



LANSDALE FROGS SWIM & DIVE TEAM

Team Handbook

Revised March 2022

Team & League General Information

What is the Lansdale Swim and Dive Team?

The Lansdale Swim and Dive Team is sponsored by the Lansdale Borough Parks and Recreation Department and supported by the Lansdale Swim and Dive Team Parents' Association.

Our team is composed of approximately swimmers and divers through the age of 18. The objective of the Lansdale Swim and Dive Team is for young athletes to learn skills and team concepts while having fun. The program is held at White's Road Pool, and season is from late May through early August.

What league does the team compete in?

The Lansdale Swim and Dive Team competes in the BuxMont Swim League which is composed of 8 teams in our area: Fanny Chapman, Harleysville, Hatfield, Nor Gwyn, Souderton, Pennridge and Towamencin. There are typically seven *dual meets* during the season. *Championship meets* are held in the final week. There are two Diving Championships (Senior and Junior). There are three Swimming Championships, which are divided according to ability (A's, B's, and C's).

How do I join the team?

Registration is with Lansdale Parks and Recreation. You can register for the team when you sign up for the pool or call and stop by the office. Check the Lansdale Borough website, www.lansdale.org, for additional information. Registration cannot be accepted at Whites Road Pool.

Must my swimmer/diver belong to the Lansdale Community Pool to participate on the team?

Yes. The BuxMont Swim League requires team members to be members of the pool.

How old must my swimmer/diver be to join?

Pool members under the age of 19 are invited to register and compete on the team. Swimmers and divers must be able to swim one length of the pool freestyle without stopping. If your child is unable to swim this distance, he or she should be enrolled in the swim lesson program. Young swimmers and divers will be evaluated for this requirement during the first two weeks of practice.

Can an athlete be on both the swim and dive team?

Yes. There is a limitation, however, as to the number of events a participant can enter per meet (discussed further in this document). There are separate practices for swimmers and divers.

Am I required to purchase a team swimsuit?

The “team suit” is not required; however, team suits & caps are encouraged for team unity. All female swimmers and divers must wear a one-piece swimsuit while competing. There will be a swimsuit try-on/purchasing opportunity at the beginning of the season.

Are there Team Pictures?

Yes. This is normally held during the 1st week of practice after North Penn Schools are off for the summer. In addition to the team picture, individual and family shots are typically available.

Expectations for Parents and Swimmers/Divers

From the parent resource site of USA Swimming, an authority on swimming in the United States:

Parents serve as role models and their children emulate their attitudes. Be aware of this and strive to be positive role models. Most importantly, always show good sportsmanship toward coaches, officials, opponents, and teammates. The USA Swimming website is a great resource to help new parents understand the sport of swimming and the expectations of parents.

Parents of Lansdale swimmers and divers are expected to:

- Have a positive attitude toward all participants, coaches, officials, & other parents
- Show good sportsmanship at all practices, meets and events
- Abide by all rules and regulations of the BuxMont Swim League, LSDT, and all community pools used in competition
- Help team members arrive on time and be prepared for practices and meets
- Fulfill all meet volunteer commitments and participate in fundraising activities

What are family files?

Each family will have a family file at the pool in which communication will be inserted. You will also find time improvement ribbons here. Please instruct your swimmer to check their file after practice each day. The files are located at the front desk. Of course, you can always get information on our website.

How can I contact the coach?

For questions or concerns, parents can contact the coaches through written notes, placed in the coach's folder. You can also reach out to coaches via TeamReach. Please do not attempt to speak with coaches during practice time.

Practices**When are the practices?**

Swim/dive team practice begins in late May and the season ends in early August. The practices in late May and early June are held after school in the late afternoon. At the conclusion of the North Penn School District school year, practices move to the morning, with various practices divided by ability. The older, faster swimmers typically have the earliest practice session.

What happens if my kids are assigned to different practice times & because of the logistics of getting them to practice, I need them together?

Speak to the coaches after practice or leave a note in the coach's folder.

What do the coaches expect of the swimmers and divers at practice?

The coaches expect swimmers and divers to listen to directions and give a good effort at each practice. They expect a cooperative, positive attitude. They also expect all athletes to be on time.

What do the coaches expect of the parents at practices?

The coaches expect parents to have their swimmers and divers to practice on time. Once practice has started the parents are expected to remain by the front desk and snack bar tables. Parents are not allowed on the pool deck and are not to interrupt practice by asking the coaches questions or "coaching" the child themselves from the sidelines.

Are swimmers/divers expected to attend every practice?

Swimmers and divers are encouraged to be at the assigned practice five days a week.

What do I do if I know my swimmer/diver will be missing a practice?

It is very important that your young athlete make every effort to attend practice regularly. Attendance at practice will determine his/her participation in the meets, as well as overall success in the sport.

Is there practice in the morning if there is a meet scheduled that evening?

Yes. Practices are every morning, five days/week, even if there is a meet that evening.

When the weather is bad, how do I find out if practice is cancelled?

Practice and meets usually run rain or shine. If there is thunder or lightning or extreme cold a communication will be sent by the coaches via TeamReach. These decisions are usually made at the last possible moment.

BuxMont Dual Meets**General Information****When are the meets?**

Meets are typically held on Tuesday and Thursday evenings through late June and July. The meets consist of two portions: diving and swimming. The diving portion is held first with the swim portion following. For Lansdale, home meets are held on Mondays due to the White's Road Park Concert Series on Tuesdays. All meet related information is communicated in a weekly email

How long is a swim meet and what can I expect?

Generally, a meet will start at 5:00pm for diving, 6:00pm for swimming, and continue to approximately 10:00pm. It is a long night filled with excitement and fun! All team members should stay in the team area so that they do not miss any of their assigned events! The swim portion begins with 8 & under Freestyle Relays, and then continues by age groups with the Butterfly, Breaststroke, Backstroke and Freestyle. The meet ends with the Medley Relays. Throughout the meet, teammates cheer on other teammates or spend time with friends while waiting for their next event. Coaches want all team members to stay to the end! The team ends the meet with a TEAM Cheer!

Where do Parents sit?

Parents should bring folding chairs or sit in the bleachers. Most pools have designated areas for spectators in the interest of everyone's safety. Please abide by all pool rules.

What if my swimmer/diver has to miss a meet?

Missing a Meet forms are available in the File Folder Box where family files are located at White's Road Pool. IT IS VERY IMPORTANT that the coaches be told AT LEAST ONE WEEK in advance if your swimmer/diver will be missing a meet.

Coaches spend a great deal of time creating a lineup for each meet. When a swimmer/diver is unexpectedly absent from a meet, the coaches need to change the lineup for an entire age group in a matter of minutes, which is very difficult to do and is unfair to all the other swimmers who are affected. Completed Missing a Meet forms should be placed in the Coaches folder. Of course, there are times when a team member becomes sick just before the meet or must miss a meet due to a family emergency. In these situations, please reach out to the coaches over TeamReach.

Where are the meets held?

Home meets are held at the Lansdale Whites Road Pool. Away meets are held at the opposing team's pool. Directions to the away pools can be found on the [Bux-Mont site](#).

What happens if it starts to storm in the middle of the meet?

If the weather turns bad and there is thunder and lightning, the manager of the host facility will decide to suspend the meet. Parents, team members and spectators will be asked to leave the pool property. Parents should use their best judgment as to where their family will safely wait out the storm. If the weather clears, the pool manager will notify the participants and the meet will resume where it left off. If the weather continues to be bad, the coaches/officials will decide to stop the meet and reschedule for a later date. Updates will be provided in TeamReach.

What is the maximum number of events per swimmer/diver in a meet?

Competitors are allowed a maximum of four events per meet including relays and diving events. A swimmer may "swim up" in an older age group in individual and relay events; a diver may "dive up" an age group.

What do the coaches expect of the swimmers/ divers at meets?

The coaches expect that all team members will be on time for warm-ups. Divers & swimmers will be informed of their events at the beginning of the meet through posted lineups in the team area. You will see some swimmers write their events on their arms to help them keep track. All athletes are expected to stay with the team in the team area until the meet is over.

What do the coaches expect of the parents at meets?

Parents are expected to support all athletes in a positive manner and demonstrate good sportsmanship to competitors. They are to fulfill their volunteer duties and/or monitor their children for appropriate behavior in the team area. Parents are to avoid

interrupting the coaches or athletes during competition and are not to challenge the decision of meet officials or coaches.

What do I need to send with my swimmer/diver to a meet?

All swimmers should have goggles and it is very highly recommended that swimmers wear swim caps. When the sun goes down, it can get quite cold after being in the water, so a sweatshirt or jacket is recommended. Provide several towels, as they tend to get wet and dirty. Many team members bring snacks, small games, and a blanket to sit on in the team area while they are waiting for their next event. Expensive electronics should be left at home. Label all belongings with permanent marker, as the lost & found grows to be very large by the end of the season. Please try to provide your young athlete a nutritious meal at least one hour before warm-ups.

Is there an admission fee to the meets?

No, there is not an admission fee to the meets or championships. At the invitationals and championship meets, programs and event t-shirts are typically available for purchase.

How can swimmers find out their times achieved at meets?

Times are recorded in a computer database during and after each meet. A report of the meet results can be found in the results binder located near the family files and hung on the wall in the White's Road Pool front lobby.

What are Time Trials?

"Time Trials" are typically held in mid June, before the first dual meet. Swimmers swim each of the strokes for an initial time. It is very important that all swimmers make every effort to attend. Coaches use these times to plan the first meet line-ups of the season.

Technical Information

What are the competitive age groups?

Swimming

8 and under = 8 years or younger
10 and under = 9 and 10 years old
12 and under = 11 and 12 years old
14 and under = 13 and 14 years old
Opens = 15 years old through graduation

Diving

Junior Diver = 12 and under
Senior Diver = 13 and over

What if my swimmer/diver has a birthday during the season?

June 15th is the BuxMont League age-up date. A swimmer/diver's age as of June 15th determines his/her competitive age group for the entire season.

What are the different strokes?

Freestyle Backstroke Breaststroke Butterfly

How many events are there?

There are 50 swimming events and 4 diving events.

How is a meet scored?

There are a possible 466 points to be won in a swim meet. They are broken down in the following way:

Diving competition – 36 points

9 points each for Jr. Girls, Jr. Boys, Sr. Girls, and Sr. Boys

5 points for first place, 3 points for second place, and 1 point for third place

Swimming

Relays – 70 points; the winning team in a relay gets 7 points. No other points awarded.

Individual events – 360 points

5 points for first place, 3 points for second place, and 1 point for third place

Note: A team cannot sweep an event as long there is a person from the opposite team competing. In other words, if Lansdale had three swimmers or divers finish first, second, and third in the official heat of an event, but the opposing team had a member finish fourth in the official heat, the other team is awarded 1 point for third place and Lansdale is awarded 8 points for first and second place.

The first heat of an event is the official heat (the only heat where points are scored). In case of a tie, points are split (4 each for first and second place or 2 each for second and third place). The middle four lanes of the relays are the only official relays. The heats other than the first heat are called exhibition heats. Times achieved in unofficial heats do not score points for the dual meet but do count toward Champs and time improvement ribbons.

Parent Involvement

What is expected of parents at meets?

It takes much effort on the part of parent volunteers to make a swim meet happen. Parent volunteers are needed for each away meet and for each home meet as timers, judges, scorers, snack stand helpers, etc. The team needs help from every family during the course of the season, and we are sure that every parent can find a meet job that he/she enjoys doing.

What is the volunteer fee?

Shortly after registration, you will receive a Parent Association form which outlines a volunteer fee to be collected from each participating family. Each family will commit to fulfill service obligations. Examples of service obligations include timing for one meet, or running ready bench for one meet. Your meet volunteer fee will be returned to you at the End of Season Party if you have completed all of your service obligations outlined on the form. If you have any questions or have a problem finding a volunteer job, please see any member of the board for clarification.

Meet Volunteers

A description of the meet service obligation jobs is provided below:

Timer: You use a stopwatch which is provided by the team to time the swimmer in your assigned lane. There are typically three timers per lane.

Head Timer: This is one of the three timers in the lane. This timer writes down all the times on the swimmer's card, circles the median time, and verifies the swimmer's name.

Back-up Timer: Time each race and be available to step into a particular lane if one of the timers misses the start.

Runner: Collects the cards the timers record the times on after each race along with the finish slip and the stroke & turn disqualifications.

Ready Bench: This person helps the coaches find the swimmers scheduled for upcoming events and get them psyched up for their swim.

Snack Bar: These people get to the meet early to help set up the snack bar as items are dropped off, then sell the items donated to the swimmers and their families. This position starts before warm-up and winds up before the end relays when the snack bar is broken down.

Finish Judge: These judges stand at the end of the pool and observe the end of the race. They record the order of the finish. They need to focus their attention at the finish of close races. Attending the clinic and shadowing is recommended.

Relay Starts Judge: These judges make sure the relay swimmers take off at the proper time. Some training is necessary.

Stroke & Turn Judge: These judges determine whether the technical aspects of the strokes, the turns, and the finishes were legal according to US Swimming rules and a willingness to fairly disqualify swimmers when necessary. This job requires attending training clinics and shadowing an experienced person.

Scoring Table: Scores for each time record the results following each race and track the team scores. This is a skilled job for an experienced swim parent and requires you to take the clinic at the beginning of the season.

Starter/Referee: This is the most technically demanding job. The starter/ref runs the events in the meet by ensuring that the swimmers start simultaneously and oversees all the other meet officials. This is a leadership position that requires experience and a take charge personality.

Announcer: This is a great job for someone with a strong voice and an ability to correctly pronounce names. You announce the names of the swimmers in each event and work with the Starter/Referee to keep the meet moving quickly and smoothly.

Meet Director: Ensure that equipment and supplies necessary to run the meet are available, create a work schedule, ensure that all persons assigned to jobs are present and make replacements as necessary. Distribute drinks to meet workers, collect supplies and equipment at the end of the meet. This is a leadership position for an experienced swim parent.

I would like to become a stroke and turn official or a starter. Must I attend special training?

The league holds a clinic every year for both judging and starter referee. Beyond that you must shadow for a season.

How else can parents help the team?

Consider being a member of the board or serving as a project coordinator. The Lansdale Parent Association needs dedicated members to help the team. Parents are vital to coordinating the snack bar, fundraisers, time improvement ribbons, team party, etc. Contact a Board member if you are interested in helping with one of these projects.

Fundraising

Are there any fundraisers?

Yes. The Lansdale Parents Association supports the team with several fundraisers during the season. Your borough registration fee goes to offset the costs incurred by the Lansdale Parks and Recreation Department in supporting our team. Therefore, fundraising is an important function of the parents association. Examples of things that have been purchased as a result of our fundraising efforts are starting equipment, backstroke flags, kick boards, flippers, equipment carts, coaches gifts, office supplies, team party, team gifts and whatever else is needed to make each season a success.

What is the Snack Bar?

At each home meet, the Lansdale Swim and Dive Team runs a snack table. Each family is asked to provide a donation, and a sign-up sheet is sent out ahead of each meet. Individual baked goods are big sellers. Salads and fruits are also popular in the heat. Place items in a cup covered in plastic wrap held in place by a rubber band. Please place any cold items in a small cooler or in a larger bowl packed with ice. The snack bar is an opportunity to raise funds for our team.

Is there team spirit wear that I can buy?

Yes. Spirit wear is available so family members can show support of the Frogs by wearing gear to meets during the season. Look for communications at the beginning of the season.

Other Meets

Championships

What are the differences between A, B, and C Champs?

The Swimming Championships are divided according to ability (A's, B's, and C's). Qualifying times for these championships can be found on the BuxMont website. Your swimmer will be rated A, B, or C for each stroke depending upon their time. It is possible for a swimmer to compete in all three championships because each stroke is judged individually. After the final regular meet of the season, coaches will ask the swimmers which events they would like to swim at Champs. This will allow the coaches to enter your swimmer in the events of their choice at the appropriate championship meet.

Invitationals

What are the invitational meets?

Invitational meets are optional meets that are held throughout the season. These meets give swimmers and divers an additional opportunity to compete. The swimmers and divers are able to select which events they would like to compete in, so it gives them a greater opportunity to try out their skills. (You do not need to be “invited” to an “invitational” meet – you just need to sign up for the meet in advance though our team representative.) There are entry fees for these meets and ribbons or trophies are awarded at these meets. Information will be communicated in the weekly email as well as on the team website. Coaches do not go to all invitational meets, so if this is a concern for your child please check with the coaches to verify if a coach will be present.

What are odd age meets?

In most meets, the age groups are divided up by even numbers. Swimmers are in their “up” year when they are the oldest in the age group and tend to have more success. At odd age meets the age groups are divided up by odd numbers (e.g. 7 & under, 9 & under, 11 & under). This gives swimmers who are in their “down” year an opportunity to compete with swimmers their own age or younger. Fanny Chapman holds an annual odd age meet called Fanny Fest.

End of Season Party

What is the “End of Season Party”?

The team has an End of Season pool party. This is held at the White’s Road Pool sometime after the last dual meet of the season. The pool is closed to the public so that only team members and their families can celebrate a great season. Pizza is provided by the parents association; parents bring a donation for the dessert table. Awards are presented by the coaches. Team members and their families have a great time