

LEBANON MIDDLE SCHOOL SWIMMING AND DIVING 2010  
"Creating a Swimming Tradition One Stroke at a Time"

COACHES

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## Lebanon Middle School Team Goals

- 1. Prepare You For The High School Swim/Dive Team by:**
  - **Taking Your Sport Seriously by Not Missing Practice**
  - **Executing all four strokes legally and efficiently**
  - **Treating all of your teammates and coaches with kindness and respect in school, and at the pool**
  - **Bettering Your times throughout the season**
- 2. Both Boys and Girls Teams Finish in the top 2 at Conference**

## Practice

**Be prepared.** Everyone swimmer should bring caps, goggles, suits, and hair ties to all practices. I do not have extra goggles to borrow.

**Arrive on time** to practice. Extra swim sets will be given to those individuals who arrive tardy. The start time of practice is the start of stretching.

**Lock up your belongings.** Please bring a lock to secure your belongings. All swimmers will be held responsible for all their own materials. All locks must be removed every night after practice.

**Attendance for all practices is mandatory. LMS practice is not optional.** Swimming is not only an aerobic and anaerobic sport but a technical process as well. **The outcome of this season will truly depend on this team's dedication to practice attendance.** Please take your sport seriously. If you absolutely have to miss a practice due to illness or an emergency I need a signed letter, email, or phone

call from parents explaining why you cannot attend as soon as possible. Excused practices include: illness, mandatory school activity, family emergency.

**You must maintain an 80% attendance percentage in order to participate in meets. You will be aloud the following excused absences starting January 6<sup>th</sup> 2010: Up to....**

**4 Excused Practice Absences in January  
3 Excused Practice Absences in February  
2 Excused Practice Absences in March**

**You Will Have To Attend But Not Participate in Meets If Your Attendance Percentage Falls Below 80%**

**Every Swimmer Must Attend All Swim Meets**

**Swim Folders** Every Swimmer will have their own swim folder which can be found at the pool. In the folders ribbons, bus departure times and general need to know weekly team information can be found. Please have your swimmer **check their folders on a daily basis**. Also check [Lebanonswimclub.org](http://Lebanonswimclub.org) for weekly updates.

**\*Physicals must be on file** in order for your child to participate. Please get those submitted to the office before Jan. 8<sup>th</sup>, 2010.

**If you are walking after school to the H.S. pool** please stay in the hallway adjacent to the pool. Any swimmer found roaming around the H.S. prior to practice will be turned into the athletic director immediately.

**Practice Behavior:** Attached is a rubric outlining expected practice behavior. **ZERO TOLERANCE FOR HORSEPLAY.** All individuals involved will be immediately turned into Mrs. Clark at the Middle School.

**Please pick your children up promptly after practice.**

## **SWIM MEETS**

**Please have your swimmer at the pool at the designated time on the meet schedule.**

***PLEASE DO NOT ARRIVE EARLY BECAUSE THERE WILL BE NO SUPERVISION. THERE ARE STUDY TABLES AT THE MIDDLE SCHOOL AFTER SCHOOL.***

**Homework, MP3 players/CD players** will not be allowed on deck during meets. We have an incredibly busy meet schedule. Please encourage your swimmers to complete their homework before every meet and every practice. There will also be opportunities for swimmers to do homework on the bus.

**Sickness on the Day of the Meet: If your child is sick on a day we have a swim meet, please notify Coach Michelle as soon as possible.** No Shows to meets will result in an immediate suspension from the team. Entries are done electronically and failing to notify the head coaches delay meet start times and jeopardize the teams chances in winning.

**Everyone must ride home on the bus. Please pick your swimmer up promptly after meets and practices.**

**Away Meet Directions: Can be located at the Lebanon Middle School Website.**

**Meet Behavior:** Attached is a rubric outlining meet behavior.

**What am I swimming and how do I find out?** Tentative meet line-ups will be posted one night before each meet. You can find your lane assignment and events there. All home meets we will have exhibition 50 Free, 100 Breaststroke or 50 Butterfly. This will enable all swimmers to have opportunities to participate. **Please Check [Lebanonswimclub.org](http://Lebanonswimclub.org) for meet information, top times, calendars, meet schedules and general announcements.**

## **Team Suits**

**The Speedo Velocity Splice Suit** will be used again this season. If your suit fits from last year there is no need to order a new one. If you are a new swimmer, a team suit must be purchased before the first meet of the season. January 6-7 suit fittings will be taken at the pool. The final day to purchase suits is January 9th. The prices are as follows; please bring your money to practice.

**Girls \$49.75**

**Boys \$33.25**

**LMS has a new silicon team caps** for sale as well. They are black with a yellow "Tigershark" logo. We would encourage all girls and boys with long hair to purchase this cap at \$10. Contact Shannon Peycha at 765-483-0092 if you have any questions. Black or Yellow caps must be worn during meets as your team uniform.

**Show your Tigershark pride.** We are individuals bettering our times but we are also a team. Be respectful of your teammates, and your sport. Team support and encouragement goes far. So cheer ...cheer away.

(Parents, please sign this sheet and have your swimmer return to Coach Michelle acknowledging reading this document.)

### Volunteers

We are in need of parent volunteers to help run a successful 2007 Swimming/Diving Season. Please submit the below volunteer sheet to help the kids meets run smoothly this year. Please contact Shannon Peycha at 483-0092 to volunteer or with any questions.

Meet Director/Timer 3positions open  
Ribbons Chair 2 positions open  
Lane Timers 12 positions open per home meet  
Hospitality/Snacks for kids 1 position open

### Volunteer Sheet

Meet Director/Timer

Ribbons Chair

1.

1.

2.

2.

Lane Timers

Hospitality/Snacks

1.

1.

2.

2.

Misc

Parents Name \_\_\_\_\_

Date \_\_\_\_\_