

LAKESIDE QUARRY GATORS

Team Philosophy

The Quarry Gator Swim Team was created to introduce children to competitive swimming in a positive and relaxed atmosphere. In keeping with this tradition, the staff will make every attempt to meet the needs of the individual swimmer and thus advance each swimmer toward their full potential. Our goal of the team is to have fun and build friendships while developing in each swimmer the adequate tools to use the sport as a lifetime fitness activity.

Eligibility

- 1) Quarry Gator swimmers must be club members between the ages of 6 and 18 years old as of June 1st, 2010;
- 2) All swimmers must demonstrate their ability to swim by trying out for the team prior to the start of the season or have been a team member the previous season

Tryout Procedure and Standards

- Tryouts will be held prior to the start of each season.
- When necessary, the coaching staff may request that swimmers who have been a member of the team in prior sessions, but are not currently on the team attend a tryout session.
- The coaches are not expecting "perfect swimmers" during a tryout; however, in order to ensure the advancement of all swimmers on the team, a standard must be applied.
- Each swimmer must be able to complete the required distance and demonstrate a basic understanding of each stroke.
 - ◆ 25 yards of Freestyle
 - ◆ 25 yards of Backstroke
 - ◆ 25 yards of Breaststroke (9 and up)

Practice Expectations of All

- Regular attendance to practice is expected of every swimmer regardless of group, age, or ability.
- All swimmers and parents are required to bring their swim club I.D. card in order to enter the club.
- **NO PERSON, (PARENT OR SWIMMER) will be allowed to enter the club between 9:45 AM and 10:00 AM.** All swimmers in the 9:45 practice group need to be inside the club by 9:40. Parents picking up children from practice need to be inside the club prior to 9:45 AM or wait outside until the club opens at 10:00 AM. **The gate staff and management will strictly enforce this rule.** If an emergency situation occurs and immediate access is required, the gate attendant should be advised of the situation and a manager will be notified. Under no circumstance should any person be rude with the front gate staff as they are only enforcing established club policy.
- Parents dropping off swimmers, attending practice, or picking up children should park their vehicles in proper parking areas. Do not park in front of the club in the areas designated for **immediate** pick up and drop off only. (This is in reference to persons parking in these areas with their flashers on for any amount of time in which immediate loading or unloading of persons is not occurring.)
- **DO NOT PARK IN THE DESIGNATED HANDICAPPED SPACES!**
- During morning practice, parents wishing to stay and observe practice are welcome but we ask that you remain either on the basketball courts, in the patio, or in the balcony area of the Eckard Building. The exercise room will be available for use on Wednesday and Friday as prescribed in facility information and policy books.
 - ◆ Other club facilities are closed and off limits until the club opens at 10:00 AM. Staff members have been instructed to remove all objects placed in areas (recreation areas or on chairs) that are off limits prior to the club opening.
 - ◆ The maintenance staff will be performing various tasks in the morning so we ask that all persons be receptive to requests made by any staff.
- The basketball court that is closest to the Jack Thompson Building will be available for use during practice. All children must be supervised.
- The coaching staff requests that parents refrain from congregating in the area immediately surrounding the fence during any practice session.

- During practice times, all questions should be addressed to the Administrative or Head Coach so as not to distract the swimmers or coaches from the task at hand.

Specific Practice Expectations for Swimmers

- Be in proper swim attire with all equipment needed for practice at the time your practice group is scheduled to start. **This should include goggles and caps.**
- All swimmers should focus their attention on the coaches' instructions from the time practice is scheduled to begin until practice has ended.
- Be respectful of all persons during practice time and be considerate of your teammates and coaches.
- Swimmers involved in the morning sessions are allowed in the restrooms and on the basketball courts only.
- Group 1 swimmers should not arrive before 8:30 AM.
- Group 2 swimmers should arrive to the club no later than 9:40 AM. (No swimmer will be allowed to enter the club between 9:45 AM and 10:00 AM)
- Group 3, 4, and 5 swimmers must stay clear off the instructional pool deck prior to the start of practice until the coaches are present. These groups should meet on the bleachers by the basketball court.

Team Uniforms

- **Please label all your swimmers equipment with permanent marker to include bathing suit and goggles.**
- The coaching staff, in an attempt to promote greater team spirit and unity, requests that **all swimmers** wear the team suit during meets.
- Suits are available through Swimville USA (telephone # 245-9811).
- Swim goggles are vital to visibility while swimming. **Please bring your own goggles and wear those goggles at every practice and meet.**
- Swimmers may wear any suit they wish during practice.
- One T-shirt and one swim cap will be given to each swimmer on the team.
- The coaching staff strongly encourages the use of swim caps, for practices and meets, for all female swimmers or any person who may be hindered by their hair while swimming.

Swim Meets

- Dual Meets
 - ◆ All dual meets will be held on Monday evenings and should begin at 6:00 PM.
 - ◆ Swimmers should report to the pool where the meet is to be held for warm-ups by 5:00 PM. Home meets by 4:45 PM.
 - ◆ Parents working at the meet should be available no later than 5:45 PM and should plan on working the entire meet.
 - ◆ Swim meets are approximately 3 hours in length depending on the size of the teams attending the meet.
- Championship Meet
 - ◆ All teams in the KSA will participate in the championship meet held at the end of the summer season.
 - ◆ In order to be eligible for the championship meet, the league requires that a swimmer participate in at least two dual meets during the season.
 - ◆ Detailed information regarding the championship meet will be distributed at a later date.
- Please notify one of the coaches as soon as possible if you witness any infraction of rules or questionable behavior of a person during swim meets.

Awards & Scoring

- By league standard, ribbons are given to the top 6 finishers of each event.
- The host pool has the option of awarding additional ribbons.
- Scores will be given for 1st, 2nd and 3rd place finishes in dual meets. If an event is swum uncontested only the first place swimmer will score points.

Meet Registration

- **All swimmers will be registered and expected to swim in every meet.**
- Since we base our relay teams on every person being in attendance it is critical to notify the Head Coach **in writing** of any absence that is necessary as soon as the situation is known.

Parental Participation

- All meets require that parents assist in the operation of the meet. **All families** need to provide a meet worker for a minimum of 2 meets.
- A sign-up sheet will be available at the parent meeting so as to allow opportunity to designate the time and place where a parent will be assisting with meet operation.
- A team representative may be contacting each family to facilitate assistance with meets if it is necessary.

Parent Committee

We have organized several parents into a committee that will be assisting the coaching staff in coordinating parents with various events. Currently, the positions available to serve are committee chair, special events coordinator, parent volunteer coordinator, age group coordinator, and award picnic coordinator. If you are contacted by one of these individuals, please be polite and assist them in any way possible.

What to Bring to a Meet

1. Equipment: swim suit, towel, goggles, cap, and sunscreen
2. A properly marked swimmer:
To facilitate faster meets and assist parent volunteers we are going to ask that each swimmer be marked on the left shoulder with the following information when they arrive at the meet: (from top to bottom)

LQG	(a team designation)
8&U	(8 & under age group)
Smith, A.	(last name, first initial)
3. Food: Using Lakeside's guidelines on food & coolers will keep you within most other facilities regulations. All pools have a concession stand. Most offer snacks only, some also include larger items such as sandwiches, hot dogs, etc.
4. Lots of water to drink
5. Warm clothes and footwear for between races
6. A positive, helpful, and friendly attitude

Social Activities

In an attempt to foster team spirit and stronger friendships, parents may be organizing occasional events that allow for everyone to have fun together outside of the water environment. Some events that may be offered could include:

- Team / Family Outings
- Team Social Day
- After meet dinner outings
- End of season awards picnic

We will need help from every person to make these events a success.

KENTUCKIANA SWIM ASSOCIATION

League Teams

Lakeside Swim Club
Upper Highlands

Northeast YMCA
MTM Hammerheads

Southpark Country Club
Woodmont Swim Team

Board of Directors

All teams in the KSA are responsible for supplying at least 1 parent/team representative for the Board of Directors. The Board holds at least 4 organizational meetings per year. Any concerns in regards to the league or its regulations should be addressed to the Administrative Coach.

Fees

Each team will be required to pay a league fee to cover costs of Championship Meet and League administration. The current fee is based on the number of swimmers on the team roster per summer.

Age

Swimmers will compete in their age group as of June 1st. They may swim in their respective age groups or any age group above their age.

Meet Entries

There are unlimited freestyle and backstroke entries per team. Breaststroke, Butterfly and IM entries are based on the number of lanes available. (Each team may establish their own restrictions in regard to the number of events in which a swimmer may participate. Due to our team size, we can only guarantee that each swimmer will be entered in 2 events per dual meet.)

Championship Meet

Swimmers must compete in two (2) KSA regular season meets to be eligible for competition in the Championships. Entries for the Championship Meet must be turned in to the league by the designated entry deadline for the meet date.

A complete copy of the KSA Guidelines and Regulations
is available for review upon request.

Lakeside Swim Club
 Quarry Gators
 Summer Schedules 2010
 Session Dates: June 3 - July 17

Practice Information

Group 1 from 8:45 - 9:45 AM
Group 2 from 9:45 - 10:45 AM
Group 3 from 2:30 - 3:30 PM
Group 4 from 3:30 - 4:30 PM
Group 5 from 4:30 - 5:30 PM

Please remember - No Admittance to the club between 9:45 to 10:00 AM

All groups practice Tuesday through Friday
 (Except the week of June 7-11 - Practice will be held every day.)
 No Practice on July 5th

Swim Meet Information

Date	Team (Location) - Theme	Arrival Time
June 14th	Southpark (Home) - Pajama Day	4:45 PM
June 21st	Upper Highlands (Away) - Mixed Match Day	5:00 PM
June 28th	NEYMCA (Home) - Luau Night	4:45 PM
July 6th - Tuesday	Metro Parks (Away) - Tie Dye Day	5:00 PM
July 12th	Woodmont (Home) - Superhero Night	4:45 PM
July 17th	Championship (Away) - Team Green Machine	T.B.A.

Team Picture Day - June 30th
 Team Social Day - July 2 - Morning groups (Fun & Donuts) /
 Afternoon groups (Gator Games & Pizza)
 Championship Meet - Saturday, July 17th - MTM Aquatic Center
 - timeline T.B.A.
 Summer 2010 Awards Picnic - Friday, July 23rd - Joe Creason
 Park Pavilion - 6:00 to 8:00 PM

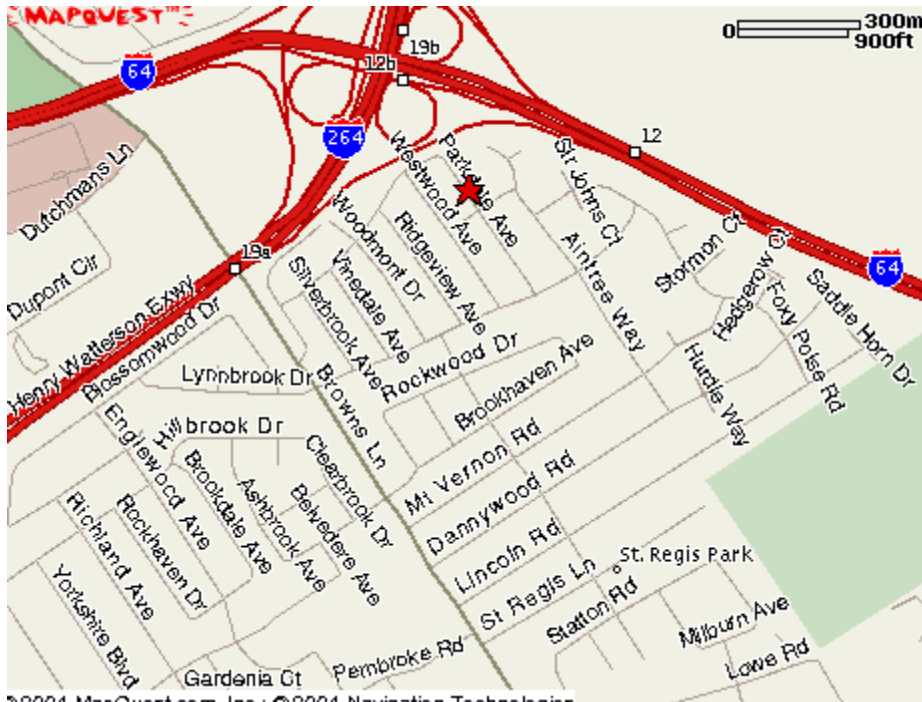
Coaching Staff:

Jill Sullivan - Head Coach
 Natalie Jones - Assistant Head Coach
 Caroline Stoess - Assistant Head Coach
 Noah Stromberg
 Murray Hahn
 Kathleen MacCool
 Alex Edwards
 Maddie Wilbanks

Loren Wingfeld - Administrative Coach

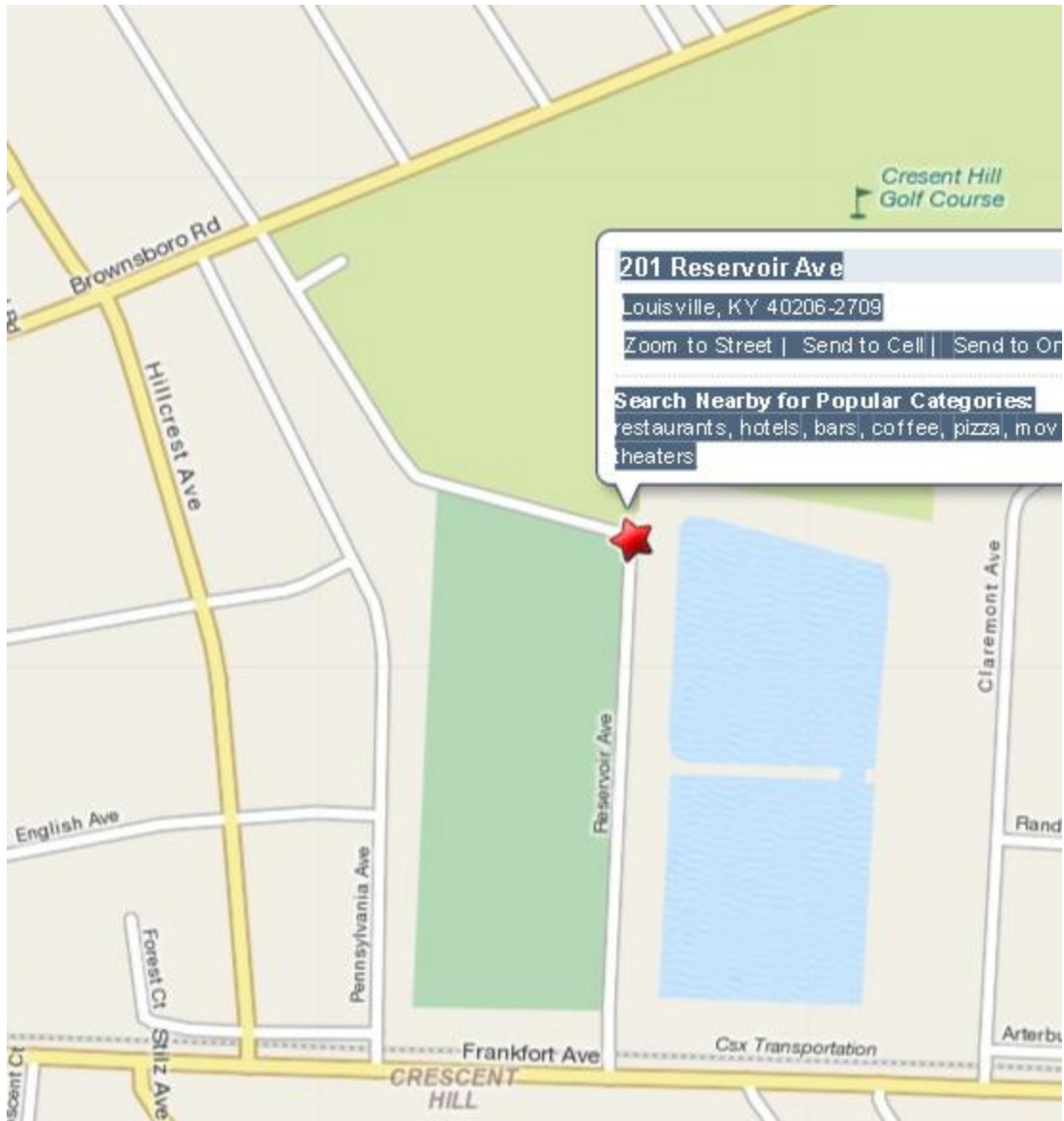
Information Resources

Website: lakesideswim.com ("Quarry Gators" page)
Head Coach: Jill Sullivan @ Lakeside 454-4585 ext.403
Administrative coach: Loren Wingfeld @ Lakeside 454-4585 ext. 231
Email: lwingfeld@lakesideswim.com
Bulletin Board: enclosed on Jack Thompson Building by Basketball Court



Upper Highlands Swim Club

Heading south on Browns Lane, turn left onto Lynbrook Drive. Then left onto Parkdale Ave.
Pool will be on your left. 2413 Parkdale Ave. Louisville, KY 40220



Metro Parks Hammerheads – MTM bubble

Off Frankfort Ave. – go north on Reservoir Ave. – Facility located at the end of the road.