Little Neck Blue Dolphins

Swim Team

New Parent Handbook

Summer 2019



Welcome New Families!

We are looking forward to another great year working with all the families whose spirit makes this one of the best teams in Virginia Beach!

When a child joins the swim team, **so do the parents**. This sport requires parents to be participant’s not just spectators! It takes many volunteers to run each meet and there is a job for everyone.

Purpose and Goals

The purpose of the LNSRC Swim Team is to provide opportunities for swimmers ranging in age from 4 – 18 years to participate in a competitive swim program during the summer months. It is designed for swimmers of various ages and abilities.

Swimming is a healthy, competitive, and fun sport! Our goals are not only to develop a quality swimmer, but we also strive to instill:

**TEAM PRIDE ~ SPORTSMANSHIP ~ RESPECT FOR OTHERS**

**Coaching Staff**

Head Coach: Matt Smith

Assistant Coach: Margaret Rigg

Assistant Coach: Carmen Coffer

Assistant Coach: Faith Sconing

Assistant Coach: Ricky Wynn

Assistant Coach: Virginia Gill

**Swim Team Committee**

Team Rep: Leslie Nelson and Corbitt Wright

Treasurer: Bridget Fickenscher

Psyche Buddies: Kathleen Ricketts and Cortney Sonkin

Volunteers: Kimberly Vaughn

Pool Manager: Suzi Pease

**Regular Practice Schedule:**

**We have over 200 kids on the team, so it is hard to keep track of everyone—you DO NOT have to email us when your child misses practice or you are out of town. We trust that everyone is doing their best to get to practice.**

**May 28th-June 13th:**

After School Practices

6 and Under: 5:30-6:15 PM

7/8: 6:15-7:00 PM

9/10: 7:00-7:45 PM

11-18 (Senior): 7:45-8:45 PM

May 28th: All swimmers who are new to the team (8 and Under) will be given a swim test. We will also have a NEW parents meeting from 5:45-6:15 in the clubhouse.

We will not practice on Friday, June 14th.

**June 17th-July 19th:**

Morning Practices

Early Bird: 7-7:45 AM

6 and Under: 7:45-8:30 AM

7/8 and 9/10: 8:30 AM-9:15 AM

11-18 (Senior): 9:15-10:15 AM

Make Up Practice: Tuesday and Thursday evenings: 6:30--7:30 PM.

We will not practice on June 23rd, July 4th, and July 19th.

The last regular season practice will be on July 19th (same times apply, but NO night practice.)

**Divisional and All-Star Practice Schedule**

July 22nd-July 26th:

Divisional Practices (for those swimmers qualifying for the Divisional Meet)

Early Bird: 7-7:45 AM

6 and Under--9/10: 7:45-8:45 AM

11-18 (Senior): 8:45-9:45 AM

We will have no evening practices!

July 29th--August 2nd:

All Star Practices (for those swimmers qualifying for the All Star Meet)

Early Bird: 7-7:45 AM

6 and Under--9/10: 7:45-8:45 AM

11-18 (Senior): 8:45-9:45 AM

We will have no evening practices!

**Communication Policies**

There are several methods of communication used to distribute swim team news, updates on weather cancellations, and meet information.

Website and Facebook:

The schedule and practice times are posted on the website, along with registration information.

http://www.lnsrc.org/swim.html

Please like us on Facebook:

https://www.facebook.com/LittleNeckSwimAndRacquetClub/

REMIND:

The coaches and Team Rep use text/email communications via REMIND 101 to keep swimmers and parents up to date on weather cancellations, delays, and meet information. It is essential to sign up for this service, it is a primary communication method.

Use the following link to sign up for REMIND: <https://www.remind.com/join/lnst>

Active.com:

Each family will need to activate an account on active.com in order to enter swimmers into meets, receive results, and sign-up for volunteer positions. The same account is used for swimmer registration. PLEASE SAVE YOUR SWIM PORTAL LINK.

**When it comes to communicating with us, EMAIL is best. Please email littleneckswim@gmail.com and littleneckswimvolunteers@gmail.com, we will get back to you as soon as we can.**

**Psyche Buddies Program**

Psyche Buddies are BACK!

Everyone is invited to participate! If you are not familiar with our Psyche Buddy Program, we pair up swimmers to support each other during the season. It is a way for the swimmers to get to know each other better and to share their love for Summer Swim Team!

Please look at the forms to see if your swimmer would be a Big or a Little or contact Leslie (leslieannenelson@gmail.com) if you have any questions.

There will be a meeting for the BIGS on Friday, June 7th at 6:15 at the pool and then the MEET & GREET will be Sunday, June 9th 4-5.

**Equipment Needed**

Suits and Caps: Team suits and caps are available for purchase at Aquawear (Newtown Rd.) this year. You can go to Aquawear at any time to buy a suit or personalized cap. Team suits are not required, but we would ask that each swimmer have a team swim cap (plain or personalized.)  It is against VBSL policy to wear a cap featuring a year round team, a college team, or a high school team. Please show your Blue Dolphin pride!

Little Neck has chosen Nike Swim suits again with multiple options for boys and girls styles. In addition we will take orders for Personalized Team Caps through May 12. In order to secure your team suit &/or personalized cap you can do one of the following:

* TEAM SUIT SALES AT AQUAWEAR: Come to Aquawear between now and July 30, 2019. Let the staff know you are with Little Neck and you will get the Team Price. (All Team Suit Purchases in store result in a 5% Rebate to Little Neck.)
* LITTLE NECK SUITS ONLINE: Order your suit on the [Little Neck Team Portal](https://lnsrc.us13.list-manage.com/track/click?u=19adc729feec99150f0af1f7a&id=e34690ae3d&e=7e1ea7be27" \t "_blank) and have the suit shipped to your door (shipping fees apply). (All Team Suit Purchases on the Portal result in a 5% Rebate to Little Neck.)
* 2019 PERSONALIZED CAP ORDERS DUE BY MAY 12: The Personalized caps can be ordered at any of the above. The caps are $16 each when you order a minimum of 2 per name or $19 for 1 only. Caps must be ordered by May 12! [All caps will be delivered to the pool for distribution by coaches or team reps.]

Googles: We recommend swimmers invest in at least 2 pairs of racing goggles to participate in practice and meets- having a spare is always helpful!

**Swim Meet Policies**

Meet Attendance:

Swimmer can participate in as many meets as they would like—it is also okay for swimmers to not participate in meets. We have plenty of meets, so do what feels right for your family.

(In order to qualify for Divisionals, our championship meet, you MUST swim in 3 meets.)

The Tuesday before each meet, you will get an email asking you to declare your swimmer(s) as a YES or a NO for the meet. You must declare, via our Active.com portal, if your swimmer would like to swim in the meet. Active builds our meet file, so emailing me or the coach is not enough—it has to be done in Active.

Entering all of the swimmers in the meets is the hardest part of the season—PLEASE help us out by entering your swimmer on time!

After the meet file is created based on your responses, I will send out the meet program. This is the time for you to find your swimmers and make sure they are entered correctly—check their name, the events they are swimming, and that their age is correct. We are entering over 200 swimmers, so mistakes will be made—we are counting on you to be our eyes! PLEASE check and double check.

From the point that I send out the email, I have about 24 hours to turn the document around, including making all of the changes and getting it sent to the other team. Once the file is sent to the other team, the meet is considered locked, and per VBSL rules, all other changes have to be approved by the coaches. As you can see, it is a long process, so finding mistakes early is key.

**No changes will be taken by coaches on deck during practice—it is too hard for them to remember while they are coaching.**

No changes will be taken by me at the pool, via phone call or text.

**ALL changes MUST be EMAILED to: littleneckswim@gmail.com**

We then have everything we need in one place, we don’t have to worry that someone forgot, or that something is still hanging out on our phone—email ONLY.

**Entering your Swimmer into a Meet:**

**https://swimportal.active.com?a=284149704**

* On Tuesdays, you will get an email asking you to sign into your swim portal. You will get a new email each week—it can be confusing, but just double check the dates.
* The portal does not work well on your phone and is best to navigate on a desktop computer.
* All you HAVE to do is select attending/not attending.
* When you get to your account, you will see the title LITTLE NECK BLUE DOLPHINS, and your child will be listed and it will say "registered" under their name. This means that they are registered to the Little Neck swim team.
* To register them for each meet you will need to click on the VIEW MEETS tab of the page. You will need to select either ATTENDING or NOT ATTENDING for each meet.
* \*\*Pay attention to the date of each meet to ensure you are entering information for the correct meet.\*\*

**Please be sure to save these instructions and your link, and follow all directions prior to reaching out to your swim team rep or coach. Please just email: littleneckswim@gmail.com and we promise to take care of you. Nothing is urgent, and when you send an email we can fix it on the back end.**

**Arrival Information:**

Swimmers should arrive at meets 15 minutes prior to warm-up.

Coaches will have a table at the entrance for swimmers to check in.

All swimmers must check-in prior to warm-ups or they will be scratched from the meet.

What to bring to the Meet:

Team Swim Suit

Cap

Googles (two pairs)

Towels or blankets

Sunscreen

Tent or Shade Cover and Chairs

Cards, Games, things to keep them busy!

Money for concession stands and Heat Sheets

\*\* Electronics may be brought, but swimmers are responsible for securing and storing devices.

**Volunteering**

**https://swimportal.active.com?a=284149704**

Volunteer requirements:

Per the registration requirements, all families must volunteer for a minimum of 4 shifts or attain 4 points during the summer swim team season. All of the volunteer positions for the season will be available after May 30th, and families are expected to sign up for four positions prior to the first meet. Volunteers are needed to RUN the meets in positions such as Timer, Runner, and Officials. Due to the number of required active positions we ask that families limit themselves to one food donation per season.

The majority of volunteer positions require no training, however, if you are interested in becoming an Official training will be held at LNSRC on May 18th.

If a meet is cancelled, postponed or rescheduled families are expected to fulfill the volunteer requirement they originally signed up for. If there is a conflict with the volunteer position they should contact the Volunteer Coordinator in advance.

**Volunteers only get credit if they check-in, work the entire shift, and perform the duties required of the position.**

Volunteer assignments are posted on the Active.com portal in advance of the meet. We encourage families to sign-up for volunteer jobs early when swimmers are entered into the meet.

**Volunteer Positions:**

Meet Set Up and Clean Up: For home meets, volunteers are needed to prepare the pool for the meet. Tasks include setting up the area where swimmers are lined up prior to their events, setting up chairs, flags, and scoring tables, setting up the concession stand area. Set up is done the FRIDAY night, before the meet. After the meet, tables and chairs need to be returned to their normal locations, concession stand and tents taken down and area cleaned up to original condition.

Clerk of Course: At home and away meets the Clerk of Course lines up swimmers by heat and lane for each event. This position requires a lot of patience and familiarity with the swimmers. The meet flies by when you have this position!

Runners: Each swimmer’s time for each event is recorded. Runners 1) collect the recorded sheets from the recorders after each event and deliver them to the scoring table. They will also collect any DQ slips from the Stroke and Turn judges and take them to the Meet Official for signature. This position requires a great deal of being on your feet and ability to move quickly.

Timers: Timers use stop watches to time swimmers and then provide the time to the recorder on their entry cards. This job offers an up close and unobstructed (and often wet) view of the meet.

Recorders: Recorders work closely with the timers. Timers provide verbal swimmers time to the recorder at the end of the race. The recorder then writes that time down on the entry card.

Scoring Table: At every meet a minimum of two volunteers are needed at the scoring table. Scoring Table workers place swimmers according to times recorded on their entry cards and score the meet. Volunteers will be required to separate disqualified swimmer cards from the rest of the cards, for the coach to review. This position requires some initial training or partnering with an experience volunteer.

Ribbons: Volunteers are needed at both home and away meets to verify, label and separate ribbons. This is a fun job, not to mention you get to see if you child will be getting a ribbon!

Heat Prize: At all meets, a heat prize (mini-dolphin) is awarded to the winner of each heat. Volunteers are needed to hand out to heat winners. This job will give you an up close viewing of all events. Heat Ribbons are only given out for individual events - not for relay events.

Stroke and Turn Officials: At both home and away meets, LNSRC must provide Stroke and Turn Officials. The Stroke and Turn official watches swimmers and determines whether or not swimmers are performing the strokes in a legal manner. Stroke and turn judges determine if swimmers must be disqualified from an event due to illegal strokes. To become a stroke and turn official, you need familiarity with proper stroke techniques. There are Stroke and Turn clinics available to volunteers to attend, ask a member of the board for more information on the dates/times of these clinics. \* \*These positions require training prior to assuming the volunteer position.

Concessions: For each home meet, volunteers are needed to work the concession stand. Workers are able to work shifts. Position requires you to handle large crowds and money.

Announcer: At home meets, the announcer keeps the meet on track. Provides updates, calls out the upcoming events, and relays important information over

Head Referee: The Head Referee is an experienced official who conducts the meet in a fair and equitable manner. The referee is responsible for and supervises all on deck activities of all the parent volunteers.

Starter: The starter calls the swimmers to their starting positions and signals for the start of each heat.

**Team Contacts:**

Head Coach: Matt Smith

mgsmith1010@gmail.com

757-681-3066

Team Reps: Leslie Nelson and Corbitt Wright

littleneckswim@gmail.com

Volunteers: Kimberly Vaughn

[littleneckswimvolunteers@gmail.com](mailto:littleneckswimvolunteers@gmail.com)

Sponsorships: Bridget Fickensher

bridgetingram@hotmail.com

Psych Buddies: Kathleen Rickets [Kathleenricketts02@gmail.com](mailto:Kathleenricketts02@gmail.com)

Cortney Sonkin [ssonkin@gmail.com](mailto:ssonkin@gmail.com)

Socials:

SHRA SWIM