

Lake Shawnee Swim Team

Hand Book



The Lake Shawnee Swim team is a summer recreational swim team. We have a long and proud history. Our many members range in age from 5 to 18 years old, and swimmers' abilities range from beginner to elite.

Our team's philosophy is to teach swimmers the fundamentals of competitive swimming, improve their technique, build team spirit and most importantly, make swimming fun.

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2019 Board Members and Coaches

Chairperson: Bill Szekula **Co-Chair Person:** Bob DenBleyker **Secretary:** Sue Iverson

Treasurer: Linda Sobieski **Parent Liaison:** Chrissy Cumberton

Coach: Jaime Breiten

Asst. Coach: Jodi Bunda

Membership and Registration

Please be sure to visit our Lake Shawnee Club website under Swim Team by [Clicking here](#) or visit the site directly by visiting www.lakeshawneeclub.org and click Swim Team under Activities & Groups

Membership:

- All Lake Member swimmers must be a [member in good standing](#) of The Lake Shawnee Club or be an immediate family member of a member in good standing in order to registration for a lake member or non-lake member (sponsored).

Lake Member Registration: Registration Day is scheduled on or before the last day of April.

1. [Registration](#) must be completed online through NJRLL and as well as the LSST registration packet every year including the fee of \$55 per swimmer which must be made during this time or prior to the first swim meet. Registration will only be accepted up to the last 3 scheduled dual meets.
 - Included with registration: one Team T-shirt & Team Swim Cap.
 - *First time resident & family member swimmers will be waived the registration fee.*
 - *Swim Team Sponsorship fee of \$50 is required at this time**

Non-Lake Member Registration: (sponsored swimmer):

2. [Registration](#) must be completed online through NJRLL and as well as the LSST registration packet every year including the fee of \$55 per swimmer which must be made during this time or prior to the first swim meet. Registration will only be accepted up to the last 3 scheduled dual meets.
 - Included with registration: one Team T-shirt & Team Swim Cap.
 - *All sponsored swimmers are required to pay registration fee (will not be waived)*
 - *Swim Team Sponsorship fee of \$50 is required at this time**

**Swim Team Sponsorship fee: The \$50 fee is collected with registration on registration day for the golf outing will not be cashed by the swim team until after the golf outing. The same un-cashed \$50 check will be returned if the family is able to solicit the following: A \$50 gift certificate or a combination of gift certificates totaling \$50 from area business, restaurants and/or services, \$75 hole sponsor from an area business, a gift certificate in a lesser amount whereby there will be an exchange of checks for the difference between the amount of the gift certificate and the \$50, a door prize obtained that is equivalent to \$50. Although this is discretionary please be fair and honest with your thoughts on whether the door prize is considered an 'equivalent' amount. (please note: if you register after the sponsorship golf outing you must pay the fee of \$50.)*

Swim Team Parent Responsibilities

We encourage every parent to become involved in activities. The involvement of parents is a key factor in the success of our team. Lake Shawnee Clubs Swim Team Parents are the ones who keep everything running smoothly and effectively by volunteering and participating in different activities as noted below.

We do require each family to donate their time by volunteering during the dual meets for a min. of 4 times during the swim season.

- **Volunteering during Dual Meets:**
 - Please see Job descriptions on page 11-12
 - Training not required:
 - Timers, Clerking, Runners, Announcers and 50/50, Running the Concession Stand.
 - Training required:
 - Stroke and Turn, Officials
 - Training Clinic is scheduled in June

- **Team Activities:**
 - Parents also help organize activities such as fund-raisers, refreshments at home meets, parties for the swimmers and immediate families. Please see list of our different activities below. More details may be found on page 7. *Contact one of the Swim Team Board Members if you would like to coordinate any of these events.*
 - Fundraisers: Golf Outing, Car Wash, etc.
 - Team Activities: Work Day, Officials Clinic, Karaoke Beach Party, Team Outing

Equipment

The equipment for the team is a bathing suit. Team suits are available for purchase at [California Beach Hut](#), located in Denville NJ. They can be reached at 973 625-9155. Each year our suit-sizing sessions coincide with registration in April.

Team suits are not mandatory but are suggested. The team suits cost about \$60 for a female suit and \$40 for a male suit.

Swim Cap: First time swimmers will receive a free swim cap.

Goggles are essential for seeing clearly.

About the Practices

Practices for the season will begin the last 2 weeks of school; we will follow a ‘pre-season’ practice schedule, which will be communicated to us by our Coach. **The regular practice schedule** begins Wednesday, June 26th. Practices run Monday through Friday as noted below for the 2019 season. Schedules can also be found on the swim team page of the Lake Shawnee Club website at: <https://www.lakeshawneeclub.org/copy-of-properties>

2019 Practice Schedule

Regular practice schedule starts June 26th

MONDAY* Entire Team	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11 yrs & Up 5:30 pm to 6:45 pm	8 yrs & Under 5:30 pm to 6:00 pm	9/10 yrs & 11/12 yrs 8:30 am to 9:15 am	8 yrs & Under 5:30 pm to 6:30 pm	13 yrs & Up 9:00 am to 10:00 am
10 yrs & Under 6:15 pm to 7:30 pm	9/10 yrs & 11/12 yrs 6:00 pm to 7:00 pm	13 yrs & Up 9:15 am to 10:00 am	9/10 yrs & 11/12 yrs 6:15 pm to 7:00 pm	9/10 yrs & 11/12 yrs 10:00 am to 11:00 am
*On Mondays when the team has a meet that night the practice will be held in the morning: 11 yrs & UP 9:00 am to 10:15 am 10 & Unders 9:45 am to 10:30 am	13 yrs & Up 6:45 pm to 7:45 pm	8 yrs & Under 10:00 am to 10:30 am	13 yrs & Up 6:45 pm to 7:45 pm	No practice for 8 yrs & Under on Fridays

Swimmers Practice Attendance & Incentives:

The only way to get faster in swimming is to practice! For that reason, we expect swimmers to attend practice regularly and to notify the coaches if they are going to be absent because of conflicts. As we have in the past, we will try to make arrangements for those swimmers who cannot attend their assigned practice times. **NOTE:** the scheduled practice times listed are the times **swimmers enter the water**. Please plan on arriving at least 5 minutes *before* your practice’s posted start time. This will allow the coaches to make lane assignments and will ensure that all swimmers benefit from an effective warm-up during practice. We believe that good practice habits make better swimmers, so make the most of your practices! Come prepared! We ask all swimmers and parents to save any questions or concerns for after practice, so that we can use the full practice time to concentrate on swimming. Parents are not allowed on the dock during practices, but are welcome to observe from the bleachers.

We are now offering a practice and meet attendance incentive. Each time a swimmer attends a practice or meet his or her name will be added into a drawing to win one of 3 prizes. Prizes will vary each year. One other team incentive is our Ribbon Program. Swimmers 12 and under who place at any meet will receive a “place” ribbon for that meet. Long time swimmers: opportunity to be awarded a gift from the team’s scholarship fund. Specifics for the year can be obtained at a parent meeting.

About the Meets

The Lake Shawnee Swim Team competes in the North Jersey Regional Lake League (NJRL), which consists of twelve area teams. Our Swim Team was the 2013 Champions in the Small Lakes Division of the North Jersey Regional Lake League. During the course of the season, Lake Shawnee will swim each of the other eleven teams once.

Meet Attendance & Participation

Each year we have approximately 40-50 swimmers. We do our best to include every single swimmer in the meet, and to give all swimmers as many opportunities to compete as possible. **If you are unable to swim in a meet, a written note must be given to one of the coaches at least TWO DAYS before the meet, so that the coaches have time to make up the meet line-up correctly. There is a vacation form in your registration package, please be sure to hand this in before our first meet.**

Dual Meets

The dual meets are held on Wednesday evenings, Saturday mornings, and some Monday evenings; they usually last between two and three hours. In these meets, races are divided by age groups: 8-and-under, 9/10, 11/12, 13/14, 15/18; with girls swimming against girls and boys against boys. All age groups compete in the four basic racing strokes (freestyle, breaststroke, backstroke, and butterfly), and there are also some [individual medley](#) (see 'Swim Team Lingo on page 8 for descriptions) and relay events. The point totals from the top three finishers in each race determine the final score of the meet. Also included in this packet are a calendar with the meet schedule and directions to the "away" meets can be found on our [website](#).

Ribbon Meets

In addition to the dual meets, there are two Ribbon Meets, held on Monday evenings in July. The Ribbon Meets are for swimmers ages 12 and younger who are beginners or who do not have a chance to score many points in the dual meets. Information about who is eligible to participate in these meets will become available the week before each meet. Please make an effort to attend these meets even if your swimmer will not be swimming as we will need volunteers and our team member, even if the swimmer is not swimming to help cheer on the younger group and/or help out.

Championship Meets

Our season ends with the **Silver Invitational Swim Championships** and a two-day league championship meet (**Trials and Finals**). Swimmers from all twelve league teams participate in both championship events. All swimmers need to attend a minimum of three meets in order to participate in any championship meet and to be awarded any Lake Shawnee end of season award and/or scholarship money. Volunteers for these events will be randomly selected and assigned. August of 2012 we hosted trials and finals in Lake Shawnee and again with the help of our community we saw over 1,000 people come through our neighborhood during this very successful two-day event.

Lake Shawnee Swim Team

2019 Schedule

June 29 th	Saturday	Vs. Shongum Lake
July 3 rd	Wednesday	Bye
July 6 th	Saturday (Home)	Vs. Roxbury
July 8 th – Ribbon Meet	Monday (Home)	@ Lake Shawnee
July 10 th	Wednesday	@ Lake Forest
July 13 th	Saturday	@ Randolph Park
July 17 th	Wednesday (Home)	Vs. Denville
July 20 th	Saturday (Home)	Vs. Mt. Olive Pirates
July 22 nd	Monday	@ Park Lakes
July 24 th	Wednesday	@ Cranberry Lake
July 27 th	Saturday (Home)	Vs. Shore Hills
July 29 th	Monday	at Saffons Pond
August 3 rd	Silvers	Roxbury??
August 8 th & 10 th	Thursday/Saturday	Trials/Finals Host – Shore Hills @ ??

Addresses/Directions to Meet locations

Mount Olive - Camp Deeny Riback – Address: 208 Flanders-Netcong Road, Flanders, NJ

Directions: Directions and Parking Instructions for JCC Camp Deeny Riback

80 West to 206 South, At the second light go right at the Exxon onto Drakesdale Road, After ¾ mile make a slight right onto Flanders-Netcong Road

The camp will come up on your righthand side. GPS address is 208 Flanders-Netcong Road.

There are three driveways for the camp facility. Please follow the maps! Drop off entrance is the first driveway, the second driveway is the exit, the third driveway is where you enter to park (behind the tan house). We will have parents out there directing traffic! Swimmers can enter the pool through the locker rooms. Parents are welcome to sit on the grassy area around the pool as well as inside the pavilion. ** Concessions will be sold inside the pavilion as well.

Cooks Pond/Denville - Address: 19 Entrance Way, Denville, NJ

Cranberry Lake - Address: 268 US-206, Byram, NJ

Horseshoe Lake/Roxbury - Address: Horseshoe Lake, Succasunna, NJ

Lake Forest - Address: 35 Yacht Club Drive, Lake Hopatcong, NJ

Lake Shawnee - Address: 4 West Shawnee Trail, Wharton, NJ

Park Lakes/Rockaway - Address: 119 County Road 664, Rockaway, NJ

Saffin Pond - Address: 790 Weldon Road, Lake Hopatcong, NJ Phone #: 973-713-4498

Directions: Route 15 North to Weldon Road Exit. Approximately 3 miles on Weldon Road. See Pasco Road on your left, road bends to the right. See large parking lot for Saffin Pond on your right. Park and walk toward main bulletin board. Path is to the right of the bulletin board. Handicap drop offs can drive down the pathway.

Shongum Lake - Address: 10 Radtke Rd, Randolph, NJ

Shore Hills Swim Club - Address: Morse Place, Landing, NJ

Important Team Events (check out the LSCST website for more details - www.lakeshawneeclub.org)

- **Parent Meetings**
- **Registration day**
- **Kick-off Party**
- **Golf Outing**
- **Work Day**
- **Officials Clinic**
- **Mock Meet**
- **Car Wash**
- **Team Picture**
- **Pizza & Karaoke Beach Party**
- **Water Polo**
- **Swim A Thon**
- **Swim Team Outing**
- **Water Polo**
- **Awards Ceremony**
- **Pasta Party**
- **Team move night / Parent night**

Monthly Parent Meetings - A parent from each family is asked to attend our monthly parent meetings. These meetings are imperative to staying up to date and informed during the season. Meetings are usually scheduled on the 4th Tuesday of the month. No meetings are usually scheduled during the winter unless there is a need.

Registration day - Occurs at the end of April. You can register for the upcoming season and also try on swim suits as well. Clothing order forms are also available.

Pizza/Karaoke Party - Cost for the immediate family is included with your registrations. Any guest will be charged \$5 each. We will ask that each family to either bring a salad or dessert to share. We also bring our own beverages and beach chairs. The kids usually swim and play on the beach, while the adults sit and chat.

Team Picture - Usually occurs before the first HOME swim meet. Team members meet dressed in the team suit out by the dock. You will be informed ahead of time.

Team outing – Our annual Team outing takes place sometime in July. The Swim Team will provide the expenses for the swimmers attending. Different options of outings include but not limited to: Local Minor league baseball game in Augusta. If you have a suggestion on great group outings, please share during the Team Parent Meetings...we always like to switch things up to keep them fresh!

Team Movie Night / Parents night out - During this event the coaches will host a movie night with all the swimmers while parents get to go out and do as they wish. This is an opportunity for the kids to get together and some time away to thank the parents for all the volunteering and support they have provided.

Awards Ceremony and Brunch - Event is usually the first Sunday in August at 10am. We start with brunch, where each family pays a small fee to attend and our awards ceremony follows. Our coach awards swimmers with certificates and all swimmers receive a trophy. Our graduating swimmers will receive their scholarship gift at this time.

Pasta Party - Traditionally the Wednesday evening before Trials and Finals at First Beach. Each family is asked to bring 1 pound of pasta to share and a serving spoon. We bring our own drinks and beach chairs.

New Activities recently added: Water Polo Event – a great opportunity for the kids and parents to have some fun in the water and play a great game of Water Polo.

Be Prepared for the upcoming Swim Meet

Swim meets can be a pretty scary place for un-initiated parents. Below are a few helpful hints - you will learn many others over time. First, we need to cover what you should bring to a swim meet. They are broken down into two categories: Essential Equipment and Optional Stuff.

ESSENTIAL EQUIPMENT

- Your Swimmer - very important 😊
- Team Swim Suit
- Team Swim Cap
- Goggle (2 – 1 normal pair/1 back up pair)
- Towel

OPTIONAL (bolded items recommended)

- **Shorts or sweat suit**
- **T-Shirt(s)**
- *Tote-bag or duffle*
- **Sunscreen**
- *Bug-spray*
- **Sharpie marker**
- Lawn chairs(s)
- *Tent*
- *Ground blanket*
- **Money for concession stand**
- **Cooler with drinks/protein snacks**
- **Water bottles**

Night Before a Swim Meet: Best to get everything laid out the night before. Load the car and make certain you can carry everything you are taking. Getting there early will allow for parking with ease (parking lot gets packed and so does the street). Make certain you and your swimmer(s) get a good meal and plenty of rest the night before a swim meet. Swim meets start very early and can run for about 2 hours, depending on the number of swimmers on each team.

Morning of the Swim Meet – Arrive early (8 am on Saturdays / 5 pm on Mondays and Wednesdays): Get your swimmer to the Lake on time! This is radically important. Once you get to the lake, locate the team so your swimmer is ready for warm ups. Each team gets time to take warm-up laps before the meet begins. While kids are warming up you can take a look at the MEET/EVENT Schedule to see what/when your child will be swimming and it will include the EVENT #, LANE # and Event type/Stroke. Almost all swimmers write their event numbers somewhere on their body, usually their arm or leg where they can see them. Swimmers can be in as many as 3-4 events and the event numbers could change from meet to meet. Having a **sharpie marker** is handy for writing these on your child. Swimmers will sit at the bleachers to the left of the crowd so the marshals can locate them. Kids can always go to the captains for help.

It was preferred in the past that the younger swimmers in one designated area (home meets near the clerk table) so that they can cheer on their team mates and stay together so the Marshalls can easily identify them to get them ready for their Specific EVENT. If possible, it is best to find the Marshall and introduce them so that both Marshall and Child knows who they can go to and find out which event they must go to and more importantly when especially if you are volunteering with another job.

Volunteering: We will have a MOCK MEET for all to get a feel of what to expect at a real swim meet. If you signed up to volunteer for other meets, use the first meet to do a few different things. At the real meets observe and shadow someone that is doing the job you signed up for at the next event. We are all here to help each other out so feel free to ask questions and have fun!

If you are a volunteer during the meet, you should become familiar with where you are to be for the start of your shift by asking anyone of the other volunteers. Arrive early so you aren't rushing in and flustered. We all like to be with our child to ensure all is going smooth, but this could be difficult to juggle- it's okay to ask for some help if you need it.

You will need to figure out when to feed your swimmer(s) during the meet. Using the concession stand to purchase food is always great as the monies raised from these sales helps support our team, however, it's always good to bring something you know your kid will eat in case they don't like anything at the concession stand. Lastly, if your child has to leave the meet, please notify the team coaches and the Marshall, especially if your child will not be returning to the meet. We encourage everyone to stay at the lake until your child has completed all their events and route for their team mates.

During the swim meet: Please note that swimmers should not leave the swim meet area. The playground and public swimming area are off limits for the children competing so that the Marshalls are not all over the place trying to find someone to get ready for their specific event.

- Restrooms are open and available be sure to check when your child will be next in competing and let the marshal know they will be right back.
- Concession stand is open and available at most locations. If you are volunteering and you allow your child to go to the concession stand, ask another parent to help you, we are all here to work together.
- The swimmers dock. Only volunteers, coaches and those swimming in the event should be on the docks. Please refrain from going on the doc to take pictures etc. The docks do not have enough room for everyone.

Following the swim meet: If we win the meet, the tradition is to drive around the lake honking our horns. After the meet, everyone will line up the cars so we are all together to spread the joy, however, for everyone's safety, please obey the state laws and have everyone belted in their seats properly and not hanging out the windows and doors. While we all truly enjoy being able to keep this tradition alive, we remind you to please be safe about it. Following the tradition we head over to Jefferson Dairy to celebrate and the kids are treated to ice cream of their choice.

Please do not hesitate to ask me at a practice, a meet, or offline anytime @ 973-557-3845 or chrissyumberton@gmail.com. The more you ask the more you learn!! We are here to help and cheer on all the kids. Thank you for your support in advance!

Volunteer Job Descriptions

Listed below is a brief description of the volunteer positions that need to be filled for every meet. None of the jobs are especially difficult and simple training will be provided during our MOCK MEET; however, some of the positions do require attending special training sessions and some positions are better suited for our more experienced swim parent.

If you are brand new to the summer swim league, the jobs of timer, runner, clerk, back up timer and concessions are good places to start. Ask someone if you can shadow them while they are doing a job you may plan to sign up for next. We are all willing to teach!

ANNOUNCER: Announces first, second and final calls for each event. Works closely with the starter to keep the meet running smoothly. The announcer will need to anticipate flow based on the number of swimmers, the stroke, the number of lengths to be swum, and the age of the swimmers. *(only 1 needed at home meet)*

STARTER: Starts each event with the announcement of the age and stroke and the words "SWIMMERS TAKE YOUR MARK", pauses to make sure that all swimmers are motionless, and then gives an electronic sound or a blast of a whistle. He/She shall be the sole judge of FALSE STARTS and all false starts shall be restarted. *This individual must be trained for this position. (only 1 needed at home meet)*

STROKE AND TURN JUDGE: Work in pairs on each side of the lake with one member of a pair being from each team. Judges only rule on infractions on their side of the lake. They observe strokes, turns, and finishes to see that swimmers comply with requirements for that stroke. *This individual must be trained for this position. (1 needed at both home and away meets)*

FINISH JUDGE: Required for relay events. One exchange judge from each team shall be positioned at the corners of the lake and be responsible for observing exchanges. *This individual must be trained for this position. (only 1 needed at both home and away meet)*

LANE TIMERS: Records the swimmer's time. Each timer is provided a stopwatch and assigned a lane; Times are recorded and the middle time becomes the official time. Timers are assigned to work for one half of the meet. This job gives you the best view of the lake and the swimmers during their races, however, you must pay close attention to getting the most accurate time. there is a back up timer who covers all Lane timers should they accidentally mess up the stopwatch. *(4 timers – 3 per team at 6 lanes, 4 per team at 8 lane facilities needed at both home and away meets)*

BACK UP TIMER: Sets timer up as if they were a Lane Timer and is there should the Lane timers need a back-up due to malfunction of the timer. *(only 1 needed at home meet)*

RUNNER: Responsible for obtaining the completed event cards and DQ forms for each race from the timers and judges. The cards and DQ forms are delivered to the scoring table. The job title is very descriptive. Runners should have good tennis shoes that work well on slippery wet

surfaces. This job keeps you moving around at the lakeside and the time passes quickly. *(only Needed at home meet)*

MARSHALL: They are the key to keeping a meet on schedule. Responsible for lining up the swimmers by event, heat and lane and getting them to the starting blocks in the correct order and on time. Supervises the waiting area for a particular age group during meets, is the go to person when the kids aren't sure when they swim, what heat they are on, etc. YOU are the holder of the schedule and keep track of swimmers - as best as they reasonably can - between events, and gets swimmers to the docks on time with caps and goggles. For most age groups, several parents will share this job. This position is obviously more important for the younger swimmers (12 and under) but the 8 & under are especially critical to the timely start of the meet. This job keeps you with your swimmer during the whole meet. (swimmers must stay within the swimming area, please keep them off of surrounding playgrounds/beaches near-by) *This position is **not** recommended for a first time parent new to swim team to do alone, sign up with someone who knows the kids and shadow so you can become familiar with all the kids on the team. (2 needed for both home and away meets)*

CLERKING: DATA ENTRY: Responsible for entering data from time cards and verifying data entered. With this job, you see the race results before anyone else. **SCORING:** Marks the official time for each swimmer, records the order of finishes and verifies the computer results. With this job, you see the race results before anyone else. *(1-2 needed at both home and away meet)*

CONCESSIONS: Sells concessions. Helps set up and tear down concession stand. Parents always take turns to allow for the others to see their child swim during their heat. *(2 needed for home meet)*

50/50

He/she will get the crowd pumped for the meet and enthusiastically encourage attendees to participate in the 50/50 (50 to the winner / 50 towards the team = Win Win situations). *(only Needed at home meet)*

We are looking forward to this new season, thank you again for participating and volunteering your time to help, the team very much appreciates it!

Swim Team Lingo

Free or 'freestyle'. Freestyle means you may swim any way you like, as long as you're on your stomach. Most people do the front crawl in freestyle events and many people use the terms 'freestyle' and "front crawl" interchangeably.

Breast or 'breaststroke'. This is usually the slowest of the four racing strokes, but it's one of the most difficult strokes for new swimmers to master. If you're watching a swimmer doing this stroke, all you should see is the swimmer's head breaking the surface of the water once during each stroke cycle-his/her hands and legs should stay underwater throughout the stroke.

Back or 'backstroke'. Like the name implies, swimmers swim on their backs, most efficiently with a back crawl/rotating-arm motion and flutter kicking. This is the only stroke in which swimmers begin their race in the water, instead of diving from the dock.

Fly or 'butterfly'. Most swimmers will tell you this is the most difficult stroke to perform, but it is also one of the most beautiful and--when it's done correctly---one of the fastest. The stroke uses a double-arm stroke and borrows the up-and-down undulating movement that dolphins use. The kick which requires both legs to stay together and calls for a strong propulsive action from the hips-can be especially tricky for new swimmers.

IM Short for 'individual medley', this is an event in which a swimmer swims all 4 strokes in this order: butterfly, backstroke, breaststroke, freestyle. Good IMers must be versatile swimmers. In our meets, the IMs are among the first events, 3-8 to be swum. Swimmers ages 13 and older swim a 200meter 1M (two laps of each stroke, eight laps altogether); swimmers 12 and under swim a 100-meter 1M (one lap of each stroke; four laps total).

50/50 A "50" is shorthand for the most common distance in summer swimming events. What we mean is 50 meters. Our facility is 25 meters long (as are most of the teams we swim against, though some facilities are measured in yards rather than meters), so a 50 is two laps (or lengths) of the course. Our 8 & Unders and 9-10s (for most events) swim 25s (one lap of the course). With a few exceptions (like the IMs noted above, and the 15-18 1 00 free), all swimmers 11 and older swim 50s.

Relays Relays are events in which four swimmers participate. A medley relay is an event in which each swimmer swims a different stroke, in this order: backstroke, breaststroke, butterfly, freestyle. (Note that the order for a medley relay is different from an individual medley because in the relay, the backstroker must start in the water and therefore must go first). In a Mixed Medley, the order of the strokes remains the same but the swimmers swim co-ed: at least one swimmer on each Mixed Medley relay must be of the opposite sex. The Step-Up Relay is a freestyle relay in which the first swimmer is a 9-10, the second, an 11-12, the third, a 13-14, and the final swimmer, a 15-18. Each swimmer swims a 50 freestyle.

DQ Short for 'disqualification'. It means that some part of a swimmer's stroke was not performed correctly and that swimmer is ineligible to score points for that event. This is NOT a bad thing; getting DQed is a

natural part of learning competitive swimming. It means that we need to keep working on that stroke in practice.

Scoring The score for a dual meet is determined by points awarded for the top three finishers in each individual race. First place gets 5 points; second place, 3 points; and third place, 1 point. For the medley and Step-Up relays, the first-place relay gets 7 points; those are the only points awarded. First-place Mixed Medley teams earn 1 point. A team cannot "sweep" an event (take first-second-third), so even if, for example, Lake Shawnee's swimmers finished 1-2-3 in an event, Lake Shawnee would get 8 points (for first and second place) and the opposing team would receive the third-place point as long as they had a swimmer in the race that didn't DQ.

Lake Shawnee Swim Apparel

Embroider this supplies our team apparel – please contact Debbie Gamble @ debbiegamble23@gmail.com to place your orders.

Team T-Shirts

Included in registration for swimmers

(additional shirts must be purchased @ \$10/each)

Also in stock and available for immediate purchase

Swim Team Apparel



Sneak Peek at the items available....visit the website to download an order form or reach (<https://www.lakeshawneeclub.org/copy-of-properties>) out to Deb directly.





Special Thank You!!

Thank you to all our families, friends and community for their generous donation of time. Your volunteer involvement makes it possible for all our kids to enjoy the summer swim season!

Thank You To All of Our Sponsors.....

We couldn't do it without them!
