

# **LNST 2008 SWIM MEET Information for NEW SWIMMERS**

As we gear up for this season, we want to make sure everyone understands how a regular swim meet works, what help we need from parents and how the events are run for our swimmers. As a reminder - all meets generally start at 8:00 a.m., and generally finish between 12:00-12:30 p.m. For all swim meets, we recommend you bring your own chairs as furniture is very limited at most pools. Swimmers should also remember to bring goggle, 2 towels, a Sharpee pen, sun screen, and games or books to keep busy during down times.

**VERY IMPORTANT – PLEASE MAKE SURE THAT YOU INFORM THE COACH AND TEAM REP OF ANY SWIM MEETS THAT YOUR SWIMMER(S) WILL NOT BE ATTENDING, BY SIGNING THE “RED BOOK”. IF YOUR SWIMMER IS ILL THE MORNING OF THE MEET, PLEASE CALL BILL GILL, CAROLE SHARPE OR LAUREN GYORFI BY 7:15 a.m. SO WE CAN MAKE ADJUSTMENTS.**

For our home swim meets, we need for everyone to be at the pool by 7:00 a.m. We have the right side of the pool (near the tennis courts) for home meets. Our swim warm-ups will run from 7:15 to 7:30 a.m. and the visiting team will warm-up from 7:30 to 7:45 a.m. For home meets, we will need, at a minimum, the following help from our parents: 1) donations of food/drinks for our concession stand and 2) we must provide a referee, starter, 4 runners, 9 timers, 1 head timer, 2 turn judges, 1 stroke judge, 2 parking lot monitors, about 6 people to help with the concession stand, 2 people to deliver water to the volunteers, 4 people to help with scoring and ribbons and 4-5 parents to help with the clerk of course. There will be a sign up sheet during practices the week before the meet to solicit help. With all of these positions, you will have time to make sure you see your kid(s) swim.

For our away swim meets, we need for everyone to arrive at the away pools by 7:15 a.m. Our swim warm-ups will run from 7:30 to 7:45 a.m. For away swim meets we must provide 9 timers, 2 turn judges, 1 stroke judge, 4 people to help with scoring and ribbons and 4-5 parents to help with the clerk of course.

The maximum number of events a swimmer can participate in is 5 (2 relay events and 3 individual events). Each event is divided in heats. For relay events, there is usually only one heat. For individual events, there are normally two heats, and additional heats may be swum to accommodate large age groups. Assuming a swimmer does not disqualify (swim incorrectly) in an event, they have the potential to receive a place ribbon and score points for their team. Those swimmers that do not get a place ribbon will receive a participation ribbon. Once a swimmer has swum in a particular event during the season, they will receive a “Personal Best” ribbon if they improve their time in that event by 2 seconds. We feel that this is the most important ribbon anyone receives during the season.

Depending on the size of the pool we are at (6 lane or 5 lane pool), we can only enter a certain number of swimmers in each event. At 6 lane pools, we can enter 3 relay teams (4 swimmers per team) in each relay event and normally only 6 individual swimmers in each individual swim event. At 5 lane pools, we can enter 2 relay teams and normally only 5 individual swimmers. Some swimmers may be asked to “swim-up” in the next age bracket depending on how many swimmers we need to accommodate for a meet. Our goal is to get as many events for swimmers as they are capable of swimming, but we have limitations just based on numbers. Even though the maximum number of events for a swimmer is 5, some swimmers may only get to swim in 2-3 events.

Meet entries will be emailed out to everyone, usually Fri night before the meet. Also, when you arrive at the meet and proceed to our designated team area, there will be listing all the events a swimmer is entered in. Please pay close attention to what event/heat is being swum. You will hear announcements asking for swimmers in certain events to go to their “clerk of course”. This gathering of swimmers is also called the “zoo”. The clerks of course are our team parents that volunteer to organize the swimmers and make sure they are in the right place at the right time to swim.

At most meets, the results of each event and a running score of the event are posted usually within 15 minutes of the completion of an event. The relay and individual event results will also be emailed out to everyone.

The Divisional Swim Meet is a 6 team meet in which our best relay team and top 2 individual swimmers from each event compete for the Division Championship. Usually about 40-50 percent of our swimmers will qualify for at least one event at Divisionals. If your swimmer has been selected for an event at this meet, you

will receive a phone call from the Coaches or Team Rep the evening of our last regular swim meet. If you don't get a call, then your swimmer(s) were not selected.

To proceed from Divisionals to the Virginia Beach Swim League All-Star Meet, only the top 6 relay teams and top 12 swimmers in the entire league (consisting of 24 teams) will get selected (there will also be two alternate relay and two alternate swimmers selected for each event to fill in should there be a scratch). **BECAUSE WE ARE HOSTING ALL-STARS AGAIN THIS YEAR, ALL PARENTS, REGARDLESS OF WHETHER OR NOT THEY HAVE SWIMMERS IN ALL-STARS, ARE EXPECTED TO VOLUNTEER AT THE ALL-STAR MEET.**

**The top two goals of summer swimming are to have fun and to set personal best times.** If you have any questions about meets, swim events, the judging of meets, etc, please do not hesitate to contact the Team Reps or the Head Coach. Thanks in advance for all the support you will provide this season.

Bill Gill, co-rep: 631-6185 or LNST@cox.net  
Carole Sharpe, co-rep: 486-1273 or sharpem@aol.com  
Head Coach:

For more Virginia Beach Swim League information & directions to meets try: [www.vbsl.net](http://www.vbsl.net)

### **SWIM TEAM SCHEDULE:**

<b>April 27 - Sunday</b>	2:00 p.m. – 4:00 p.m. (at LNSRC)
<b>May 7 - Wednesday</b>	5:00 p.m. – 7:00 p.m. (at LNSRC)
<b>May 17 - Saturday</b>	12:00 p.m. – 2:00 p.m. (at LNSRC)
<b>May 27 - Tuesday</b>	Afternoon Swim Practice Begins
<b>June 14 - Saturday</b>	Time Trials & Team Cookout
<b>June 21 - Saturday</b>	<b>Home Meet</b> – Greenbrier Country Club @ Little Neck
<b>June 28 - Saturday</b>	<b>Home Meet</b> – Alanton @ Little Neck
<b>June 25 - Wednesday</b>	Movie Day
<b>July 3 - Thursday</b>	<b>Away Meet</b> – Little Neck @ Club Brittany @ 5:00 p.m.
<b>July 9 - Wednesday</b>	Ocean Breeze
<b>July 12 - Saturday</b>	<b>Home Meet</b> – Princess Anne Country Club @ Little Neck
<b>July 19 - Saturday</b>	<b>Away Meet</b> – Little Neck @ Alanton
<b>July 20 - Sunday</b>	Swim Banquet @ 5:00 p.m.
<b>July 26 - Saturday</b>	<b>Divisionals @</b>
<b>August 2 - Saturday</b>	<b>ALL-STARS @ Little Neck Swim &amp; Racquet Club</b>

### **PRACTICES (Subject to Change):**

<b>May 27 – June 13:</b>	<b>Practice times M -F:</b>
5:45-6:15 pm	6 & younger – Group #1
6:15-6:45 pm	6 & younger – Group #2
6:00-6:45 pm	7-8 year olds
6:45-7:30 pm	9-10 year olds
7:30-8:15 pm	11-12 year olds
8:00-9:00 pm	13-18 year olds

<b>June 16 - July 25:</b>	<b>Practice times M -F:</b>		
6:30-7:15 am	Early Bird Practice	8:45-9:30 am	11-12 year olds
7:15-8:00 am	6 & younger - Group #1	9:30-10:15 am	13-18 year olds
	7-8 year olds	6:00-7:00 pm	T & Th evening make up practice
8:00-8:45 am	6 & younger - Group #2		
	9-10 year olds		