Lancaster County Parks & Recreation
2016 Lancaster Piranhas Swim Team
League Information & Team Rules

Welcome to the 2016 Lancaster County Parks & Recreation Swim Team Program. We're excited to have your child on the team this year and we're looking forward to another competitive season. Your participation in LCPR programs is more than fun and games. The season will offer the opportunity to build character, perseverance, teamwork, responsibility, competitive spirit and sense of community. Please take a moment to read through the important information provided to you.

Head Coach: Elizabeth Catoe- 803-320-0201; catoee@g.cofc.edu

Assistant Coach / Parent Coordinator: Denise Walker- 803-320-3736; denise.walker@moodmedia.com

Pool Location: LCPR Pool, 106 South Wylie Street, Lancaster, SC 29720; phone number: 803-285-1006

Fee: $63 (No refund after registration; unless child does not pass the Skills Assessment)

Ages: 5-18 Boys & Girls

Age Cutoff Date: June 1, 2016 (Swimmers must be at least five (5) years old by June 1st in order to be on the team)

Skills Assessment Session: May 15 at 3:00pm-LCPR Pool (Only for new/non-returning swimmers.)

NOTE: New/non-returning swimmers must attend the Skills Assessment Session on Sunday, May 15 at 3:00pm at LCPR swimming pool. **Swimmers 10 years old & under must show they can swim 25 yards/1 lap each in freestyle and backstroke and swimmers 11 years old & up must show they can swim 50 yards/2 laps each in freestyle and backstroke without stopping or assistance.** LCPR reserves the right to recommend swimmers take lessons and consider swim team the following year. If you are not sure your swimmer(s) meets these requirements, please wait to purchase your team suit. There will be no refunds on swimsuits.

Important Dates:

Please refer to the "Schedules" handout with all Practice, Meet, and other special information/dates/times.

Swim Suit Fitting: Augusta Swim will be holding a swim suit fitting on Saturday, May 7 from 9:00am-11:00am & Monday, May 16 from 5:30pm-7:30pm at the LCPR pool. For those of you that want to purchase a swim suit, this will be the *only* two nights to be fitted and order in person. Please see information below for pricing and how to order team swim suits online. Swim suits are not included in registration fee. It is not mandatory you purchase a team swim suit, however, the girls need to wear a navy one piece swimsuit and the boys need to wear a navy jammer (swim suits are pictured below). If you are a new swimmer, it is suggest that you come get fitted and then you may order online if your child passes the assessment. There are no refunds on swimsuits.

2016 Swimsuit Selections

Female: TYR Phoenix- Navy/red Price: $59

Male: TYR Phoenix Jammer- Navy/red Price: $45

Augusta Swim Supply will be selling googles and other swim items.

Augusta Swim Supply only accepts Visa, Master, Discover & Cash.

You may order swimsuits online at Lancaster Swim Team Webstore. To log on go to www.augustaswim.com. Click on TEAMS on the left.

Username: LAN Password: 1234

***Webstore final date to order suits will be May 16, 2016.

Swim Team/Parent Information:

- Each child will be given a team swim cap and t-shirt to wear throughout the season. Goggles are not provided! Swimmers *must* wear the team cap during all meets and a navy swimsuit!
- Please attend Practice! Attendance at practice will be taken and you must attend 1 practice a week. If you do not attend practice, you will not be allowed to swim in the meets. Practice days/times are listed in this packet. Practices are closed off to parents. Parents can sit outside pool fence during practices and there will be no coaching from outside the fence. Please also understand the practice and meet schedules are subject to change at any time.
- In order for your child to swim in a meet, parents or swimmers *must* sign up for the meets so they will be included in the line-up. This is very important!! This helps the coaches in planning the heats and events and knowing which swimmer will swim which stroke/event. The coaches spend many hours planning for a swim meet. If your child is entered in events and doesn't show up, it affects all paperwork for running the meet. Also, if your swimmers are entered as a member of a relay team, that entire relay team will be scratched from their event thus eliminating three other team members from participating. It is critical that we know at least 48 hours before a meet if your swimmer will be unable to attend a meet. We understand there will be last minute emergencies (like being sick the day of the meet), but if your child needs to drop from the meet, please notify the coach as soon as possible (by 3:00pm at the latest), so that heats/events can be adjusted prior to meet.
    - Fridays will be the deadline to sign your swimmer up for the next weeks meets (M-Sat). If for some reason you are unsure of your swimmer's schedule, it's best to sign up for the meets and be taken out of the line up rather than added last minute. There will not be any swimmers entered to swim on the day of a meet! NOTE: The coaches reserve the right to move swimmers to a different event depending on what is best for the swimmer as well as what is best overall for the team. This means a swimmer may be asked to swim an event that will benefit the team even if that event is not a favorite of the swimmer.
- All swimmers should check in with the coaches before leaving any of the meets early in case we need you for a relay.
- All relays will be determined by the swimmer's previous meet times.
- All swimmers will be required to sit under the swim team tents (inside the pool area at home meets) with their respected team and not with their parents, so that we can find them when it's time for them to swim. At away meets, team tents may be designated outside of pool area due to their facility rules.
- All swimmers must listen carefully for your event and *not* miss your time to swim!

- All swimmers must listen and be respectful to all coaches and volunteers! If you constantly do not listen in practice, you will be asked to sit out of the pool.
- All swimmers must follow all safety rules at the pool!
- Parents please encourage your swimmers to keep track of their swim times. Remind them that they are swimming against the clock and their goal should be to do their best. By knowing their time, they can see their improvements from one week to the next.
- Parents will NOT be allowed to come in the pool area at home meets and set up tents and sit during the swim meets, not under any circumstances. There will be designated areas for parents/spectators to put tents up outside of the pool fence. There will also be an observation area for parents/spectators to come inside fence to watch/cheer/take pictures of their swimmer during that single event. Following that single event, you will return to your space outside of the pool fence area. Those that do not follow this rule will lose this privilege. No outsiders will be allowed inside the pool area throughout the meet unless you are a volunteer for that meet and you receive an armband. There will also be an area on the pool deck that will be designated for disabled/handicap spectators only.
- Please allow the coaches to do the coaching (remember they are volunteers!)
- LCPR will need volunteers to help with meets: Timers, runners, etc. At least one of the child's parent/guardian *must* volunteer at three (3) meets. You may be asked to volunteer for more than the required number of swim meets due to the abundance need of volunteers. With your help the swim meets will run more smoothly and be greatly appreciated.You must sign up to volunteer at your required number of meets when you register your child for swim team. Your child's registration will not be complete without this information completed.
- If any parent has any problems or concerns regarding their child on the swim team, they need to be addressed to the Head Coach of LCPR's Swim Team, Elizabeth Catoe. Please do not approach the Head Coach or any of the other volunteer coaches during practice times or swim meets to discuss a concern. All concerns will be dealt with after a practice or meet!! The coaches need to give their attention to our swimmers during practices & meets. You may call or email them.
- Throughout the season, there will be additional information we need to communicate with you. Please check your email daily for announcements or changes due to inclement weather. Also remember to sign up for the RainedOut text notifications. It is your responsibility to ensure that you are aware of what is happening with the team.
- Sometimes swimmers are disqualified (DQ) during a race. Disqualification is not a punishment! It should be seen as a way to become a better swimmer. We will have parent volunteers who have been trained as stroke/turn judges. These parents watch the swimmers stroke execution to ensure that no swimmer gains an unfair advantage. If they observe an illegal kick, stroke, start or turn, they will submit a DQ form to the scorekeeper. These DQ forms are given to the coaches

for review with their swimmers. In pointing out swimmers' mistakes, they can then avoid making that mistake again and thus become a better swimmer.

Metrolina League Rules:

- Swimmers 10 & under must be able to swim the length of pool unassisted and with a *continuous forward* motion prior to being entered in any meet. Swimmers 11 & up must be able to swim 2 lengths unassisted and with a continuous forward motion prior to being entered in any meet.
- Any Swimmer may choose to "swim up" for the season. This means that the swimmer chooses to swim in the age group above their current age group for individual events. The swimmer must swim the entire season in the upper age group in individual events. For relays, a 9-10 swimmer can swim up in the 11 & over relay. By doing this, the swimmer does not have to swim up in individual events. A swimmer may only swim in two (2) relays per meet.
- Shrimps (6 & under) swim freestyle and backstroke only. Shrimps may swim in the 7-8 age group in any event at any meet. Shrimps may swim butterfly and/or breaststroke in the 7-8 age group without having to age up. However, if a Shrimp swims freestyle in 7-8, then that swimmer will conform to the league rule of swimming up in the 7-8 age for the entire season.
- All swim meets will start promptly at 5:45pm. The home team will warm up from 4:45pm-5:10pm and the visiting team will warm up from 5:10pm-5:35pm.
- In the event of inclement weather which does not allow the start of a meet, the teams will wait a minimum of one hour from the meet start time to make a decision. At this time, the decision will be made based on time and weather patterns.
- If a meet is in progress and is suspended due to weather, the teams can agree to eliminate IM and breast events, in that order, in an effort to complete the meet.
- If the meet is in progress and suspended due to weather and the time is 8pm, the decision to complete the meet is up to the team coaches.
- A make up meet may be scheduled based on approval from all coaches involved and approval from the respective neighborhood pool for usage of the facility. Pool location may be changed based on approval of all coaches involved, with preference given to the host of the cancelled meet.
- Lane Assignments: Home team will be in odd lane numbers; Visitors will be in even lane numbers. For a 5-lane pool, the larger team will get lanes 1, 3, 5 and the smaller team will get lanes 2 and 4.
- Any swimmer may opt to start from the deck rather than the starting block.
- The first heat shall have the slowest swimmers and the last heat shall have the fastest swimmers.
- Order of Events:
    1. Medley Relays

2. Freestyle
3. Backstroke
4. Individual Medley
5. Breaststroke
6. Butterfly
7. Freestyle Relays

- 10 & Under Relays: Consists of 1-4 swimmers from 7-8 age group & no more than 2 swimmers from 9-10 age group
- 18 & Under Relays: Consists of 1-4 swimmers from 11-12 age group; no more than 2 swimmers from the 13-14 age group & no more than 1 swimmer from the 15-18 age group
- Ribbons will be awarded to 1st through 6th place in individual events and 1st through 6th place in relay events.
- Heat Ribbons will also be awarded to heat winners.
- Swimmers are limited to 5 events per meet—3 individual events and 2 relay events. Swimmers may not age down in any event.
- 3 Times will be recorded on the swimmer's card. The middle time will be entered. In the event two times out of the three agree, then that time will be entered. If there are only two times on a card, the average of the two numbers should be used.
- At no time shall a judge be approached by a parent or swimmer.
- Any team member sitting on the gutter and /or dangling feet in the water will cause a disqualification for all individuals participating in the heat from the team responsible for the infraction. Any unauthorized entry into the water during an event will subject the entire team's entries for that heat to be disqualified.
- There will be a 25 point infraction for poor sportsmanship.
- The rules for each stroke conform to United States Swimming rules as outlined in the US Swimming Rulebook.

Metrolina Championship Meet:

- Swimmers must participate in two (2) of Metolina League meets to be eligible to participate in the Championship Meet.
- The participants in the Championship Meet will consist of the top three (3) fastest times for each event for each team.
- Swimmers are limited to three (3) individual events and two graduated relays.
- Swimmers may not participate in both the League Championship Meet and the Metrolina Invitational Meet.

- All swimmers and relays must have a time. "NT's" will not be seeded.
- Lane Assignments will be based solely on swimmer's times. Seeding for the Championship meet will be done according to see times. There will be no lane assignments.
- The League Champion will be determined/announced at the League Championship meet.

Metrolina Invitational Meet:

- Swimmers must participate in two (2) of Metolina League meets to be eligible to participate in the Invitational Meet.
- Swimmers are limited to two (2) individual events and two graduated relays.
- Swimmers may not participate in both the League Championship Meet and the Metrolina Invitational Meet.
- All swimmers and relays must have a time. "NT's" will not be seeded.
- Lane Assignments will be based solely on swimmer's times. Seeding for the Championship meet will be done according to see times. There will be no lane assignments.

Volunteer Positions/Duties:

- Clerk of Course: Will need 1 for home and away meets. Lines up the heats according to the heat sheets that are provided.
- Timers: Will need 9 timers for home and away meets. Three timers will work each lane. At the completion of each heat, the three times will be recorded on the swimmer's card.
- Runners: Two runners will work Home swim meets. Runners will collect all cards and take them to the scorekeepers table. The cards must be brought to the scorekeeper in the correct lane order and in heat order. You must be physically able to keep up with the pace of the meet.
- Ribbon Writer: Will need one ribbon writer for home and away meets. Responsible for applying labels to the place ribbons.
- Scorekeeper helper: Will need 1 for home meets. This individual will assist the scorekeeper and work together to enter the information from the timer sheets into the computer.
- NOTE: Under no circumstances, shall anyone except table officials and the Starter be allowed at the record's table during the meet. Coaches may receive written scores from the scorekeeper upon request.

Practice Schedule

Practice begins on Monday, May 16, 2016

Mondays-Thursdays	Time
Shrimps (5-6's)	5:15pm-6:00pm
(7-8's)	5:15pm-6:00pm
(9-10's)	6:00pm-7:15pm
(11-18's)	7:00pm-8:15pm

Friday Practices begin the week of May 30, 2016 (1st week of Summer)

Fridays	Time
All Ages	11:00am-12:00pm

*There will be NO PRACTICE on Monday, May 30 in observance of Memorial Day.

*Swimmers may wear any one-piece swim suit, cap and googles to practice. Bring a towel and water each day.

*In case of inclement weather, *do no assume a meet or practice has been cancelled*. If it is not thundering/lightening, we will swim!! Because the league's meet schedule does not allow time for rescheduling rainouts, the meets will most likely go on as scheduled if it is only raining.

Please take a minute to sign your family up for the RainedOut Text Notification System. Those who have been on the swim team before know that we are sometimes dodging thunderstorms during practices and meets. This will allow you to receive a text or email message with updated team information regarding cancellations and delays of practices or meets. Please sign up anyone who is responsible for driving your kids as well as the older kids who drive themselves. The link is https://www.rainedout.net/mobile/1040de9f873ebd140262/ **or you can search "LCPR" and subscribe to the group Lancaster Swim Team.**

Meet Schedule

Prior to each meet Parents/Swimmers will receive detailed information for each meet (ie. Warm-up time, parking, addresses, etc.)

****All Swimmers must wear a navy swimsuit and team swim camp to all meets!****

Saturday, May 21	**Practice Meet & Picture Day:** This meet determines swimmers seed times. We will have pictures taken before the meet. All swimmers are asked to take pictures on picture day, but do not have to purchase any team pictures. This also gives parents a chance to learn volunteer positions.
Thursday, June 2	**Lancaster vs. Kershaw – HOME (Non-region meet)** Times will not count towards league's fastest times
Monday, June 6	**Lancaster @ Tega Cay - AWAY**
Thursday, June 9	**Lancaster vs. Rock Hill Country Club – HOME**
Monday, June 13	**Lancaster vs. Lake Wylie - HOME**
Thursday, June 16	**Lancaster @ River Hills – AWAY**
Saturday, June 25	**Metrolina Championship Meet @ Rock Hill Aquatics Center- 8:30am:** Only the swimmers with the top three (3) fastest times for each event will participate in the Championship Meet. Swimmers must also swim in at least 2 Metrolina league meets to be eligible.
Saturday, June 25	**Metrolina Invitational Meet @ Rock Hill Aquatics Center- 1:00pm:** All other swimmers not swimming in the Championship Meet will have the opportunity to swim in the Invitational Meet. Swimmers must swim in at least 2 Metrolina league meets to be eligible.
Sunday, June 26	**End of Season Lancaster Piranhas Party @ Pool: 5:00pm-7:00pm**