

Lancaster County Parks & Recreation
2020 Lancaster Piranhas Swim Team
League Information & Team Rules

Welcome to the 2020 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 the important information provided to you.

**NOTE: This season will be a modified swim team season with our local swimmers. We will try to provide a season with as much normalcy as possible as far as ruling, structure etc., but without the opposing team. Therefore, the swimmers will focus on racing the clock rather than beating their teammates or opposing team swimmers. Our coaching staff will conduct meet line-ups and assign heats based on swimmer's times, so that our beginner swimmers will race with those that are in the same skill level.*

Head Coach: Katie Knox- 803-804-4480; kknox@lancastercountysc.net

Assistant Coach/Kershaw Pool Coach: Cami Armbrust- 803-320-9162; camiskillz@hotmail.com

10 & Under Coaches: Samuel Page; Diana Kiger; Tamra Tipton; Tyler Tipton

11 & Up Coaches: Samuel Page

Parent Volunteer Coordinator: Heather Kiger- kigerkrewe@me.com

(All Parent Volunteer questions should be addressed with Heather Kiger)

Wylie Street Pool (Lancaster): 106 South Wylie Street, Lancaster, SC 29720
phone number: 803-285-1006

Kershaw Pool: 200 Close Circle, Kershaw, SC 29067
phone number: 803-475-3425

Skills Assessment Session: Sunday, June 28 at 2:00pm-Wylie Street Pool
(Only for new/non-returning swimmers.)

NOTE: 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:

Sunday, June 28 from 3:00pm-4:30pm- Swim Team Opening Day (First Practice and Parents Meeting)

***All Swimmers and Parents are asked to come to practice. This will be a time where all swimmers can meet their teammates and parents can learn their expectations as volunteers and have a fun day at the pool!

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

Swim Suit Fitting: Swimsuits are not included in registration fee. There are no swim suit fittings this year for 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 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!
- ❖ Swimmers are encouraged to bring their own kickboards if they so desire, otherwise, we will provide them and sanitize them after each use.
- ❖ Each swimmer must have a parent/guardian sign up and volunteer/work at two (2) meets. If a swimmer does not have a parent/guardian fulfill the volunteer requirements for the season, then that swimmer will not be allowed to attend the Swim Party at the end of the season.
(Please refer to the "Parent Volunteer Sign-Ups" handout in this packet with all meet sign up links and instructions.)
- ❖ 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 the Wednesday prior of the meets so they will be included in the line-up. This is very important!!
(Please refer to the "Swimmer Sign-Ups" handout in this packet with all meet sign up links and instructions.)
 1. This helps the coach in planning the heats and events and knowing which swimmer will swim which stroke/event. The coach spends 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 Head Coach as soon as possible (by 3:00pm at the latest), so that heats/events can be adjusted prior to meet.

- ❖ All swimmers should check in with the coaches before leaving any of the meets early in case we need you for a relay. If you leave early without a reason and you are in a relay, you will not be in a relay the next meet.
- ❖ All relays will be determined by the swimmer's fastest times.
- ❖ All swimmers are encouraged to sit under the swim team tents with their respected team and not with their parents, so that we can find them when it is time for them to swim their event. Note: Non-team swimmers are not allowed to sit under the team tents. ***This is subject to change depending on the SC Governor's Guidelines.***
- ❖ 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. As parents and coaches, we should encourage them to race the clock and not their teammates!
- ❖ 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!
- ❖ If any parent has any problems or concerns regarding their child on the swim team, they need to be addressed to your child's age group coach first and then the Head Coach of LCPR's Swim Team, Katie Knox. **Please do not approach the Head Coach or any of the other 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. 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.

Lancaster Swim Season 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.
- ❖ 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. *This will not apply for this year, as we will not be swimming other teams. Swimmers will be assigned to heats based on times and will be modified so that the same swimmers don't win heats every time.*
- ❖ 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.
- ❖ 2 Times will be recorded on the swimmer's card and the average of the two numbers should be entered. In the event only one time is available, then that time will be entered.
- ❖ 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.

Volunteer Positions/Duties:

- ❖ Head Clerk of Course: Will need 1 for home and away meets. Lines up the heats according to the heat sheets that are provided.
- ❖ Clerk of Course Assistants: Will need 1 for home and away meets. Lines up the heats according to the heat sheets that are provided.
- ❖ Tent Monitors: Will need 3 for home and away meets. These individuals keep the swimmers under the tents and supervise them. We don't want the swimmers wondering off or horse-playing. They will be responsible for escorting the swimmers to clerk of course to get lined up for their event in a timely manner. They will also assist swimmers with putting on their swim caps, monitoring bathroom runs, etc. **Subject to change based upon how many swimmers are sitting under the team tents.*
- ❖ Head/Back-up Timer (Entire Meet): Will need 2 for the entire meet at each home and away meet. Head/Back-up timer will keep their stopwatch going from the start in case someone's timer fails and the head/back-up timer can pick up the time for that swimmer.
- ❖ Timers (Entire Meet): Will need 12 timers for home and away meets; 2 per lane. At the completion of each heat, the two times will be recorded on the swimmer's card.
- ❖ Runners (Entire Meet): Will need 1 runners to work Home swim meets and will split them up into first half timers and second half timers. 2 runners will work first half and 2 will work second half. Volunteers will only work for half of the meet unless needed to work the entire duration of the meet. 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.
- ❖ Head Stroke/Turn Judge: Will need 1 head official for home and away meets. Responsible for judging possible infractions made by the swimmers.
- ❖ Stroke/Turn Judges: Will need 2 for home meets and 2 for away meets. Responsible for judging possible infractions made by the swimmers.
- ❖ Place Ribbon Writer: Will need 1 place ribbon writer for home and away meets. Responsible for applying labels to the place ribbons.
- ❖ Scorekeeper Assistant: 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.

Swimmers Sign-Up Instructions

- ❖ **Swimmers Signing up for Meets:** You will sign-up for the meets through Sign-Up.com and listing only one stroke that the swimmer wants to swim, which will be called the “Swimmer’s Choice”. Your child’s age group coach and the Head Coach will pick the other two events based 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.
- ❖ **Wednesdays 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!
- ❖ **When you sign-up your swimmer for a meet:**
 1. Go to LCPR’s website: www.mylancastersc.org/parks
 2. Scroll down the page and Click “Sports”, then scroll down and click “Lancaster Piranhas Swim Team”.
 3. Click the button on the right hand side of page that reads “Swimmer Sign-Up for Meets”
 4. Click the meet that you wish to sign your child up for (i.e. Meet at Lake Wylie-June 10).
 5. Find the event you want to enter your swimmer for. Again, select only ONE event. This is the Swimmer’s Choice Event.
 6. Once you have chosen the event, Click the Green button that states “Sign Up” out beside it.
 7. A new screen will pop up and it will default to the name on your email account. Delete your name and add your swimmer’s first and last name. Enter your phone number and either select save and done (if you only have one child participating in that meet) or save and add another person (if you need to sign up additional swimmers).
 8. Click Save and Done once you’ve signed up the swimmers.
 9. You will follow the steps 4-8 for each meet listed under Swimmer Sign-ups for Meets.

Parent Volunteer Sign-Up Instructions

- ❖ **Parent Volunteers Signing up for Meets:** You will sign-up for the meets through Sign-Up.com. LCPR will need volunteers to help with meets: Timers, runners, etc. **At least one of the child's parent/guardian must volunteer at two (2) meets.** You may be asked to volunteer for more than the required number of swim meets due to the abundant 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 by Friday, July 17, 2020. Your child(ren) will not be able to sign up for meets until a parent has signed up to volunteer for three meets.*

- ❖ **When Parents sign-up to Volunteer for a meet:**
 1. Go to LCPR's website: www.mylancastersc.org/parks
 2. Scroll down the page and Click "Sports", then scroll down and click "Lancaster Piranhas Swim Team".
 3. Click the button on the right hand side of page that reads "Parent Volunteer Sign-ups"
 4. Click the meet that you wish to sign up to volunteer for (i.e. Meet at Lake Wylie-June 10).
 5. Click the green box that reads "Sign up" out beside the volunteer position to wish to work (i.e. "Timer, Runner, etc.")
 6. Then you will type in the box- First Name & Last Name, email and phone number. If you want to sign up a spouse or another volunteer, simply select save and add another person. Change the name from your name to the new volunteers name.
 7. Lastly, click the green box that states "Save and Done".

Practice Schedule

Swim Team Opening Day is Sunday, June 28 from 3:00pm-4:30pm

Parents are required to attend to sign a COVID waiver for your child as well as to discuss the details and expectations of the upcoming season!

On this opening day, the coaches will get to know swimmers and prepare for the Big Fish/little fish match ups. Older swimmers adopt younger swimmers throughout the season to create team unity!

This will be announced during the first week of practice!

Regular scheduled practices begins on Monday, July 13, 2020

****All Practices will be held at the Wylie Street Pool the first week- July 13-16.**

<u>Lancaster Practice Schedule</u>	
<u>Mondays-Thursdays</u>	<u>Time</u>
Shrimps (5-6's)	5:30pm-6:30pm
(7-8's)	5:30pm-6:30pm
(9-10's)	5:30pm-6:30pm
(11-18's)	6:15pm-7:30pm

<u>Kershaw Summer Practice Schedule</u>	
Begins July 20th.	
<u>Mondays-Thursdays</u>	<u>Time</u>
10 & Under	10:00am-10:45am
11 & Up	10:45am-12:00pm

****Swimmers can attend practice sessions in Kershaw or Lancaster.****

*Swimmers may wear any one-piece swim suit, cap and goggles 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.

Meet Schedule

All Swim Meets will start promptly at 5:45pm.

Swimmer's need to be at the pool by 5pm in order to be ready for warm-ups.

Warm-ups: 5:10pm-5:35pm.

However, 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!****

HOME Meets have assigned meet themes! All Swimmers and Parents are encouraged to participate in the themed meets by dressing up, have crazy hair, face paint, etc. to add some extra fun and enthusiasm! Most Spirit and Best Dressed awards will be given out to the swimmers!

<u>Date:</u>	<u>Meet:</u>	<u>Meet Theme:</u>
Monday, July 27	Meet @ Lancaster (Wylie Street Pool) All Swimmers need to be at pool by 5:15pm for team picture. 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 practice meet determines swimmers seed times. This also gives parents a chance to learn volunteer positions during the practice meet.	TBA @ Parent Meeting on June 28
Thursday, July 30	Meet @ Kershaw Pool	TBA
Monday, August 3	Meet @ Lancaster (Wylie Street Pool)	TBA
Thursday, August 6	Meet @ Lancaster (Wylie Street Pool)	TBA
Saturday, August 8	End of Season Lancaster Piranhas Party @ Wylie Street Pool- 6:00pm-8:00pm	Senior Recognition & Swimmer Superlatives