

MOUNT JOY LIONS SWIM TEAM FAMILY INFORMATION GUIDE

www.mountjoyswimteam.org

WELCOME to the Mount Joy Lions Summer Swim Team! Coaches are hard at work to make sure your swimmer has a successful season, filled with team spirit, individual best times, while having tons of fun! Parents, your encouragement and support will only further your swimmer's success. A great way to support your swimmer is by volunteering at meets—be involved! ***On your registration form, please indicate an area(s) where you are willing to assist.*** A typical swim meet needs approximately 30 to 40 parent volunteers, including: (*indicates special training involved)

ANNOUNCER—reads swimmer names for each heat and event

FINISH JUDGE--watch all lanes to determine finish order of swimmers in each heat

MEET LINE-UP—find and organize swimmers for their events

OFFICIAL*--act as starter for each event, and officiating

PHOTOGRAPHER—take pictures to use for end-of-year slide show

PROPERTY—set up blocks, flags, etc. for meets; set up tents for each meet

RIBBONS—fill out ribbons for each swimmer listing event and time

RUNNER—take heat sheets from the timers to the scorer table

SCORING—write heat sheets prior to meet; during the meet tally the score

SNACK (after meet)—hand out snack to swimmers after conclusion of the meet

STROKE/TURN*--watch swimmers for legal starts, turns and swims

TIMING—time each race during the meet (there are 2 timers in each lane, 1 from each team)

TIME AVERAGING—sit at scorer table and average times to determine final time for each swimmer

~TEAM COMMUNICATION~

We use e-mail, the team web site, and family folders at the pool where we place ribbons and other miscellaneous papers throughout the season. We send a weekly e-mail (usually Sunday evening) called “Beyond the Lane Lines” with information for the upcoming week. Many of your questions can be answered on the web site and/or the weekly e-mail. Please check them regularly! If you have questions, feel free to e-mail any of the following persons:

President, Tim Leibfried

Vice Pres, Kelly O'Neill

Secretary, Abby Leibfried

Treasurer, Heather Ashley

Head Coach, Andrew Foltz

Invitationals, Andrew Foltz

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afoltz91@gmail.com

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~PRACTICE~

SCHEDULE. Regular practice schedule is posted on the web site.

ATTENDANCE. Coaches always encourage regular practice attendance! You do not need to let the coaches know if your swimmer will be missing a practice. However, if your swimmer will be absent for an extended period of time (illness, injury, vacation), please do let the coaches know.

~DUAL MEETS~

WHAT IS A DUAL MEET? A meet between two teams within our division. There are three divisions and we swim in Division 2. Dual meets include 50 events, broken down into five age groups: 8&under, 10&under, 12&under, 14&under, and 15-18 (also referred to as “Open”). The first 40 events are “individual” because they are races between individuals from both teams. The last 10 events are “freestyle relays,” comprised of four swimmers in each relay. For individual events, each team enters 2 or 3 swimmers (depending on the number of lanes a pool has). For example, Mount Joy is a 5-lane pool, so for a “Live heat,” we will place swimmers from MJ in lanes #1 & #3, swimmers from the opposing team in lanes #2 & #4, and possibly an exhibition swimmer in lane #5. Sometimes all five lanes are exhibition swimmers—this is an “Exhibition heat.” In a 6-lane pool, each team will be able to place 3 swimmers in each HEAT.

ATTENDANCE EXPECTATIONS. Coaches expect that all swimmers will participate in all dual meets. Coaches spend a considerable amount of time preparing a strategic line-up. *If your swimmer cannot swim at a dual meet, a parent and/or older swimmer **MUST SIGN THE SHEET** on the bulletin board at the pool to say they are **NOT AVAILABLE** to swim.* (DO NOT verbally tell a coach, they may not remember.) There will be a SIGN-OFF sheet for each dual meet. If your swimmer’s name is not on the sheet, coaches will include them in the line-up. If a swimmer does not show for a meet, coaches have to make last-minute changes to the line-up to accommodate for the no-show, which can delay the start of a meet.

WHAT IS A “HEAT”? A heat is the placement in the event that a swimmer is assigned. This is usually based on a swimmer’s time and allows the swimmer to compete against swimmers of comparable skill levels. There are two types of heats:

1. **Exhibition Heat:** Allows every swimmer to participate in the meet in an attempt to swim a “personal best time” and does not count toward the overall score. The number of Exhibition heats will vary, depending on the number of swimmers in that event. Exhibition heats are swum before the Live heat in each event.
- 2) **Live Heat:** Scores points toward the overall team score. There is one Live heat per event.

ORDER OF EVENTS. Below is a sample Order of Events for a dual meet. The number of Exhibition heats for a particular event can vary, and there may not be enough swimmers to have an Exhibition heat at all. Exhibition events are followed by the letters “c” “b” “a” etc. Live events are just the number (no letter). Larger teams will require more Exhibition heats so that everyone has an opportunity to swim.

Freestyle Events – 1 through 10:

1c – 8 & under girls 25m freestyle (EX)
1b – 8 & under girls 25m freestyle (EX)
1a – 8 & under girls 25m freestyle (EX)
1 – 8 & under girls 25m freestyle (LIVE)
2c – 8 & under boys 25m freestyle (EX)
2b – 8 & under boys 25m freestyle (EX)
2a – 8 & under boys 25m freestyle (EX)
2 – 8 & under boys 25m freestyle (LIVE)
3a – 10 & under girls 25m freestyle (EX)
3 – 10 & under girls 25m freestyle (LIVE)
4a – 10 & under boys 25m freestyle (EX)
4 – 10 & under boys 25m freestyle (LIVE)
5b – 12 & under girls 50m freestyle (EX)
5a – 12 & under girls 50m freestyle (EX)
5 – 12 & under girls 50m freestyle (LIVE)
6a – 12 & under boys 50m freestyle (EX)
6 – 12 & under boys 50m freestyle (LIVE)
7b – 14 & under girls 50m freestyle (EX)
7a – 14 & under girls 50m freestyle (EX)
7 – 14 & under girls 50m freestyle (LIVE)
8a – 14 & under boys 50m freestyle (EX)
8 – 14 & under boys 50m freestyle (LIVE)
9 – Open 15-18 girls 50m freestyle (LIVE)
10a – Open 15-18 boys 50m freestyle (EX)
10 – Open 15-18 boys 50m freestyle (LIVE)

Backstroke Events – 11 through 20: same age group order as freestyle events

Breaststroke Events – 21 through 30: “ “

Butterfly Events – 31 through 40: “ “

Relay (Freestyle) Events – 41 through 50: “ “ (no exhibition heats for relays)

WHAT AGE GROUP WILL I BE IN? The age of the swimmer on June 1 determines his/her age group for that summer of competition.

HOW MANY EVENTS MAY I SWIM? Coaches may enter each swimmer in up to 3 events, individual or relay. Therefore, you might swim 2 individual events and 1 relay, OR, 3 individual events.

WHAT EVENTS AM I SWIMMING? At practice on the morning of a dual meet, the coaches tell all swimmers the events they will swim that evening. At the meet, near the team area, there is a board that has swimmers’ names and events listed.

WHEN SHOULD I ARRIVE? Dual meets are Tuesday/Thursday evenings, and **swimmers should arrive 15 minutes before the scheduled warm-up time.** It is the responsibility of the parents to see that all swimmers arrive at the designated time and **sit with the team** (not lost in the crowd of spectators). Follow the times below:

HOME meet @ MJ Pool: Arrive by 5:15 PM, Warm-ups @ 5:30 PM, Meet begins @ 6:15 PM
AWAY meet: Arrive by 5:30 PM, Warm-ups @ 5:45 PM, Meet begins @ 6:15 PM

WHAT IF I UNEXPECTEDLY GET SICK? Always call Coach Andrew ASAP!!
Andrew Foltz – 634-0942

WHERE DO I FIND DIRECTIONS TO A MEET? Directions to all pools we travel are posted on the web site on the “Team Calendar” page. You will have to scroll down the page to see them.

WHAT SHOULD I BRING TO A MEET? Swimsuit, goggles (plus extra pair), caps (optional), extra towels, blanket, sunscreen, warm clothes, healthy snacks, small games to keep occupied while waiting to swim. Parents can also bring folding chairs, a book to read, or something to do while waiting for events, and money for snack stand. A snack stand is available at all meets, but everyone is free to bring their own snacks and drinks. Last but not least—everyone should bring their enthusiasm and team spirit!!

HOW LONG ARE DUAL MEETS / IS THERE A COST? Dual meets last about 3 hours, depending on team size, and are FREE (no admission cost) for swimmers and spectators.

SCORING. The team who accumulates the most points wins the meet (Live heats score points). A team cannot sweep all points for an event (i.e. cannot earn all 9 points). If a sweep occurs, 1 point always goes to the other team. Scoring is as follows:

Individual Events:
1st place – 5 points
2nd place – 3 points
3rd place – 1 point

Relay (Freestyle) Events:
1st place – 7 points
2nd place – no points
(no exhibition heats for relays)

AWARDS. Mount Joy gives place ribbons 1st through 4th for the live heats. All exhibition swimmers receive an “exhibition” ribbon, unless they have been disqualified (DQ’d—see below). Not all teams award exhibition ribbons to all swimmers. If there are no ribbons in your swimmer’s folder after one of our away meets, this is probably the reason. For relays, the four swimmers in the winning relay each will receive a 1st place ribbon. Swimmers can find ribbons in their folder the day after a dual meet.

DISQUALIFICATION (DQ). Sometimes a swimmer will disqualify themselves if they are not swimming a stroke according to USA/League Rules. This is not something bad—parent and swimmer should look at it as a way to help them improve.

SWIMMER SNACK. After the conclusion of each dual meet, all swimmers are given a complimentary snack as they leave the meet. The snack is provided by the home team.

DUAL MEET RESULTS. Check the web site for team scores and win/loss records. Meet results will be posted on the web site and kept in a folder at the pool. All swimmers are responsible for checking their times to make sure they are correct. (Parents may want to do this for younger swimmers.) These times are used to qualify for All Leagues, and it is essential that they are correctly entered into Team Manager.

SPORTSMANSHIP. At the beginning of each meet, Lancaster County Summer Swim League (LCSSL) requires a pre-meet conference during which the following statement is read over the loudspeaker to all for the benefit of the competing teams:

“LCSSL requires all sports Officials to enforce the sportsmanship rules for Coaches, Contestants and Spectators. Actions meant to demean opposing players, teams, spectators and officials are not in the highest ideals of summer swimming and will not be tolerated. Let today’s contest reflect mutual respect.”

TIME CONVERSIONS—METERS vs. YARDS. Outdoor pools are usually measured in meters, and indoor pools in yards. (Exceptions are L-S YMCA outdoor pool and Mountville Pool which are both yards.) If your child swam over the winter, their summer times will seem slower. To convert times, use this formula:

Convert Meters to Yards – divide by 1.11 (19.30 in meters / 1.11 = 17.39 in yards)
Convert Yards to Meters –multiply by 1.11 (24.50 in yards x 1.11 = 27.20 in meters)

~CHAMPIONSHIP MEETS~

DIVISIONALS. Comes after the dual meet season ends and is comparable to the “playoffs” in other sports. Teams from each Division come together to swim in one meet to determine the winner of each Division. Swimmers will sign up for their events and pay the entry fee. Coaches determine all relays for Divisionals from swimmers who sign up. Usually ages 11 & up swim in the morning and ages 10 & under swim in the afternoon. Additional details for this meet come later in the season.

ALL LEAGUES. Is the weekend immediately following Divisionals. Relays are held Friday evening, and individual events (qualifying times required) are held Saturday morning with all age groups combined. All Lancaster County teams from all 3 divisions will participate. Swimmers will sign up for their events and pay the entry fee. Coaches determine all relays for Friday PM from swimmers who sign up. Additional details, as well as the qualifying times, come later in the season.

~INVITATIONAL MEETS~

INVITATIONAL. Is a meet where we are “invited” to participate and are OPTIONAL for swimmers. They are usually on a Saturday morning and are a great opportunity to compete against swimmers from different divisions during the season. Swimmers must SIGN UP and PAY the entry fee to participate. Sign-ups for invitationals are done a week to ten days before the actual meet; therefore, if you want to participate, planning ahead is essential. You will want to read “How to Sign Up for an Invitational” and “How to Pay Invitational Entry Fees,” found on the web site. Invitationals are longer than dual meets—half day or up to a full day. There is always a snack stand available and a spectator admission fee charged. You may want to bring lawn chairs since some of these meets do not have bleachers or seating areas. (See “What Should I Bring?” on p. 4.)

~MISCELLANEOUS TEAM INFO~

Weekly E-mail. If you have information to include in the weekly e-mail “Beyond the Lane Lines,” please contact shelnel67@gmail.com before 6PM on a Sunday evening to have it included for the upcoming week.

League Web Site. The Lancaster County Summer Swim League has a web site (www.summerswimming.org) where you can find meet results for all Lancaster County swim teams.

Weather-related Issues. If bad weather is being forecasted for a swim meet evening, please check the web site and/or your e-mail before you would normally leave for the meet. Meets are usually not canceled; however, they may be postponed if there is prolonged lightning/thunder. If a meet is postponed, there are two make-up dates during the season. NEVER ASSUME the meet will be postponed to another date. ALWAYS REPORT to the meet unless you receive communication saying otherwise or see a message on the web site.

Team Events. Cancer Swim: MJ participates in the Swim for Cancer, held during regular morning practice time. Pasta Dinner: Prior to Divisionals, a pasta dinner is held for swimmers age 11 & over. Usually an event is also planned for the 10 & under swimmers. Team Pictures: Before a home meet, a photographer comes to take individual pictures and a team picture for families to purchase. Purchase is not required. End-of-Season Picnic: After All Leagues, all swim team families gather for a pot-luck dinner at the MJ Pool, presentation of awards, and ends with a parent meeting while kids swim in the pool.

Fundraisers. We hold two major fundraisers. In the fall we sell poinsettias that are delivered at the beginning of December. In the spring we have a mandatory fundraiser (this year is the Chicken BBQ sale) with a \$40 buyout option. It is important that each family do their part in fundraising, it helps keep the registration fees to a minimum for everyone!

We hope you enjoy being a part of the Mount Joy Lions Swim Team!

GO LIONS!!