA swimmer. More information on these scholarship programs will be shared during the swim season.

END OF SEASON AWARDS BANQUET

The banquet is held at the end of the season to celebrate the team's achievements and recognize the efforts of our swimmers.

Participation trophies/plaques are given to each paid registered team member who has swam in at least three dual meets. In addition, many special awards, fun awards and scholarships are given.

Each year, the following awards are given out at the banquet:

- ***William Keever Award-*** presented to the male and female swimmers who earn the most overall points for the entire team during the season. They are each awarded a plaque and a cash honorarium.
- ***Art Hoch Award-*** presented to the male and female team members who best demonstrate sportsmanship through their team spirit and therefore epitomize the best of the Marlin tradition. They are each awarded a plaque and a cash honorarium.
- ***Judy Brenner Award-*** presented to an exceptional senior in his or her last year of eligibility. The recipient receives a cash honorarium and is entered into the Triangle Swim Association (TSA) drawing to receive a college scholarship.
- ***The Blue Marlin Award-*** presented to a 6-and- under team member who demonstrate dedication and sportsmanship.
- ***The Most Valuable Player (MVP) Award-*** is presented to swimmers who earn the most points for their age group during the season.
- ***The Coaches Award-*** presented to the swimmers who the coaches feel have a special quality that makes them a valuable asset to the team.
- ***The Most Improved Award-*** presented to swimmers in each age group who have demonstrated a consistent willingness to work hard and have shown a marked improvement during the season.



2014 Lake Park Swim Team Committee

Committee	Head	Phone	E-Mail
Team Coordinator	Helene Lane	919-274-8527	helenelane@bellsouth.net ,
Banquet	Ann Croft Karen Farrell	919- 676-6368 919-608-9210	AnnCapca@bellsouth.net , farrell4@nc.rr.com ,
Book Sale	Ann Croft Margaret Thurston	919- 676-6368 919-844-0200	AnnCapca@bellsouth.net , margaret.b.thurston@gmail.com ,
Coaches, Pool, Team Picture	Stewart Esposito	919-848-8779	stewespo@gmail.com ,
Concessions	Patti Hoppe Linda Palmiter	919-846-8979 919-846-8483	patriciahoppe@bellsouth.net , lspalmiter@att.net ,
Fund Raising	Helen DiPietro	919-649-1719	hdinnc@aol.com
Merchandise	Kay Thompson	919-802-2181 C 919-848-3707 H	kaythompson24@yahoo.com ,
Newsletter	Suzanne Scott	919-846-0852	suzscott@nc.rr.com ,
Recorder	Joe Czejkowski	919-870-7553	czejkowski@earthlink.net ,
Ribbons	Lisa Holmes	919- 781-4294	lhnhkh@att.net ,
Slide Show/Photographers	Jodi Shaver- seniors Kelli Williams Suzanne Scott- team	919-522-8623 919-696-6523 919-846-0852	jshaver04@nc.rr.com , kkwobx@gmail.com , suzscott@nc.rr.com ,
Starters	Scott Lingafelt Nick Paleocrasses	919-847-8491 919-845-0608	slingafelt@bellsouth.net , nickkellypaleo@mindspring.com ,
Stroke & Turn	Jeff Becker Jim Suits Tracy Pilson	919-848-3769 919-830-4131 919-866-0481	jbecker001@nc.rr.com , jdsuits@gmail.com , tracy.pilson@gmail.com ,
Swim Suits	Janis Suits	919-369-1222	janissuits@gmail.com ,
Scorer/Team & Pool Records	Helen DiPietro	919-649-1719	hdinnc@aol.com ,
Time Sheets/Hy Tek Data	Janis Suits	919-369-1222	janissuits@gmail.com ,
Treasurer	Beth Robbins	919-676-8930	bethrobbins@nc.rr.com ,
Trophies Plaques	Mark Robbins Helen DiPietro	919-676-8930 919-649-1719	markrobbins@nc.rr.com hdinnc@aol.com ,

TSA Rep	Andy Farrell	919-676-3963	farrell4@nc.rr.com ,
	John Gordon, ALT	919-815-0229	jdgordon@bellsouth.net ,
Volunteers	Jean Farrell	919-649-2713	pjfarrell5004@gmail.com ,

Lake Park 2014-15 Team Swim Suits

In order to show team unity, we would like for all swimmers to be in a team swim suit at the meets. If you choose not to purchase the team suit, please put your swimmer in a suit that is similar in style and color to our team suit.



Order Options:

- Fill out the attached form and drop it off at Kast-A-Way
- Call Kast-A-Way with your order: 919-781-3775
(Make sure to tell them you are with LPK Swim Team)
- Attend May parent meeting (May 10 @1:00) where Kast-A-Way reps will be at Lake Park to help you with sizing
- On-line: Instructions below

Go to: <http://www.kastawayswimwear.com/Teams.aspx?tid=235>

Scroll all the way to the bottom of the page and set up an account.

NOTE: MEMBERS ONLY NEED TO REGISTER AND AFFILIATE ONCE. IF YOU HAVE REGISTERED IN A PREVIOUS YEAR YOU MAY SIMPLY LOG IN AND CLICK ON TEAM CENTRAL TO SEE YOUR TEAM AFFILIATION. IF YOU HAVE FORGOTTEN YOUR PASSWORD, CLICK THE "FORGOT PASSWORD" BUTTON ON THE LOG-IN PAGE.

Once the registration is complete, click on Sign In. Enter the email address and password you used when you registered and click on the Sign In box. You have now successfully signed in to your account. To view your team page, click on Team/Guard Central to view your team page. Here is where you login to you team account with the Team Login and Password listed here:

Team Login: **LAKEPARK** (case sensitive)

Team Password: **MARLIN** (case sensitive)

Lake Park should now be listed on the left side of the screen under Team Affiliations. You can now list more than one team under your account as well as view your past order history.

Lake Park Swim Suit Order Form

	Size	Total
FEMALE: TYR Phoenix Splice Diamondfit – Black/Blue DPX7-093 Sizes 22-40 \$57.00	_____	_____
MALE: TYR Phoenix Splice Jammer – Black/Blue SPX7-093 Sizes 22-38 \$37.50	_____	_____
MALE: TYR Phoenix Splice Racer – Black/Blue RPX7-093 Sizes 22-38 \$31.50	_____	_____
OTHER _____ _____ _____		_____ _____ _____

Subtotal: _____

Tax(6.75%): _____

TOTAL: _____

Name: _____

Phone: _____

Signature: _____

CC/CK#: _____

EXP: _____ Sec. Code _____