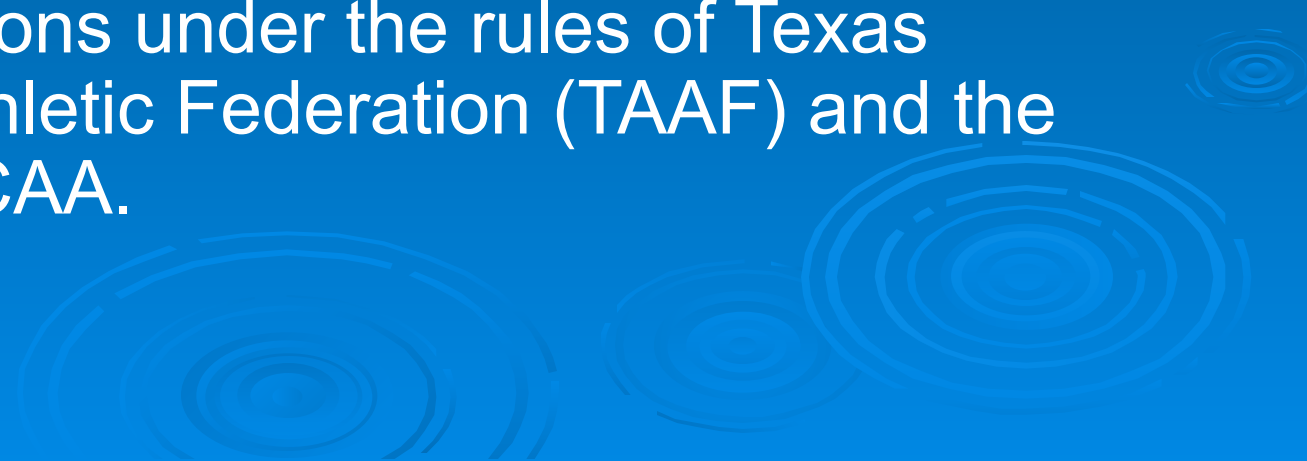




**Lake Jackson Swim Team**  
**Parent Orientation**  
**2019**

# Who are we?

- Summer recreational program
  - Competitive swimming with emphasis on having fun and developing swimming as a life-long sport.
  - Member of Coastal Cities Aquatic Association
  - Sponsored by the Lake Jackson Recreation Center.
  - Team functions under the rules of Texas Amateur Athletic Federation (TAAF) and the Rules of CCAA.
- 
- The bottom of the slide features several concentric, light blue circular ripples that resemble water droplets hitting a surface, set against the solid blue background.

# Parent's Participation

- Team relies on parent volunteers to manage all aspects of the team other than coaching.
- Parents are expected above all, to support their child's efforts, to ensure he/she attends practice regularly and attends all meets, if possible. Being punctual is crucial to both practices and meets.
- Parent help is invaluable at swim meets. Your help and support are needed to make this our most successful and enjoyable season ever!

# Swimmer Discipline

- Our goal is to create a safe and congenial environment for all swimmers.
- Good behavior is expected from all swimmers during practice and at swim meets.
- Discipline problems are unusual, but we have established a procedure to deal with problems if they should arise.

# Discipline - Continued

- In the event that behavior is below expectations, the coach will be made aware of any problems, and the following action may be taken:
- - **1st Offense**: Child will sit out the remainder of practice, and parents will be notified before he/she will be allowed to return to practice.
  - **2nd Offense**: Child will be suspended for 3 days (no privileges). Parents and the LJST board will be notified, and a conference will be set up to determine further participation.
  - **Last Offense**: Child will be dismissed from the team.

# Parent Discipline... (Parent Code of Conduct)

A primary goal of LJST is to provide a fun, safe and positive environment where our members can learn the joys of competitive swimming. We understand that no one will have a larger influence on this goal than the parents of our swimmers. For that reason we have adopted this code of conduct for all of our LJST swim parents.

Parent Code of Conduct

# Rec Center Rules & Guidelines

- We have the use of the pool for free because we represent the city in T.A.A.F. competition.
- We DO NOT have the use of the Rec Center facilities for free. If you wish to use the lap pool, gym, weight room, or attend any exercise classes – you need to join and pay a membership fee.
- You will be given cards for your swimmer to check in with and you will be allowed to watch. However, a lost card must be replaced at your expense.
- Current Rec Center members who do not have a card, will have to get a new one from the front desk at your expense

# Consequences for Abuse of the Rec Center

- If reported to the swim team, you will receive a phone call from the board. This will serve as a reminder of the rules.
- If the offense occurs again, your child will not be allowed to swim in the upcoming meet.
- If there is a third violation, you will be asked to leave the team.
- Please help us do the right thing and keep the lines of communication open with the Rec Center. We don't want to abuse our privileges!



# Spring Swim Practice Schedule

- While school is in session (April 29 – May 23)
- Monday through Thursday, 6:30 - 8:30 p.m.
  - The first hour is for ages 10 & under (6:30 – 7:30 pm)
  - The second hour is for ages 11 & up (7:30 – 8:30 pm)
- In order to be ready for the competitive season, each swimmer should make every effort to attend at least twice per week during the period before school is dismissed for the summer.

# Summer Swim Practice Schedule

➤ During the summer, beginning May 28<sup>th</sup>, swimmers should attend the correct AGE GROUP Practice. Your child's workout will be designed according to ability.

➤ Practice days and times (**Subject to change**):

➤ Mornings:

- M - Th; 7:45 – 9:00 a.m. (13 & Up)
- M - Th; 9:00 – 10:00 a.m. (All 11-12 yrs. old plus 9-10 Boys ONLY)
- M - Th; 10:00 – 11:00 a.m. (All 8 & Under old plus 9-10 Girls ONLY)
- Friday mornings ONLY – 7:45 – 9:00 (ALL 11 & Up)
- 9:00 – 10:00 ( ALL 10 & Under)

Evenings:

- M - Th; 6:30 - 7:30 p.m. (10 & Under)
- M - Th; 7:30 - 8:30 p.m. (11 & Up)

# Swim Meet Information

- Encourage attendance at all swim meets.
- Each week you will be sent an email with a link to sign up your child to swim in the upcoming meet. This must be checked off by Tuesday at noon prior to the meet.
- If your child cannot go after you have signed up, please tell the coaches ASAP.
  - Failing to show for a meet in which your child has signed up to swim may result in other swimmers not being able to swim their relay.

# More about Swim Meets

- Even if it is raining heavily and shows no signs of letting up you should assume the meet will be held.
  - Swim meets often are simply delayed until later in the day.
  - A meet is considered official after 70 events have been completed.
  - During meets with rain delays, only the fastest seeded heats in each event will swim to finish the meet as soon as possible.
  - The remaining heats/events may swim following the meet, weather and coaches permitting.

# Seeding of Meets – Heat Sheets

- All regular season meets are seeded by computer according to prior personal best.
- Your child's lane assignment and heat will be based on that seeding.
- For HOME MEETS, the Friday night prior to the meet, a preliminary heat sheet will be emailed out. You may print your own copy to bring to the meet.
- Some teams at away meets may sell these.

# Seeding & Scoring at Meets

- Each event can consist of several heats of swimmers.
- Only the fastest times can earn points for the team.
- The other heats are for place ribbons only and do not score points.
- The coaches will decide relay participation.
- It is important for swimmers to improve their personal best times to compete for earning points for the team.  
All swimmers are eligible to earn points for the team.



# Age Groups and Events

- Swim meet competition is conducted by gender and by age group.
  - The age groups are 8 & under (6 & under for the 25 freestyle and 25 backstroke events); 9 & 10; 11 & 12; 13 & 14; 15 to 18; 19 to 24; 25 - 39 and 40 and over.
  - Each individual is eligible to swim in a maximum of 4 events, two individual events and two relays or three individual events and one relay.
  - If the swimmer is not on a relay, he/she is limited to three individual events.
  - Regional meet will have different rules for events based on age group and this will be shared with you at the time of sign up for Region.

# What Events will My Child Swim

- Coaches will select the events for each swimmer and will place the swimmers on relays. Parental input is welcome, however, the coach has the final say. It is the coach's job to utilize times and opponent's strengths in preparing the event line-up for each meet, however everybody swims.





# What to bring to a Meet

- Be aware that most meets run 4 - 6 hours.
- For LJST meets, brings blankets/chairs to sit in the gym or pool deck area.
- For most away meets, it will be hot!
- Essentials
  - Goggles, towels, chairs
- For heat relief bring:
  - sun screen, hats, shade (EZ Up tents, umbrellas), chairs, Sharpies, games, blankets to sit on and an ice chest filled with fruit (grapes, bananas, etc.), crackers, cereals, sandwiches and drinks (water and sports drinks).
  - Bring your patience and a smile!

# Morning of the Swim Meet

- BE ON TIME!
  - Warm-ups begin at 7:30 a.m. and run to 8:15 a.m.
  - The meets begin at 8:30 a.m. sharp!
- Please arrive to the meet well before warm-ups begin so that you can check in, get set up and write your child's events on their arm. At HOME meets, check-in will be in the gym.
- The Friday night prior to a meet, your events will be emailed out
  - We have had instances where we have to scratch a relay because swimmer did not show up on time.

# During the Swim Meet

- The first thing to do after arriving at the meet is to have your child sign in (a Check-In table is located in the Gym for home meets, an adult volunteer will have a clipboard at away meets).
- Keep up with the Event numbers during the meet.
- Have your child go to the “Ready Bench” when the event is posted or called. Ready Bench is used for 10 and under. 11 & Up will report to the correct lane they are swimming in.
- **The parent is responsible for the swimmer reporting to the ready bench.**

# Where are the away meets held?

- The CCAA organization has a website with some valuable information such as maps to the various meet locations.  
[ccaaswim.org](http://ccaaswim.org)
- You can also find maps on the MAPS page of our website.



# 2019 LJST Meet Schedule:

- May 18 - Splash Meet @ Alvin High School
- May 20 - Team & Individual Photos @ Bwood
- May 28 - Summer Practice Begins
- June 1 - CCAA Meet #1 @ Rec Center
- June 8 - CCAA Meet #2 @ Rec Center
- June 15 - CCAA Meet #3 @ El Campo
- June 22 - CCAA Meet #4 @ Rec Center
- June 29 - City Champs @ LCISD Natatorium
- July 13 - TAAF Region Meet @ Woodlands
- July 15 - Team Party @ Clute Pool

# Other 2019 Dates to Remember

- May 16th (6:00 - ?)— Texas Swim Shop selling team suits in Pool Conference Room
- May 20th (6-8p) Team and Individual Photos (Team Shirts and Suits)
- May 28th – Summer Practices Begin (7:45 – 11:00 am M-Th; 7:45 - 10:00 am Fridays; 6:30 – 8:30pm M – Th)
- July 15- Team End of Season Party, Clute Pool.

# City Championship Meet

- June 29th at Richmond/Rosenberg Natatorium
- Swimmers must have participated in at least one other CCAA meet in order to be eligible to swim;
- Every swimmer is eligible to earn points for the team;
- Points and medals/ribbons are awarded down to 8th place. As a result, it is very important that every member of the team attend this meet.



# City Championship Meet – more information

➤ This meet is in two sessions:

- Session 1 8:30 a.m. 10 and under (Warm up 7:00 a.m.)
- Session 2 12:30 p.m. 11 and older (Warm up Noon)
  - NOTE: Session 2 time may be shifted to allow 1 hour between sessions.



# TAAF Regional & State Meets

- Both meets are run very similarly to the Championship Meet.
- The Regional Meet is optional, but it determines State Meet qualification
  - Top 3 times in each event are guaranteed to qualify to advance to state (we have been able to take up to 4 places in the past – depends of TAAF registration and numbers)
  - Swimmer selects individual events, and the coach selects relays.
    - Swimmer must register if they wish to swim at Regional & State.
  - Swimmers may be placed on one relay in order to compete at the State meet level. By coach's approval, an individual may swim three individual events. This decision is based on relays and their success first and foremost. We promote the TEAM.

# Equipment

- Each swimmer should have the following equipment
  - **Swim suit, swim cap, and goggles.**
  - **Swim Suit Restrictions- Boy's suits cannot extend above the waist or below the knees. Girl's suits cannot extend past the shoulders or below the knees.**
  - **Swim caps serve the purpose of keeping the swimmer's hair out of the way and reduce risk of swimmer's ear by minimizing the amount of water that enters the ears. Caps also improve times. Swim Caps are solid colors or Team logos, - NO exceptions.**
  - **Goggles are necessary during practice to provide better underwater vision and to help prevent burning red eyes.**

# Care of Equipment

- Swimsuits, caps and goggles should be soaked in tap water after each use.
- Woolite or a similar product may be used for suits.
- Suits should never be wrung out; they should be spun in the washer or allowed to drip dry. Never put a swimsuit in a clothes dryer.
- Goggles should be patted dry rather than wiped in order to preserve the anti-fog characteristic of the lenses.
- Caps should be patted dry and then treated with baby powder to prevent them from sticking together.

# Swimmer's Ear

- "Swimmer's ear" is one of a number of names for infection of the outer ear canal.
- Prevent swimmer's ear by
  - Using ear drops after swimming.
  - Ear drops are inexpensive and are sold without prescription under various trade names (Aqua Ear, Ear Magic, Swim Ear, etc.)
  - An alternative is to prepare a 50-50 mixture of rubbing alcohol and vinegar. The alcohol absorbs any remaining moisture, and the vinegar kills any fungus.

# LJST 2019 Board of Directors

- President – Ryan Kesler
- Past President – Brent Mixon
  - Vice President –
  - Secretary – Tiffany Mixon
  - Treasurer –Ashley Sanders
  - Registrar –Melissa Kesler
  - Equipment Manager – Susan Agan
- Publicity/Website/ Social Media – Kristy Kadlecik
  - Sponsorship Coordinator- Troy Day
  - Volunteer Coordinator –Nita Garza
  - Meet Manager – Zach Gilliam
    - Statistician – Erin Cobb
  - Daktronics System – Karen Brown
- Adult Coordinator/Spring Clinic – Nick James
- High School Representative/Head Coach – Coach Robert Brown
- ***Please feel free to contact us at [LJSTPirates@gmail.com](mailto:LJSTPirates@gmail.com)***