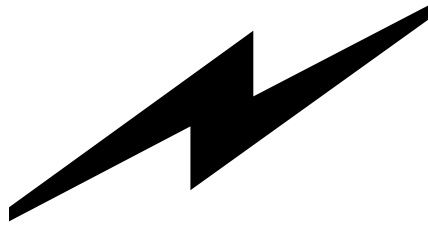


Lockport



**Homer
Swim Club**

**Parent Information
Manual**



LHSC Mission Statement

Lockport Homer Swim Club is strong well rounded program for children in the sport of swimming. To provide as much opportunity as possible for swimmers to improve and be prepared for their future members of the Lockport Township High School Porters!

LHSC Goal's

The Lockport Homer Swim Club was formed with the intent to provide an encouraging environment for swimmer of all levels to improve their skills, have fun and compete in a TEAM atmosphere.

- Instill the “Swim for Life” philosophy.
- Create a positive environment through positive coaching.
- Promote new friendships, value of TEAM, working together, good sportsmanship, and above all HAVE FUN!
- To provide equal opportunity for all swimmers, on all levels.



General Information

For New Families



PRACTICE

Practices are offered roughly 4 times a week. Calendars are posted on the Team Bulletin Board, are given to each family via mailbox (located on rolling cart), and is posted on the website (www.lhscswim.org).

- Please be on time for practice; otherwise send a note with your child.
- Swimmers should come prepared with a one piece suit, goggles and a towel.
- We encourage all parents to come inside to watch your children and to be updated on schedule changes.

INFORMATION

Information can be found in many different places.

- Check your Family Mailbox (located on rolling cart in lobby)
- Check the Team Bulletin Board (located in stair well)
- Check Your E-mail
- Check the Team website (www.lhscswim.org)
- Call/Email a Coach
- Put a question in the “Question Box” (Located on rolling cart)

EQUIPMENT

We are a TYR sponsored team. We encourage that equipment be TYR brand and that it be purchased through Swimmer’s Edge. Swimmer’s Edge located in Woodridge is our team store. Our representative, Mark Jastrzab can be contacted at (630) 985-2334. We have a team suit, warm-ups, t-shirts and caps that can be purchased through Mark.

MEETS

Dual Meets are usually during the week and it is VERY important that if your sign up, that you be at the meet. Spots are very limited and it is very difficult to change the line-up last minute. These are included in your registration fee and these are the meets that we ask you volunteer for.



Swim Meets Tips for new swimmers



LHSC enters many different types of meets, so it is important to stay up to date on information the team puts out. We post information on the Lightning bulletin board (in stair well), the team website (www.lhscswim.org), and in the weekly newsletter. Don't hesitate to e-mail the head or administrative coach with questions you may have (mwitkowski@lths.org or lknowles@lths.org).

DUAL MEETS

Dual meets are with one other team, either at our home pool or at the opponents pool (review addresses in this packet). Warm ups usually begin either at 5:30 or 6pm and the meet starts 30 minutes later. They usually go until about 9:30 and we ask that if we host the meet that parents stay to help clean up afterwards.

SIGN UP

To sign up for a Dual meet you would do the following steps:

- Highlight your child's name on the team roster posted in the stairwell. (Usually put up 2 weeks prior to the meet and taken down at least 3-4 days before the meet)
- You will not choose your child's events.
- Once the "line up" is posted (usually 1-2 days before the meet), look to make sure your child **is** or **not in** the meet (depending if you signed them up).
- If there is a mistake, we will take a look at the sign up roster; if it was a coaches mistake we will correct it as best as we can. If it was a parent mistake we will ask that you wait until the next dual meet.

PARENTS

The parents' most important role at a meet is to be an encourager to your swimmer. Remember that unless you are timing or officiating, you are **NOT** allowed on deck at **any** meet. If you are volunteering to time or do security for a meet, please go through either the locker room or through the offices and come on deck to the tables.

BE EARLY

Swim meets are very fast paced, so arriving 15-20 minutes early before warm ups help keep everyone relaxed and prepared. This will give you time to

- Check in with a Coach.
- Get you # put on your arm.
- Find an area to sit.
- Change into your Team Suit and apparel.
- Get behind the blocks to Warm up.

WARM UP

All Swimmers will do a Team warm up with the instruction of a coach. This will be followed with stretching as a team and some individual. This prepares your swimmers for competition.

TEAM AREA

Swimmers will sit with their team in a designated area. "8 and unders" and "9-10" will sit in specific areas so that the coaches can help them get lined up easily.

TEAM APPAREL

Swimmers are required to have at least a team suit and shirt with them at meets. This creates a unified look and warm during a meet.

- Two towels are strongly suggested. One to sit on and use during the meet and one to dry off after the meet.
- Cap and Goggles are also a strong suggestion. They help with the vision of your swimmer and keep long hair out of the eyes.

SWIMMING

- Line up for your races ahead of time.
- Swim all your races.
- Talk to a coach after all your races.
- Shoot for your goals

FOOD & LEAVING A MEET

- Water and Gatorade can be brought on deck.
- Children MUST ask a coach before going into the hall or washroom. If they are allowed, shoes must be worn in the hallway.
- Please ask the coach before you leave a meet early. We may put you in an extra event.
- Good food to have are fruits and veggies (ones that don't make a huge mess or that are easy to clean), pretzels, bagels, etc.



Swim Meets Tips

for new swimmers
(Continued)



ISI MEETS

These meets are ran on the weekends are an additional cost to USA swimming and the hosting team. They offer the opportunity to compete with kids their age as well as at their ability. They can swim different events than usual which gives them a head start over those who haven't same longer distances before. These meets are set up in "sessions", your child will either swim in the morning or afternoon. These meets usually run 4 hours each session.

*****Note*****

As the parent, you choose what events your children will swim. Also, be aware that the fee for the meet will be added to your account at the CWC and by signing the entry form you are obligated to pay this fee regardless or your child swimming (even due to illness or missed event).

SIGN UP

To sign up for an ISI meet you would do the following steps:

- Take a look at the meet packet located on the bulletin board in the lobby.
(Please look at the date of the meet usually on the front page and then look at what session your child would be swimming on).
- Complete and sign the entry form for the particular ISI Meet.
- Turn the sheet into the coaches either in person or through the coach's folder within the team mailboxes.
- If our team is accepted in the meet and you turned your entry form prior to the due date, your child will be in those events.

BE EARLY

Swim meets are very fast paced, so arriving 15-20 minutes early before warm ups help keep everyone relaxed and prepared. This will give you time to

- Positive Check-In
- Check in with a Coach.
- Find an area to sit.
- Change into your Team Suit and apparel.
- Get behind the blocks to Warm up.

POSITIVE CHECK-IN

Upon arrival parents please escort your swimmers to the table where positive check-in is taking place. Once there you will highlight your name, to assure the host team that you will be swimming. If you forget to check in here, you may be dropped from the meet.

WARM UP

All Swimmers will do a Team warm up with the instruction of a coach. This will be followed with stretching as a team and some individual. This prepares your swimmers for competition.

TEAM APPAREL

Swimmers are required to have at least a team suit and shirt with them at meets. This creates a unified look and warm during a meet.

- Two towels are strongly suggested. One to sit on and use during the meet and one to dry off after the meet.
- Cap and Goggles are also a strong suggestion. They help with the vision of your swimmer and keep long hair out of the eyes.

SWIMMING

- Line up for your races ahead of time.
- Swim all your races.
- Talk to a coach after all your races.
- Shoot for your goals

RELAYS

If our team enters relay events, we will decide on the day of the meet who will swim on those relays. We will not know who will be present at each met until warm-ups, and therefore will not be able to assign relay swimmers until that point. Generally, we will gather all the swimmers together immediately after warm-ups o do this.

FOOD & LEAVING A MEET

- Water and Gatorade can be brought on deck.
- Children **MUST** ask a coach before going into the hall or washroom.
- Please ask the coach before you leave a meet early. We may put you in an extra event or a team relay.
- Stay hydrated at all times, and snack during the meet.

Lockport



**Homer
Swim Club**

**Volunteer
Information**



BECOMING INVOLVED

Areas to volunteer

We hope that every parent who has enrolled their child into our program will remember that while this program is under direction of the high school, it is NOT funded or staffed by the high school. We are a self sufficient program and need all parents to volunteer their time.

Timing: Each meet has three timing systems in use. The first is the touch pad that the swimmer touches when he/she finishes a race. That is the time displayed on the scoreboard. Our system is completely automated and if all goes well, this becomes the official time. The second is a semi-automated system, but requires the manual input (button) from one of the timers. The third is completely manual. At each swim meet there are two timers per lane who use manual stopwatches. They will start their watch at the beginning of the race and stop the watch at the end when the swimmer touches the wall. If the automated systems fail, this is the official time. Someone will always be on deck to help through the first timing session.

Concession: At every home meet we will operate a concession stand that is designed to be an expression of hospitality and convenience to all swimmers' family, friends, coaches, and officials. Our selections will depend on the number of swimmers and the length of time the meet is expected to run. We will try to provide a healthy selection of the items along with candy and some fun things. We always attempt to have enough people work each concession stand so that there is no need for a parent to miss their child's swimming event.

Split the Pot: We need at least two volunteers per meet to sell tickets for split-the-pot. As you know, the team will profit from big sales in this area. The more enthusiastic you can be, the better the pot will be.

Set-Up & Clean-Up: Since we are a self sufficient organization, it is our responsibility to set up all necessary equipment and supplies for a home swim meet. In addition, we are being allowed access to the facility that we want to return in its original state is not in better condition.

Ribbons & Awards: This job is relatively easy but very important. If we take the time after practice following a meets the swimmers will receive their ribbons in a timely manner. We maintain a file folder system with a folder for each family, where they will receive their awards and information from the team. There is also an opportunity to volunteer to separate trophies and medals at the end of the season and for the ISI and conference meet.

Running Equipment: At the Lockport Township High School's pool, we utilize the newest computerized timing equipment. Anyone interested in learning about this equipment should discuss his or her interest with one of the directors or a coach, who can then further direct you to an appropriate person to familiarize you with the system.

Officiating: If we have enough parents that are qualified to be an official, as a team we can plan meets when it is convenient for us and do not have to pay for an outside official to come in for a meet. Officials go through education and observation training to prepare them to judge on technique. If this is something you would like to pursue, please see a coach who can then give you the information to start the process.

Media: The team is currently looking into setting something up to have ads placed in the local paper.

Parent Involvement

In order to run a sufficient swim club, parent involvement is necessary. Parent interest and reliability are the only qualifications for most meet jobs. Each parent is expected to participate. We appreciate your involvement and hope that you will find this a unique opportunity to be involved in a meaningful working relationship with the swimmers, coaches and other members of Lockport Homer Swim club.

Volunteer Opportunities

Volunteers are needed in the areas listed in this section as well as the next. Each area will have a head volunteer who will be responsible for setting up shifts for the volunteers in their area.



Meet Volunteers

Description of Meet Duties

Head Timer (1)- Holds the main stopwatch for the meet. The head timer's watch is used to replace any watch on deck that has lost time or is malfunctioning. The head timer must start the watch at the beginning of each race.

Lane Timers (16) - Two timers on each lane to hand time and record watch times for each race.

Runners (2) - Link between timers and scoring program. Collect timer sheets after each race and submit to timing system volunteers at the desk.

Touchpad Crew (2) - Get touch pads in the pool and run the timing system before the start of the meet.

Computer Desk (2) - Input times submitted by timers into the Hy-Tek program, score the meet and create award labels and hard copies of score sheets for coaches (all done by program).

Announcer (1) - Announce events at the swim meets over the PA system.

Security (2) - Assure safety of swimmers and guests during a home swim meet. Check locker rooms, hallways and concession areas throughout the meet.

Ribbons/Awards (2) – Monday after a meet, match labels generated by Hy-Tek program to ribbons and awards and distribute to swimmer's mailbox.

Split the Pot (2) – Sell tickets and collect donations for the split the pot drawing at each meet.

Concessions (4-6) – Work in the concessions area setting up, selling food and drinks, and cleaning up.



Glossary of Swimming Terms



Age Group Swimming- The program through which USS provides fair and open competition for its younger members. It is designed to encourage maximum participation, provide an educational experience, enhance physical and mental conditioning, and develop a rich base of swimming talent. Nationally recognized age groups are 10 and under, 11-12, 13-14 15-16, 17-18, and 15-18. For the purpose of local (SICA) meets, the age groups are 8 and under, 9-10, 11-12, 13-14, and 15-18.

Block- The starting platform.

Bulkhead- A wall constructed to divide a pool into different courses, such as a 50- meter pool into two 25-yard courses.

Circle Swimming- Performed by staying to the right of the black line when swimming in a lane to enable more swimmers to swim in each lane.

Code of Conduct- An agreement between a swimmer/coach/parent stating that the swimmer will abide by certain behavioral guidelines.

Cut- Slang for qualifying time. A time standard necessary to attend a particular meet or event.

Distance- Term used to refer to events over 400 meter/ 500 yards.

DQ – Disqualification. This occurs when a swimmer has committed an infraction of some kind; e.g., freestyle kick in butterfly. A disqualified swimmer is not eligible to receive awards, nor can their time be used as an official time.

Drill- An exercise involving a portion or part of a stroke, used to improve technique.

Dry Land Training- Training done out of the water that aids and enhances swimming performance; usually includes stretching, calisthenics and/ or weight training.

Entry Form- Form on which a swimmers enter a competition. Usually includes USS number, age, sex, event number and entry times.

False Start- Occurs when a swimmer is moving before the start gun is sounded. In USS, one false start will result in a disqualification.

Final- The championship heat of an event in which the top swimmers from the preliminaries compete.

Flags- Backstroke flags place 5 yards (short course) or 5 meters (long course) from the end of the pool. The flag enables backstrokers to execute a backstroke turn more efficiently.

Goal- A specific time achievement a swimmer sets and strives for. Can be short or long term.

Gutter- The area along the edge of the pool in which water overflows during a race and is re-circulated through the filtration system.

I.M.- Slang for Individual Medley, an event in which the swimmer uses all four strokes in the following order; butterfly, backstroke, breaststroke, and freestyle.

Junior National (J.O.'s)- National level meets held in both short course and long course season, one of each is the East and in the West, limited to swimmers 18 and under. There are qualifying standards, and swimmers are limited to four individual events and three relays.

Lap Counter- A set of plastic display numbers used to keep track of laps during a distance race. Also, the person who counts for the swimmer, stationed at the opposite end from the start.

Long Course- A pool 560 meters in length. USS conducts most of its summer competition in long course pools.

Long Distance- Term used to refer to events of 800 meters/1000 yards, to 1500 meters/1650 yards in length.

LSC- Local Swimming committee. Governing body for swimming at the local level. There are 59 LSC's in the country. (Ours is Illinois Swimming Inc., I.S.I.)

Meet- Competition designed to be a learning experience. By implementing what has been learned in practice, the swimmers tests themselves against the clock and other swimmers of their age group to see how they are improving.

Middle Distance- Term used to refer to events of 200 yards/meters to 400 meters/500 yards in lengths.

National Age Group Standards- time standards derives from the previous year's results that are broken down by age and sex as well as B, BB, A, AA, AAA and AAAA divisions. These designations are NATIONAL and should be used as motivational times. Many LSC's have their own time standards.

National Reportable Times/Top 16- time standards set for both short and long course based on the previous year's achievements. Only times meeting these standards may be submitted for consideration each year. The Top 16 submitted times in each event are recognized.

Negative Split- Swimming the second half of the race equal or faster than the first half.

Official- A judge on the deck of the pool at a sanctioned competition, who enforces USS rules. There are stroke and turn judges, administrative officials, starters, timers, and referees.

Open Water Swims- Any freestyle event over 1500 meters, normally conducted in a natural body of water, such as a lake, river or ocean.

Pace Clock- Large clock with a second hand a smaller minute hand, used to check pace or maintain intervals in practice; may also be digital.

Prelims- Slang for preliminaries also called Heats or Trials. Those races in which swimmers qualify for the championship or consolations finals in the event.

Q-Time- Qualifying time necessary to complete in a particular event and/or competition.

Relay- An event in which 4 swimmers compete together as a team to achieve one time. Usually, meets will have a medley and freestyle relay.

Scratch- To withdraw from an event in a competition.

Short Course- A pool 25 yards or 25 meters in length. USS conducts most of its winter competition in short course yards.

Split- A time recorded from the official start to the completion of an initial distance within a longer event. Also, the time for one of the four individuals in a relay. Under certain conditions, splits may also be used for official times, for example, the lead off swim in a relay, or the lead off portion of an event.

Streamline- The position used by swimmers when starting or pushing off the walls to reduce water resistance.

Taper- The final preparation phase, sometimes referred to as “rest”. Prior to major competitions, older, more experienced swimmers shave their entire bodies to reduce resistance and heighten sensation in the water.

Touch Pad- A large sensitive board at the end of each lane where the swimmer’s finish is registered and sent electronically to the timing system.

USS- United States Swimming, Inc. The national governing for amateur competitive swimming in the United States.

USS Number- A number assigned to a swimmer joining United States Swimming. The membership card with this number may be required at any given competition.

Warm Down- Low intensity swimming used by swimmers after a race or main practice set to rid the body of excess lactic acid, and to gradually reduce heart rate and respiration.

Warm Up- Low intensity swimming used by a swimmer prior to a main practice set or race to get muscles loose and warm. Warm up gradually increases the heart rate, respiration and helps to prevent injury.

Watches- Stopwatches used to time swimmers during a competition. When totally automatic timing equipment is used, watches serve a backup method.

(Excerpted from: “Parents’ Handbook”, published by United States Swimming, Inc)

South Suburban Swim Meet Locations

Bradley Bourbonnais Swim Club (BBSC)- Bradley Bourbonnais High School
700 W. north Street, Bourbonnais, IL

Take Rt. 45 south to North Street. Turn left and the school will be on the left about 3-4 block.

G.I.L.L.S. Swim Club- Andrew High School
9100 W. 171st Street, Tinley Park, IL

North or south on Rt. 45, turn east on 171st Street. School is 6 blocks east on the right.

Hickory- Willow Swim Club- Stagg High School
111th & Roberts Road, Palos Hills, IL

From Rt. 45, go north to 111th Street. East on 111th to school. Parking lot is 1 block before Roberts Road.

Hinsdale Swim club- Hinsdale South High School.
7401 Clarendon Hills road, Darien, IL

From Rt. 171, take Rt. 83 north to 75th Street. Turn left, go west about 4 blocks. Parking lot at 74th and Clarendon hills Road.

Homewood- Flossmoor Swim Club (HF)- Homewood- Flossmoor High School
999 Kedzie Avenue, Flossmoor, IL

Take I-80 east to Kedzie. South on Kedzie to HF (past 183rd). School is on the east side of Kedzie.

Lincoln Way Gators (LWSA) – Lincoln Way CENTRAL
1801 E Lincoln Hwy New Lenox, IL 60451

North Aquatic Club (NAC) - Lincoln Way North High School
19900 S. Harlem Ave. Frankfort, IL 60423

Oak Forest Swim Club (OFSA) - Oak Forest High School
15201 Central Ave Oak Forest, IL 60452

Palos Orland Swim Association (POSA)- Sandburg High School
131st & LaGrange Road, Palos Park, IL

159th Street to Bell Road. Bell Road north to 131st Street. Go east on 131st to just before Rt. 45. School parking is on the right.

PASS- Shepherd High School
13049 S. Ridgeland Ave, Palos Heights, IL 60463

Richards Area Swim Club (RASC)- Richards High School
10601 Central Ave, Oak Lawn, IL 60453

Tinley Park Thunder (TPT)- Tinley Park High School
6111 175th St Tinley Park, IL 60477