

All,

I wanted to first say thanks again to the parents who were able to attend last night's meeting. We are planning to have a **MANDATORY** Follow-up Parent Meeting this coming Sunday @ 6pm, to organize the Parent Board. We are looking to fill the following positions:

Executive Board:

PRESIDENT	VICE PRESIDENT	SECRETARY	TREASURER	COMMITTEE LEADERS
				<ul style="list-style-type: none">• Administrative Committee• Apparel & Equipment Committee• Meet Committee• Event Committee• Fundraising Committee

Committees:

ADMINISTRATIVE COMMITTEE	APPAREL & EQUIPMENT COMMITTEE	MEET COMMITTEE	EVENT COMMITTEE	FUNDRAISING COMMITTEE
<ul style="list-style-type: none">• Meeting Minutes• Website• Team Bulletin Board• Swimmer Boxes• Roster• Swimmer Stats (Distances, Times, Photos, Video)	<ul style="list-style-type: none">• Caps• T Shirts• Competition Suits• Sweatshirts• Sweatpants• ??? Other Clothing, Water bottle, Towel, Bags (Mesh Bag, Duffle Bag, Backpack)	<ul style="list-style-type: none">• Accommodations• Meet Entries• Heat Sheets• Meet Results• Meet Officials• Meet Workers	<ul style="list-style-type: none">• Parent Meeting• Video Review (Before)• Halloween Pizza Party• Team Photos• Holiday Party• Video Review (After)• Bring Your Valentine's• Awards Banquet	<ul style="list-style-type: none">• Holiday Power Hour• Sponsors (Banners, T Shirts, Website)• Local Restaurant Pledge (10% of Month Sales?)

Practices:

We are working very hard to resolve issues with lane availability, overcrowding, and practice group organization. We've decided to divide practice groups by skill/ speed rather than age. To do this, we are going to spend this week (Today- Monday 10/1, Wednesday 10/3, and Friday 10/5) doing time trials to appropriately divide the groups, and will need quite a few parent volunteers to help time. In addition, we will only be given additional lanes and practice time if we exceed 52 swimmers (as of now, we have 30 swimmers signed up). With that said, **swimmers must be signed up by the end of practice tonight.** A swimmer will not be permitted to practice after tonight until they are registered.

***Please remind swimmers to enter the pool through the locker rooms.

***Always remember goggles, water bottles (optional), and swim caps (optional) when coming to practice.

	Black Group (Beginner) (22 Swimmers)	White Group (Intermediate) (21 Swimmers)	Orange Group (Advanced) (29 Swimmers)
Practice Days	M/W/F/Sun	M/W/F/Sun	M/W/F/Sun
Practice Times	(Early) 5:00-5:45 or (Late) 5:45-6:30	(Early) 5:00-6:00 or (Late) 6:30-7:30	(Early) 5:00-6:30 or (Late) 6:00-7:30
Total Practice Distance/ Time	800-1200 yards/ 45 min	1600-2400 yards/ 60 min	3200-4000 yards/ 90 min
Warm-Up Distance/ Time	200-300 yards/ 10 min	400-600 yards/ 10 min	800-1000 yards / 20 min
Set Distance/ Time	500-750 yards/ 30 min	1000-1500 yards/ 45 min	2000-2500 yards/ 60 min
Cool-Down Distance/ Time	100-150 yards/ 5 min	200-300 yards/ 5 min	400-500 yards/ 10 min

No Practice:

Wednesday 10/31-	Halloween
Friday 11/23-	Thanksgiving
Monday 12/24-	Christmas Eve
Monday 12/31-	Mara's Birthday (New Year's Eve)

Competitive Stroke Descriptions:

	Description	Starts	Turns	Drills	DQ Items
Freestyle	In freestyle events, the competitor may swim any stroke. The stroke most commonly used is sometimes called the crawl, which is characterized by the alternate stroking of the arms over the surface of the water surface and an alternating (up-and-down) flutter kick.			Kick (Kickboard, Fins) Pull (Pull Buoy, Paddles) (Kickboard, Noodle) Rt Arm Down/ Lt Arm Back Fist Swim Breathing Game Catch Up Fingertip Drag	Walking on the bottom, pulling on the lane rope, not touching the wall on a turn, or not completing the distance.

	Description	Starts	Turns	Drills	DQ Items
Backstroke	Backstroke consists of an alternating motion of the arms with a flutter kick while on the back. On turns, swimmers may rotate to the stomach and perform a flip turn and some part of the swimmer must touch the wall. The swimmer must finish on the back.			Kick (Kickboard, Fins) Pull (Pull Buoy, Paddles) (Kickboard, Noodle) Rt Arm Down/ Lt Arm Back Fist Swim Hesitation Salute Catch-up Cup On Head 10 Kicks On Each Side (Shoulder Roll)	Pulling or kicking into the wall once a swimmer has turned passed the vertical onto the breast. Turning onto the breast before touching the wall with the hand at the finish of the race.

	Description	Starts	Turns	Drills	DQ Items
Breaststroke	<p>The breaststroke requires simultaneous movements of the arms on the same horizontal plane. The hands are pressed out from in front of the breast in a heart shaped pattern and recovered under or on the surface of the water. The kick is a simultaneous somewhat circular motion similar to the action of a frog. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously at, above or below the water surface.</p>			<p>Kick (Kickboard, Fins) Pull (Pull Buoy, Paddles) (Kickboard, Noodle) Fist Swim 2 Kicks/ 1 Pull 2 Pulls/ 1 Kick Cup On Head</p>	<p>An illegal kick such as flutter (freestyle), dolphin (butterfly), or scissors (side stroke); not on the breast; alternating movements of the arms; taking two arm strokes or two leg kicks while the head is under water; touching with only one hand at the turns or finish.</p>

	Description	Starts	Turns	Drills	DQ Items
Butterfly	Some consider the butterfly to be the most beautiful of the strokes. It features a simultaneous recovery of the arms over the water combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissors or use the breaststroke kick. Both hands must touch the wall simultaneously on the turns and the finish.			Kick (Kickboard, Fins) Pull (Pull Buoy, Paddles) (Kickboard, Noodle) Rt Arm Down/ Lt Arm Back Rt/ Lt Together Fist Swim Dolphin Dives (Lane Lines, Noodles)	Alternating movements of the arms or legs; pushing the arms forward under instead of over the water surface (underwater recovery); a breaststroke style of kick; touching with only one hand at the turns or finish.

	Description	Starts	Turns	Drills	DQ Items
Individual Medley	The individual medley, commonly referred to as the I.M., features all four strokes. In the IM, the swimmer begins with the butterfly, then changes after one-fourth of the race to backstroke, then breaststroke and finally freestyle.				

For specific language on any technical rules consult the USA Swimming Rules and Regulations book. Violations of the rules are reported to the Referee. The rules require that every reasonable effort be made to notify the swimmer or his coach of the reason for the disqualification. If your child is disqualified in an event, be supportive rather than critical. For beginning swimmers, a disqualification should be treated as a learning experience, not as a punishment. A disqualification alerts the swimmer and coach to what portions of the swimmer's stroke need to be corrected. They should be considered in

the same light as an incorrect answer in schoolwork-they point out areas that need further practice. Disqualifications are necessary to keep the competition fair and equitable for all competitors. A supportive attitude on the part of the official, coach, and parent can make a positive situation out of the disqualification.

Practice Equipment:

Kickboard
Pull Buoy
Fins
Paddles
Tug-O-War, Cups On Head, Drag Gear
Cups

Meets & Events:

Sunday 10/14-	Virtual Meet TBD @ NLY (We need LOTS OF HELP to get ready for this meet & use of the Masterson Station Manta Rays Starter!)
Saturday 10/27-	Relay Meet @ NLY (We need LOTS OF HELP to get ready for this meet & use of the Masterson Station Manta Rays Starter!)
Sunday 10/28-	Halloween Pizza Party @ TBD (No Practice)
Saturday 11/10-	Dual Meet @ NLY w/ Glasgow (We need LOTS OF HELP to get ready for this meet & use of the Masterson Station Manta Rays Starter!)
Saturday 11/17-	Sprint Meet @ RC Durr (Northern KY)
Saturday 12/1-	Paris Distance Meet (Paris KY)
M/W/S 12/10, 12, 16-	Holiday Power Hour
Friday 12/14-	Holiday Party 6 pm @ TBD (No Practice)
Saturday 12/5-	???Dual Meet @ Telford (Richmond)???
Saturday 12/29-	Tri Meet @ Glasgow W/ Glasgow & Danville (Glasgow KY)???
Saturday 1/19-	13 & Over Meet @ Telford (Richmond)
Saturday 1/26-	12 & Under Meet @ Beaumont (Lexington)
Friday 2/15-	Valentine's Day Party 6 pm
Saturday 2/16-	Dual Meet @ Danville (Danville KY)
Fri-Sun 3/1, 2, 3-	State Meet @ Ashland (Ashland KY)
	***All swimmers must compete in at least two (2) league meets and be a member in good standing at any time during the season in order to compete in the League Championship (State Meet) & have a time for the event they wish to swim.
Fri-Sun 3/15, 16, 17-	Zones @ TBD
Fri-Sun 3/1, 2, 3-	Nationals @ TBD
Friday 3/15-	Awards Banquet 6 pm

Meet Officials & Workers:

OFFICIALS (We must provide at least one (1) certified official for every ten (10) swimmers)	MEET WORKERS
<ul style="list-style-type: none">▪ One referee▪ One starter▪ Two stroke and turn judges, one at each side of the pool pool▪ Two finish judges, one at each side of the finish line	<ul style="list-style-type: none">▪ Two timers per lane▪ One or more back-up timers to substitute for a lane timer in the event of watch failure or operator error▪ One scorer▪ One runner (take heat results to scorer)▪ One awards worker▪ Heat Winner Awards▪ Clerk of Course▪ Bull Pin▪ Concessions

Meet & Event Equipment:

Team Manager Website

Clipboard

Pen, Sharpie, High Lighter

Clipboard

Plates, Cups, Utensils for Events (Go Green)

Meet Events:

	Freestyle	Backstroke	Breaststroke	Butterfly	Individual Medley	Relays
6 & Under	• 25 Free	• 25 Back	• 25 Breast	• 25 Fly		
7 & 8	• 25 Free • 50 Free	• 25 Back	• 25 Breast	• 25 Fly	• 100 IM	• Medley Relay • Free Relay
9 & 10	• 50 Free • 100 Free • 200 Free	• 50 Back	• 50 Breast	• 50 Fly	• 100 IM	• Medley Relay • Free Relay
11 & 12	• 50 Free • 100 Free • 200 Free	• 50 Back	• 50 Breast	• 50 Fly	• 200 IM	• Medley Relay • Free Relay
13 & 14	• 50 Free • 100 Free • 200 Free	• 100 Back	• 100 Breast	• 100 Fly	• 200 IM	• Medley Relay • Free Relay
15 & 18	• 50 Free • 100 Free • 200 Free	• 100 Back	• 100 Breast	• 100 Fly	• 200 IM	• Medley Relay • Free Relay
OPEN	• 500 Free					

***A swimmer's age group for the season as determined by the swimmer's age on December 1st

***All swimmers shall swim in their respective age group except as noted below:

- A swimmer may swim in a higher age group for an individual event during the meet, but must remain in that age group for the entire meet.
- A swimmer may swim in a higher age for relay events and still compete in the proper age group for individual events.
- A swimmer may compete in only one Medley Relay and one Freestyle Relay in a league meet.

Parent Meetings:

Sunday 10/7-

Organize Parent Board 6 pm **MANDATORY**

Official Training:

***Wear White Tops & Navy Bottoms

Saturday 10/20-
Church Road)

New Officials Clinic 7:00 am (Somerset Family Fitness Center- 100 East Somerset

TBD-

New Officials Clinic- Lexington or Paris

Mara Greene, Assoc. IIDA, LEED AP
Interior Designer



201 W Short Street | Suite 700 | Lexington, KY 40507
tel: 859-231-7538 | fax: 859-255-4380
<http://www.eopa.com>