
LF Dolphins

— 2024 Team Handbook —

About our team

We compete in Division 2 of Louisville Swim Association.

Our team is open to children and grandchildren of Lake Forest Residents who are ages 5-18.

Children must be able to swim the length of the pool independently but do not need any stroke knowledge or competitive experience.

Important websites and apps

- Lakeforestswim.com : registration, meet sign-ups, events, volunteer
- Facebook: Lake Forest Swim & Dive Team
- Swimtopia Mobile: alerts and announcements

<https://www.swimtopia.com/products/swim-meet-app/>

By downloading this app, and using the same log-in credentials as our team website, you will receive notifications of any rain-outs, weather delays, or other last minute changes to our schedules. You'll also be able to view upcoming meets and other information. For a small fee, you can receive live results and other features

- Time Drops Live! App for free, live meet results

Registration

- Online at lakeforestswim.com
- Costs are \$160 per athlete for one team, \$230 for both swim and dive
- Limit of \$480 per family
- Includes swim cap and team shirt
- Regular registration ends on May 11
- Late registration is May 12-28 - \$50 late fee and no team shirt
- Refunds are available to new families and must be submitted in writing by May 31 (email petrie727@gmail.com)
- Coaches reserve the right to decide a child is not ready, a refund will be issued in such cases.

Volunteer Requirements

- Each family is required to work 2.5 meets during regular season
- Failure to do so will result in a \$300 charge on the payment provided at registration.
- Volunteer sign-up begins May 25th at lakeforestswim.com under Meets & Events tab
- This requirement does not include post-season events.
- Contact Lisa Heineman at heinemanlisa@yahoo.com for details.

Sponsorship

- Families with a business can sponsor the team at the \$500 GOLD level and be excused from dual meet volunteer requirements. Please note that this does not include Quals and Championships.
- GOLD \$500:
 - Direct access to the team with marketing materials/flier and/or promotional materials
 - A public announcement at the start of all home meets
 - Your company logo and/or name prominently placed on our 2023 Lake Forest Swim/Dive Team T-shirt AND on a special oversize banner displayed at all home meets.
 - Your name, logo and company website linked to our website: www.lakeforestswim.com
 - A special sponsor listing in our Lake Forest newsletter (delivered to over 1700 homes!)
- Contact Carlie Peyton at carliepeyton@yahoo.com.

Pre-Season

- Purchase black suit and have logo added at Swimville
- We have optional pre-season practices: May 21, 23

5-6:30pm: dive demos

6-7pm: 11 and older swim

6:30-7pm: 6 and under swim

7-7:45pm: 7-10 years old swim

- Dolphin Kick-off May 23, 6pm - RSVP on website

Regular Season

- Regular practice begins May 28, see website for time details
- June evening practices on Wednesday/Thursday
- Five dual meets
- Heat ribbons are awarded poolside, place ribbons and PR are awarded at practice
- Goal of dual meets is to earn a qualifying time in an individual event

Declaring for Meets

- You must sign up for each individual meet in order for your athlete to be entered into events. Deadlines are usually the Wednesday before each Monday meet. If a swimmer is not signed up, we will assume they are not attending. Go to lakeforestswim.com, Meets & Events, meet sign-up. If you know your schedule, you can go ahead and do them all at once.
- Coaches decide who swims which event. They do their best to give everyone enough chances to qual in each stroke.
- If a swimmer does not show up for an event they were declared for, they will not be eligible for relays in the following meet.

What to Bring to a Meet

- Swimsuit
- Lake Forest Cap
- Goggles
- Permanent marker
- Towel
- Folding bag chairs or blanket
- Food: fruit, fiber bars, bagels, oranges, melon pieces, healthy snacks
- Drinks: water, juice, Gatorade, Powerade
- Charged phone for app/printed heat sheet
- Sunscreen and Bug Spray
- Cash for concessions

Meet Arrival

- Be on time! Warm-ups begin well before the meet start time.
- Mark your swimmer with a permanent marker! (See later slide.)
- Swimmers report to age group areas (look for signage).
- Choose a seating area. Tent areas are for swimmers and age group parents. Please note that no spectators should be sitting at either starting ends of the pool.
- If volunteering, check in with Lisa at the volunteer table for instructions.
- Sometimes there are last minute changes to the heat sheet. Coaches and age group parents will have those.
- Coaches will give instructions regarding warm-ups.
- Team will warm-up together.

Heat Sheets

- This is the printed listing displayed before and during a meet that tells swimmers what events they will compete in. It also defines the swimmer's lane assignment per event. Lanes are typically assigned based on seed times, with the fastest swimmers in the center of the pool. Events are listed in order, usually alternating girls and boys events.
- Typically emailed to families the day before a meet
- Remember ages 10 and under swim one length of the pool, 11 and up swim two.

Heat Sheets - How to Read

Event number	→	Event 21	Girls 6 & Under 25 SC Meter Freestyle		
Heat number	→	Heat 1	Finals		
		Lane	Name	Age	Team
					Seed Time
		1	Nolasco, Katy	6	LAKY-OH
		2	Reed, Abbie	5	LAN-OH
		3	Glossner, Gabrielle	5	LAKY-OH
		4	Carlin, Emilee	5	LAN-OH
		5	Yanzsa, Sarah	6	LAKY-OH
		6	Charles,, Cecilia	6	LAN-OH
			Heat 2 Finals		
		1	Maushart, Jaclyn	6	LAKY-OH
		2	James, Audrey	5	LAN-OH
		3	Downs, Abigail	6	LAKY-OH
		4	Miller, Anna	5	LAN-OH
		5	Decker, Isabelle	5	LAKY-OH
		6	Schueler, Delaney	6	LAN-OH

Denotes exhibition heat

No time on record

Heat Sheets - Helpful terms

- **Seed time** is the fastest time a swimmer or team of swimmers has swum an event prior to the submission of entries for the meet. For individuals, this is the time entered for the swimmer for the event, and is a good goal to try to beat. It also factors into lane placement and heat number.
- An **“NT”** listed for seed time means no seed time has yet been recorded for that swimmer, i.e. that swimmer has not competed in that event, or was disqualified during the event.
- An **X** in front of seed time means the swimmer is swimming an exhibition heat . In exhibition heats, swimmers receive a time, but do not score points for the team . Exhibition heats are performed so that more swimmers can participate in events, and are a valuable opportunity to get a legal time for championship eligibility, or achieve one's personal best.

Medleys

- Individual Medleys are swum in order:

1) Butterfly 2) Backstroke 3) Breaststroke 4) Freestyle

It's important for swimmers to know the order, because any other order will result in a “ DQ” or disqualification.

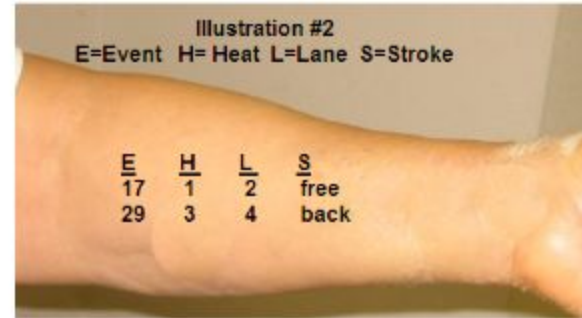
- Relay medleys are swum in order:

1) Backstroke 2) Breaststroke 3) Butterfly 4) Freestyle

Writing on Swimmers

Before warm-ups begin write LF followed by your swimmer's number, with their name below on their back left shoulder with permanent marker.

Write their event information on their arm.



Meet

- Age group parents will escort swimmers to the start for each event.
- Swimmers should stay in their age group area so that they are always ready when it is time to line-up. (They will line up well before their event.)
- Coaches are at the lanes to help make sure we have everyone and cheer them on!
- There will be concessions available and a half-time break.
- 6 and under events are all before half-time.
- You may leave when your events are over or stay and cheer on the rest of our dolphins!

Post-season

- Time standards for individual events are set by LSA to determine who makes it to Qualifications in July.
- There are two Qualification meets for older and younger swimmers. At these meets, swimmers only swim the events for which they are qualified, and only up to three events. We do not have relays at these events.
- The top 12 in each event go onto Champs. We also get to send an A and B relay in each relay event to Champs. That is at least 8 kids in each group that will swim relays. So even if your swimmer does not make it to Champs in an individual event, they will probably be needed on a relay. Please RSVP YES for Champs on the team website if you will be available for relays. We will announce relays for Champs after we see who is available.
- Banquet to be held at the Lodge the evening of Champs!

Behavior

As a team member you and your family represent the whole Lake Forest community. Therefore, every family is expected at all times to conduct themselves with exemplary behavior. We adopt the conduct standards for coaches, swimmers, and spectators as set forth is the Louisville Swim Association (“LSA”) Administrative Rules 2.0. See www.louisvilleswim.com.

The following is a list of consequences for improper behavior as set forth in LSA Rule 2.0. This holds for team practices and meets.

First offense – Verbal warning with Coach and Parent.

Second Offense – Swimmer will not be allowed to swim at the next meet.

Third Offense – Swimmer is dismissed from the team.

2024 Swim and Dive Board

Jessica Petrie	Petrie727@gmail.com	502-240-2049	Swim Co-Chair
Jeff Baker	bakerfamilyinsurance@gmail.com	502-649-3348	Swim Co-Chair
Caryn Stem	Caryno45@hotmail.com	502-807-5523	LSA Dive Rep; Dive Chair
Casey Johnson	caseyjohnson@twc.com	502-387-6774	Co-LSA Rep
Ximena Vierra	ximena_rios@hotmail.com	502-224-6578	Co-LSA Rep
Carlie Peyton	carliepeyton@yahoo.com	502-523-3504	Sponsorship Chair
Ashley Mattingly	eamattingly@gmail.com	502-432-6152	Hospitality
Shelley Baker	bakerfamilyinsurance@gmail.com	502-649-3348	Treasurer/Secretary
Cala Brooks	cala.brooks@live.com	859-583-7910	Spiritwear
Lisa Heineman	heinemanlisa@yahoo.com	502-432-9091	Volunteer Coordinator
Erin Choi	erinleigh819@gmail.com	502-442-5897	Trophies/Photos
Kim Brice	kim@lakeforestky.com	502-245-5253	LF General Manager