



# Lake Erie Silver Dolphin Parent Night Information Packet

September 20, 2009



## **For Those of Us Who Have Come To Know Swimming as a Way of Life**

### **Mission Statement**

The mission of the Lake Erie Silver Dolphin swim team is to develop nationally ranked swimmers and world class citizens. LESD offers swimmers an environment in which swimming excellence is a possible achievement and in which each swimmer can reach his or her full potential. Within this framework, LESD realizes an obligation to meet the physical, mental, emotional and social needs of all of its swimmers. At LESD, swimmers have the opportunity to be the best that they can be. Silver Dolphins learn the value of hard work, commitment and self-discipline. They learn to take responsibility for their actions and to develop a true appreciation for what they as individuals can accomplish.

### **Philosophy and Gold's**

The program of the Lake Erie Silver Dolphins ("LESD") is based on the principle that a worthwhile swimming club should be able to meet the needs of any person interested in competitive swimming. We point toward an ultimate goal of developing nationally ranked swimmers while helping in the physical, mental, emotional and social development of our young participants.

Our goals are to develop within each swimmer:

1. the desire to succeed;
2. a willingness to work hard;
3. self-discipline and self-reliance;
4. a sense of sportsmanship;
5. knowledge of good health habits, especially nutrition;
6. loyalty to other team members, the coaches, and to LESD.

As an organization, LESD seeks to:

1. provide opportunities for social development through travel and meeting new people;
2. foster the realization that team membership provides the opportunity for each individual to better himself/herself;
3. to provide educational opportunities for its participating swimmers;
4. to develop NATIONAL CHAMPIONS.

### **Organization**

LESD is a coach-oriented club. The head Coach, Jerry Holtrey, has the responsibility of hiring and discharging assistants at his discretion. He also determines fundamental team policies regarding coaching fees, grouping of swimmers, scheduling of practices and meets, and other decisions concerning the operation of the team.

## All About The Lake Erie Silver Dolphins

Lake Erie Silver Dolphins (LESD) is a member of Lake Erie Swimming, Inc., the northeast Ohio affiliate of USA Swimming, the sports national governing body. There are over 3000 registered athletes within Lake Erie Swimming, with LESD having a membership of more than 350 of these. LESD swimmers hold a vast majority of the district records in all age groups. Almost unique among the better swim teams nationally, LESD offers top flight coaching to swimmers from the novice through national championship levels.

The team operates on a 12-month basis, with short breaks between seasons. The summer ("long course") season starts early in April and extends through August, while the winter season ("short course") runs from September through late March.

The team is divided into separate groups designated by color: GOLD, SILVER, BRONZE, BLUE, RED, and WHITE. The gold group is the senior level of swimming, while the red and white children are learning the basics of competitive stroke mechanics. Each group is made up of swimmers who are similar in ability, experience, and age. To allow for reasonable practice times for all, several pools are used: Cleveland State University, Hawken Lower and Hawken Upper School. There are also three satellite programs available at Mayfield, CVAC, and Hathaway Brown (HB). Please contact the coaches directly for more specific information about those groups.

LESD's program is aimed at developing young swimmers' skills and conditioning so that they have the opportunity to succeed not only at each of the various age groups along the way, but also at the senior level. Swimmers entering the team at the red or white grouping generally move up through the ranks as they improve over the years. New swimmers join LESD on the basis of tryouts held twice a year at Hawken. Current LESD swimmers and their families should alert interested friends and neighbors to these tryouts with the understanding that LESD is not a "learn-to-swim" program. Parents of new swimmers will have the opportunity to meet parents of current LESD swimmers to discuss the team's policies and procedures.

### Team Accomplishments

As a team, LESD has been most successful, having won every Lake Erie District championship since Lake Erie Swimming was organized in the late 1960's. LESD swimmers - both as individuals and as relays - hold the vast majority of district records, from the youngest (10-Under0 through all of the higher age groups. Every year LESD swimmers earn athletic grant-in-aid colleges scholarships, allowing them to pursue their higher education while swimming at the collegiate level. Younger swimmers with LESD have the opportunity to meet and to receive encouragement from senior-level elite athletes. At the age group level, numerous LESD swimmers have earned national top 16 rankings and have scored at or near the top of the Central Zone Championships and other major regional and national events. At the senior level, LESD swimmers have qualified for every Olympic Trial from 1968 thru 2008. LESD swimmers have made the 1996, 2000, and 2004 Olympics Team and have won Gold, Silver and Bronze medals at the Olympic Games. LESD have produced world open water champions, won Junior National (Championships) Senior and Regional Championships. The team has qualified swimmers for international Pan-Pacific Championships, World University Games, World Championships, and the Junior National Team.

The following represents a brief summary of the distinctions among the several components of LESD's levels:

#### White Group

**Prerequisite:** Athlete can swim a length of the pool legally in any of TWO strokes without stopping.

**Goals:** We'll be working on four legal strokes, turns, starts and finishes and graduating to Red Group.

## **Red Group**

The Red Group teaches the four competitive strokes, the correct start and turn for each of the strokes, and the basic rules and regulations of competitive swimming. We introduce the Red Group to some of the history of the sport, the need of being attentive and disciplined in practice, and the other factors that determine the total development of the Red swimmers. We also provide the swimming activities that will give the swimmer satisfaction and great fun while in practice.

Athletes can swim a length of the pool legally in three of the four strokes, and can correctly perform either the pull or the kick in the fourth.

First, I teach the swimmers the most technically advanced stroke/start/turn technique that they can learn through using numerous stroke drills. I expect all my Red swimmers to master all the strokes and their respective turns, including flip turns, crossover turns, and underwater breaststroke pullouts. We do stroke drill every day to try and make our strokes as efficient as possible. I do technique work each and every day with this group of swimmers on either stroke, start, or turn, or some combination, or all three.

Second, I try to teach my swimmers the finer points of the sport. I teach them about two hand touches, over the water arm recoveries, where the dolphin kick goes in the underwater breaststroke pullout, good breathing patterns, what you should and shouldn't eat the meal before a major swim meet, what things you look for when you arrive at a swim meet, what three things you should always do before you leave a swim meet. We go over good sportsmanship. We learn team cheers. I try to give the swimmers the basics for almost everything they may encounter in their early swimming career, how to deal with a DQ. What to do if your goggles break and how to visualize a turn.

Third, I specifically set aside time during each practice to have fun. We begin everyday by stretching to music (mostly 80's music, some 90's a little 00, some of it definitely weird); the first day of the week's practice ends with relays; the last day of the week's practice ends with a time trial (and you get a treat for participating in the time trial), and Saturday is always game day (If they behaved during practice; game day is a privilege, not a right).

## **BLUE GROUP**

The blue group is comprised of young children who have made the commitment to the sport of swimming and want to be successful in their races by placing high, and more importantly, improve their times. It is important for children in this group to begin to understand the time and dedication needed to be a successful swimmer and to achieve their goals. The blue group is designed to teach children how to be successful while having fun with creative sets and working as a team.

There are two main goals of blue group swimmers: 1) To continue to build on stroke technique and the rules of swimming that have been taught in the red and white groups, and 2) Begin to build a speed and endurance base to prepare swimmers for competition in meets and to swim on the next level.

Approximately half of a blue practice is comprised of drills to work on each stroke, the turns, and starts. In addition to an overview of all the strokes, one aspect of swimming is focused on each day. This includes streamline, turns, and specifics of stroke technique. The main focus for the day is then integrated into main sets where the swimmers swim faster and longer.

The second half of practice is made up of 1-2 main sets. Main sets are designed to help swimmers use interval training while learning how to read a pace clock. As the season progresses, swimmers begin to learn how to swim fast and know if they are working hard by using the pace clock to compare their times. These main sets help build endurance and speed for the swimmer and are done in all four strokes.

Member of the blue group have one thing in common ----a passion for swimming. They love to work hard, swim fast, improve time, competing with each other at practice and meets, and know hoe to make the sport of swimming fun for all those involved.

## BRONZE GROUP

The philosophy guiding Bronze swimming is that it is the long-term interest of the swimmer that is to be served and that the fundamental goal of Bronze is to make each swimmer the best **SENIOR** swimmer that he or she can be. While many Bronze swimmers are fast and highly competitive in age-group competition, that is a by-product of the larger aim of the program. To achieve success with this philosophy, the following are the necessary goals of the Bronze group:

- 1) Provide swimmers with the most effective and efficient stroke techniques possible. While there is no single stroke technique that is perfect for all swimmers, there is a perfect stroke for each individual swimmer and this is developed through repetition of stroke drills in **ALL** strokes on a daily basis.
- 2) Provide swimmers with a background of aerobic endurance. Endurance is a facet of conditioning that will last and benefit the swimmer throughout his or her swimming career and in later life after a competitive swimming career is completed. Endurance is developed daily through over distance and short rest training. [Anaerobic sprint training is **NOT** a regular feature of training at this level.]
- 3) Provide swimmers with the attitude necessary for success in swimming. Attitude is virtually **EVERYTHING** in swimming. It includes focus, consistency and self-discipline in practice; a strong will to compete and win in races; and an understanding that swimming at a high level of proficiency is **FUN** and should be enjoyed.

## SILVER GROUP

### Goals (in order of importance)

- 1) Be ready for the next level of swimming
- 2) Be competitive in all four strokes and IM
- 3) Become more "athletic" i.e. work on coordination, flexibility, conditioning, and core strength
- 4) Increase endurance
- 5) Become a good team mate
- 6) Get faster

### Philosophy

The main idea of the silver program is to have each swimmer ready to tackle the next level of swimming. With this in mind we want every swimmer to be capable of swimming all strokes; thus allowing that swimmer to be the most productive for his/her team and school. We also work on all distances in the each stroke; we do not classify each swimmer as a "distance swimmer", "sprinter", "Backstroker", etc but rather as a "swimmer" who is willing to swim whatever is necessary to help.

At this level we also believe that the swimmers should start to develop an overall strength program; we do not specify any specific muscle group but rather a whole body increase in strength.

There are six practices per week for the Silver group during the winter season and 8-9 practices per week in the summer season. Since the next level of swimming requires anywhere from 10-11 practices per week we strongly encourage the swimmers to make each practice; otherwise they will find themselves not able to handle the next group.

At this level we also like to work on "race technique". Swimming fast is always good; but knowing how to swim a race can sometimes be even more important. We expect the swimmers to have goals and know what it takes to reach those goals, as well as knowing how to swim the best race to help reach the goals. We also expect each swimmer to learn to be "tough"; to come thru the discomfort of hard work and become a better person as well as a better swimmer

## **GOLD GROUP**

The Gold team is composed of those individuals who realize that greatness only come through dedication, desire, and a willingness to make sacrifices. These swimmers have a sound understanding of the strokes, starts, turns and the rules and regulations of competitive swimming. The Gold swimmers embark on a very intense physical training program that involves 6,000-8,000 yards per water workout, training one - two times daily, and is expected to participate in a strength and flexibility program. The swimmers learn the strategies for swimming the different events and they develop the skill for being a competitor.

During the first third of the season much over distance training is included in the workouts of the Gold team. This training provides a solid base of physical fitness for the remainder of the season. During the middle third more quality sets of swimming are involved in the practices. These sets are structure toward the event the swimmers are training for. Since endurance can be lost in a matter of days, use of over distance training is continual. The last third of the season brings more quality sets, swimmers starts, terns are polished, and time is spent developing the proper pace for each individual event.

More emphasis is also placed on proper diet, proper rest and a positive attitude toward swimmers, both in general and in regard to the swimmers upcoming races. If any one of the factors of rest, diet, attitude, or conditioning is not given proper attention the swimmer will never realize their full potential.

Gold swimmers have made a commitment to swimming. They have set high goals for themselves, and they are willing to make the effort, spend the time and make the necessary sacrifice to achieve these goals.

## **Mayfield Group**

I, Coach Rick Balcam, Lake Erie Silver Dolphin's, Mayfield Branch and Mayfield High School Varsity Head Coach, strongly believe that all swimmers should work to their greatest potential and achieve all they can in the sport of swimming. Swimmers should use their natural talents and build on those by practicing and training year round, each and every day. Swimming is hard work but the benefits derived from it supersede all others. Competitive swimming develops a person physically as well as teaches responsibility, discipline, dedication, courage and commitment. Swimming builds self-discipline and sportsmanship, and continually builds character. Most importantly I believe that swimmers will learn from their training that reaching a state of excellence and success can be achieved with hard work, dedication to the sport, and practice.

Continuous effort - not strength or intelligence - is the key to unlocking our potential.

## **CSU Group**

Coach Ridler's, philosophy includes inspiring his swimmers to live right, train right, follow directions, and to develop an intense desire and personal pride in becoming as good as their naturally ability will permit. Practices focus on becoming proficient in all 4 strokes and building endurance and speed at all race distances.

## **CVAC Group**

### **Philosophy:**

The objective of this program is to help each participant become a better swimmer and grow as an individual. Swimming provides a unique opportunity for participants to harvest a better work ethic through daily challenges against themselves and the clock. As the coach, I will provide all of the encouragement and positive challenges I can to help each participant accomplish this objective.

### **Goals**

Our practices will focus on a balance of both stroke technique and conditioning. The younger group will spend a majority of the practice time on stroke development. Each practice will feature at least one challenge set designed to expose the swimmer to the fundamentals of training. The focus for the older swimmers will be more on training and conditioning. Proper stroke technique will always be stressed as a part of the training program.

## LESD Coaching Staff

**JERRY HOLTREY, HEAD COACH:** The team's head coach since 1968; Coach Holtrey has enjoyed remarkable success with Hawken School and the Lake Erie Silver Dolphins. A protégé of some of the finest coaches in American swimming history, including Dr. James Councilman of Indiana University, Coach Holtrey has been recognized for his outstanding coaching on the local, state, and national level. Holtrey's USA Team, LESD, has been recognized as one of the top 16 clubs in the country in 2003 earning a Gold Status designation from USA Swimming. His Hawken High School teams have won seventeen State Championships, and 6 in a row Division II, while his LESD ladies' teams have won all but two of the USA Sectional Meets. He has spoken numerous times on the training of distance swimmers at national conferences and at the Olympic Training Center and recently at an Allegheny Mountain LSC clinic. An assistant coach on the USA team at the 1998 and 2002 Pan Pacific championships in Japan and the head coach of the US National Junior team in Spain in 2000. The high points of his career came when he coached Diana Munz to a Silver medal in the 400 free and a gold medal on the 800 free relay at the 2000 Olympics in Australia, again at the 2002 Pan Pacs games in Japan where Diana won gold in the 400, 800, 1500 free and the 800 free relay, and at the 2004 Olympics where Diana won the Bronze in the 800 free in Athens.

**RICK STACY, Age Group Coach:** Coach Stacy provides the transition between the novice groups and the more demanding training required at senior level swimming. Coach Stacy provides a strong endurance base for his younger swimmers and emphasizes proficiency in all four strokes. Several times selected as age group coach of the year and head coach of the southern zone Distance camp in 1999, Stacy has been a presenter on age group training at the American Swim Coaches Clinic, the USA Coaches College, the National Age Group Forums and Sports Science Forum held at the Olympic Training Center. His LESD age groupers have achieved numerous National Age Group Top 16 awards and several national records and have enjoyed remarkable longevity in the sport. Coach Rick spoke at the ASCA Age Group Coaches Clinic in Los Angeles in November 2003 and the 2004 Allegheny Mountain LSC clinic. Rick presently is on the Lake Erie Swimming Board as the Senior Swimming Chair.

**TIM HABLE, Silver Group Coach.** Tim coaches the Silver Group which is the final preparation before senior swimming. Tim swam for the Silver Dolphins as well as Hawken School and Dartmouth College.

**LINDSEY MEIER, Blue Group Coach:** Coach Lindsey has been part of the Silver Dolphins since she was five-years-old, first as a swimmer and now as a coach. This will be her second year of working with the Blue Group and Hawken, her alma mater. The Blue Group focuses on both technique and endurance while creating a competitive and fun atmosphere in the pool. Coach Lindsey believes that swimming is a wonderful opportunity for children where they can learn important values such as hard work, setting and achieving goals, and making lifelong friends along the way. She loves working with this age group because the swimmers are full of energy, determination and promise..

**PAUL WAGNER, Red Group Coach:** Coach Paul creates the basic foundation for his swimmers to carry throughout their careers. Now enjoying his 22nd consecutive year of swim coaching, Coach Paul brings to his protégés a background from summer country club, AAU, YMCA, USS, USA, high school, and Division III college swimming. In his 15 years in the Cleveland area, he has been Zone coach six times and Head Ohio Quad Team coach twice. In the six years of running the LESD Red group, his program boasts better than a 90% retention rate for each season. Finally, in the five years that the younger LESD swimmers have attended the Barbara K. Mini-meet in Columbus, Ohio (a meet that attracts the best 8 & Under swimmers in about a 130 mile radius), his team has finished in first place five times and second place only once.

**RICK BALCAM, *Mayfield Group*:** Coach Balcam joined the coaching staff of LESD ten years ago and being a past Dolphin swimmer himself, he was quite familiar with the program. Rick swam competitively for twelve years from an age grouper through college. He has coached for 24 years at various levels from country clubs and summer recreational leagues to varsity high school swim teams. Rick's teams have earned sectional championship team titles; he produced individual sectional champions, district champions, as well as state and junior national qualifiers. During the 2008-2009 school year, Rick was named "Coach of The Year" for the River Division of the Northeast Ohio Swimming Conference. Rick Balcam currently teaches World History at Memorial Junior High School in the South Euclid-Lyndhurst School District.

**BILL BARE, *CVAC Coach*:** Coach Bill grew up in Chagrin, swimming at the Chagrin Rec Center when he was 7 years old. He first trained with Mark Braun and joined LESD around the age of 12. Bill went to Hawken High School and swam for Jerry Holtrey. He was a State qualifier in individual and relay events his sophomore through senior years. He qualified for Junior Nationals several times as an individual and relay swimmer. Bill attended DePauw University where he swam all 4 years. His major was Biological Sciences. He qualified for DIII nationals his sophomore and senior year in both individual and relay events and held some school records. An All American/ honorable mention several times.

Coach Bare has been married since 2000 to Jeremy Neal who he met through age group swimming when he was 7 or 8. Jeremy swam for Lakewood Swim Club and Lakewood High. The Peg Neal Pentathlon Swim Meet is named in memory of her mother. He has 2 daughters, Sydney and Libby, who are both trying out swimming for LESD.

Coach Bill works for Warren Roofing Co., a local commercial roofing and sheet metal contractor. He previously coached for Dynamo Swim Club in Atlanta prior to moving back to Ohio.

**Jeff Ridler, *Cleveland State branch*:** Coach Ridler began coaching with LESD in the Spring of 2009 as an assistant Senior Coach for the Gold Group and Coach Holtrey. Jeff swam competitively for 12 years from age group through college at Cleveland State University and then on to USA Maters Swimming. He has been coaching at various levels for the past 12 years with summer league, high school, and USA swimming. Most recently and currently, he has been the Head coach for St. Ignatius High School for the past 3 seasons where he has helped swimmers qualify for the State Championships in all three of those years. Coach Ridler was selected as an assistant zone Coach in 2004 when he was coaching with the Solon Stars. While with the Stars, he was an assistant senior coach and responsible for the Age Group Elite program focusing his swimmer's training toward achieving zone qualifying and AAAA time standards. In the fall of 2009, Coach Ridler will also facilitate the Learn-to-Swim instruction that LESD provides to area youths at the Hawken Lower School campus. Along with coaching, Jeff teaches 6<sup>th</sup> Grade Science and Social Studies at Willowick Middle School.

**Linn Grossman, *White Group Coach*:** Coach Grossman has been teaching swimming for 10 years in Beachwood, Shaker and Cleveland Heights. She plans to work with White Group swimmers to develop four legal strokes, turns, starts and finishes. Together, they will be getting ready for Red Group while having fun swimming. In her real life, Linn has homeschooled six kids, all of whom were competitive swimmers. She has been a swim mom to three LESD swimmers from Red Group through Gold.

## LES D CONTACT INFORMATION

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<b>WEBSITE ADDRESSES</b>			
Lake Erie Silver Dolphins	<a href="http://www.lesd.org">www.lesd.org</a>		
Lake Erie Swimming	<a href="http://www.lakeerieswimming.com">www.lakeerieswimming.com</a>		
Central Zone	<a href="http://www.centralzones.org">www.centralzones.org</a>		
USA Swimming	<a href="http://www.usa-swimming.org">www.usa-swimming.org</a>		

**Lake Erie Silver Dolphins  
2009-2010  
Short Course Schedule**

The Short Course schedule is available on line at [www.lakeerieswimming.com](http://www.lakeerieswimming.com). Each coach has selected meets they would like their swimmers to attend. See your coach for more information.

**USA Registration**

All new swimmers must be registered with USA swimming after the two week trial period. Swimmers new to USA swimming need to fill out the USA swimming 2010 form, attach a check of \$48 made payable to Lake Erie Silver Dolphins and a copy of their birth certificate. This is given to the coach and is only for swimmers that have never swum under USA swimming before. Swimmers that have been with another club need to go to the [www.Lakeerieswimming.com](http://www.Lakeerieswimming.com) website and go to Forms then click on the words Transfer forms found at the bottom of the page. They need to fill this form out and mail or email it to the District Register Pam Cook. The transfer form contains information with regard to where the form is mailed or e-mailed. No fee is involved in doing a transfer. A swimmer needs to wait 120 days before they can attach to their new team. This time period is figured from the last meet that a swimmer competed in with there last team, before they can attach. For some swimmers they will be able to attach right away for other swimmers they will need to wait 120 days.

***Types of Meets***

**Developmental Meet:** This meet is for beginner swimmers and for swimmers that are trying to obtain a beginning time. This meet usually has a slower than qualifying time. The swimmer time can be a NT (No Time) or a time that is slower than the qualifying time. Swimmers that have already achieved a time that is faster than the qualifying time **cannot** attend this meet. The swimmers will receive a fine and the team will be reprimanded by the District for a swimmer that is over qualified to swim in this meet. Breakout meets are developmental meets.

**Qualifying Meets:** A meet that requires a swimmer to have already achieved a qualifying time. This kind of meet could be for experienced swimmer that has achieved a time standard time to qualify. Swimmers who have not already achieved a qualifying time are not allowed to swim at a qualifying meet again a fine will be imposed on the swimmers.

Time Standards **are** a time a swimmer must have previously achieved in order to compete in an event at any designated competition. Time standard list is by age group by gender. You can find the time standards located on the [www.lakeerieswimming.com](http://www.lakeerieswimming.com) website. Time standards start at B times, BB, A, AA, AAA, and AAAA for each stroke. B is the slower of the times and AAAA the fastest. Open events with qualifying times are designed for the faster swimmer typically the time standard is a 15 & Over time standard. This means if the event is an open event and there is a qualifying time on the event then any swimmer no matter what age they are can swim as long as they meet the criteria of the Qualifying time. Some events are labeled open without qualifying time and in this case any one can swim but most often the open event consists of older swimmers. Swimmers should check with there coach before signing up for an open event, especially younger swimmers.

**Age Group/Junior Olympic:** All athlete members of a USA swimming 18 years old and younger are grouped by ages. Where a program for swimmers ages 8 and under is conducted, it shall be for developmental purposes only and shall be subject to LSC procedures.

**Quads:** the Mid-States Quadrangular Meet (Ohio, Indiana, Kentucky, and Illinois), is an elite-level meet inviting the four fastest swimmers in each age group event in each state to compete in a timed finals format in Indianapolis. It is held at the beginning of each January. Ohio Swimming and Lake Erie Swimming join forces to compete for the entire state of Ohio. Swimmers are invited to participate based on their best times achieved during the current short course season. Information and applications can be found on the Lake Erie Swimming website. Information will be on the [www.lakeerieswimming.com](http://www.lakeerieswimming.com) website with regard to the application process early in November.

**Zones:** the top-level age group meet; Lake Erie Swimming is a member of the Central Zone in our country (Indiana, Illinois, Michigan, Missouri, Arkansas, Oklahoma, Iowa, Minnesota, Wisconsin, South Dakota, North Dakota, and other mid-western states). Swimmers who achieve a AAA or better time are eligible to be a part of the Lake Erie Zone Team. Zones takes place usually around the first weekend in August and the information again is placed on the [www.Lakeerieswimming.com](http://www.Lakeerieswimming.com) website starting in the spring or early summer.

**Lake Erie Championships:** This meet is held at the end of the short course and again at the end of Long Course season. Our Lake Erie District has held this meet in a variety of ways from Bronze Championship, Silver Championship and Gold championship during the yard season. Each meet requires a certain time standard for the swimmer.

**Sectional Meet:** A level more competitive than Zone Championships. Is a highly competitive meet conducted in each Zone. The Lake Erie District is part of the Sectional 3 meaning that it is a closed meet other than Indiana, Lake Erie, Michigan and Ohio. Triple AAA time standards are used to be able to attend this meet. This is the beginning step of competition heading for Junior Nationals and Nationals.

**Nationals:** the highest level of USA Swimming with extremely rigorous time standards, which must be met for entry **USA Junior National Meet and the USA National Championships** (seniors) is a single national event.

**Olympic Trials, the Olympics and other High Level meets:** The last steps in the ladder of meets that your top swimmers are trying to achieve. The best of the best and you have to qualify with a certain time within a certain period of time. From this meet you go on to Pan American games, Pan Pacific Games, World University Games and World Championships.

**Open Water Swims:** This meet is held out of doors in a large body of water. Lake Erie has been used for local open water meets and some in, in land lakes. Lane lines are not available to the swimmer and the swimmers start as a group from shore and swim following a path of marked cones or buoys. The meet is well supervised by officials and safety people in boats to assist the swimmer that might get into trouble. Weather and water conditions are a big factor and a swimmer should talk with their coach to determine if they should attempt an open water swim. There are 3K, 5K and 10K swims. The advanced open water swimmers are held in the ocean and many more factors to deal with.

## Lake Erie Swimming Meet Schedule 2009-2010 Short Course Season

- Sept 13      **Meet Management Workshop**- hosted by LESI at TBA. Contact Tina McCauley, 330/418-0658, [mccauley\\_t@shaker.org](mailto:mccauley_t@shaker.org)
- Oct. 4      **Fall House of Delegates Meeting**- hosted by LESI at Hubbard. Contact Tina McCauley, 330/418-0658, [mccauley\\_t@shaker.org](mailto:mccauley_t@shaker.org)
- Oct 10-11    **Sprint Spectacular**- hosted by SWAT at Lakewood HS, Lakewood. Contact Liz Hastings, 440/241-9203, [lhast@msn.com](mailto:lhast@msn.com).  
No time standards; 8-Un, 10-Un, 11-12, 13-14, Open
- Oct 17-18    **CCS Age Group & Open**- hosted by CCS at C.T. Branin Natatorium, Canton. Contact Sam Seiple, 330/438-2739, [seiple@hotmail.com](mailto:seiple@hotmail.com)  
No time standards (possible exception for longer events); 10-Un, 11-12, 13-14, Open
- Oct 24      **Peg Neal Pentathlon**- hosted by LRST at Lakewood H.S., Lakewood. Contact Matt Demaline 216/529-4015 [matt.demaline@lakewood.k12.oh.us](mailto:matt.demaline@lakewood.k12.oh.us)  
must have a legal time in each stroke; 10-Un, 11-12, 13-14, Open
- Oct 25      **The Mile Meet**- hosted by TBD, at Busbey Natatorium, CSU, Cleveland. Contact TBD  
NAG B or faster (10-Un use time for 400/500); 10-Un, 11-12, 13-14, Open
- Nov 1      **High School Tune-up (AM)** - hosted by SWAT at Busbey Natatorium, CSU, Cleveland. Contact Liz Hastings, 440/241-9203, [lhast@msn.com](mailto:lhast@msn.com).  
Time standards are the NAG BB times for 13-14
- Nov 1      **Freestyle Frenzy (PM)**- hosted by SWAT at Busbey Natatorium, CSU, Cleveland. Contact Liz Hastings, 440/241-9203, [lhast@msn.com](mailto:lhast@msn.com).  
Time standards are slower than NAG BB times for 13-14
- Nov 7-8      **Odd Age Group**- hosted by SWIM at Ehrnfelt Recreation Center, Strongsville. Contact Tom Stacy, 216/702-4924, [tstacy@swimstrongsville.org](mailto:tstacy@swimstrongsville.org)  
No time standards; 7-Un, 8-9, 10-11, 11-Un, 12-13 12-Ov, 14-Ov
- Nov 14      **Fall Breakout Meet**- hosted by FAST at Firestone Natatorium, Akron. Contact Cindy Virdo, 330/873-3321, [cvirdo@aol.com](mailto:cvirdo@aol.com)  
Slower than NAG B (No time standards for 8-Un); 8-Un, 10-Un, 11-12, 13-Ov
- Nov 15      **Fall Breakout Meet**- hosted by STRS at Solon High School, Solon. Contact Sharon Badertscher, 216/357-7098 day, 440/708-1285 evenings, [sharon\\_badertscher@ohnd.uscourts.gov](mailto:sharon_badertscher@ohnd.uscourts.gov)  
Slower than NAG B (No time standards for 8-Un); 8-Un, 10-Un, 11-12, 13-Ov
- Nov 20-22    **Mark J. Braun Fall Classic**- hosted by LESD at Busbey Natatorium, CSU, Cleveland. Contact Amanda Kiel, [akiel@windstream.net](mailto:akiel@windstream.net), P/F on Saturday  
NAG A or faster, 13- Ov NAG AA for 200's longer; 10-Un, 11-12, 13-14, Open
- Dec 4-6      **Shaker Shark Invitational**- hosted by SHSH at Busbey Natatorium, CSU, Cleveland. Contact Sarah Tobin, 216/295-4163, [shakerswimming@msn.com](mailto:shakerswimming@msn.com)  
P/F on Saturday (except 8-Un which are TF)  
NAG B or faster in all events longer than 50 (no time standards for 8-Un or 50's); 8-Un, 10-Un, 11-12, 13-Ov
- Dec 13      **Winter Breakout Meet - 3rd Annual Holiday Madness Invitational**- hosted by EM at Euclid High School, Euclid. Contact David Mohnke, 440/942-2032, [dmohnke@sbcglobal.net](mailto:dmohnke@sbcglobal.net)  
Slower than NAG B (No time standards for 8-Un); 8-Un, 10-Un, 11-12, 13-Ov

- Dec 13 **Winter Breakout Meet-** hosted USC at Twinsburg Fitness Center, Twinsburg. Contact Tracy Trapp, 330/405-5744, [ttrapp@twinsburg.oh.us](mailto:ttrapp@twinsburg.oh.us).  
Slower than NAG B (No time standards for 8-Un); 8-Un, 10-Un, 11-12, 13-Ov
- Dec 20 **Candy Cane Classic-** hosted by VSC at Perkins H.S., Sandusky. Contact Mike Wohl, 419/626-4835, [swimwohl@aol.com](mailto:swimwohl@aol.com)  
No time standards; 8-Un, 10-Un, 11-12, 13& O
- Jan 9-10 **Quads**
- Jan 9-10 **New Year Stretch-** hosted by LSSC at Rocky River H.S., Rocky River. Contact Julie Knurek, 440/821-1335, [jbkmom@wowway.com](mailto:jbkmom@wowway.com)  
Girls only on Saturday; Boys only on Sunday  
NAG B or slower; 8-Un, 10-Un, 11-12, 13-Ov (Scored Own Age: 7-Un, 8, 9, 10, 11, 12, 13, 14, 15-Ov)
- Jan 16-17 **Age Group Showdown-** hosted by LRST at Lakewood H.S., Lakewood. Matt Demaline 216/529-4015  
[matt.demaline@lakewood.k12.oh.us](mailto:matt.demaline@lakewood.k12.oh.us)  
P/F Sat. and TF on Sunday, team scoring - time standards NAG B or faster; 10-Un, 11-12, 13-Ov
- Jan 23 **HEAT 10 and Under Meet-** hosted by HEAT at Roosevelt H.S., Kent. Contact Tom McDonnell, 330/554-6925, [mcdonnelt@firstenergycorp.com](mailto:mcdonnelt@firstenergycorp.com)  
2 sessions – no time standards; 8-Un, 10-Un
- Jan 24 **CCS 11 & Over-** hosted by CCS at C.T. Branin Natatorium, Canton. Contact Sam Seiple, 330/438-2739, [seiple@hotmail.com](mailto:seiple@hotmail.com); No time standards; Open (11-Ov only)
- Jan 30-31 **Stars Snowflake Fest- Swim Your Own Age-** by STRS at Solon High School, Solon. Contact Sharon Badertscher, 216/357-7098 day, 440/708-1285 evenings, [sharon\\_badertscher@ohnd.uscourts.gov](mailto:sharon_badertscher@ohnd.uscourts.gov)  
No time standard; 8-Un, 10-Un, 11-12, 13-Ov (Scored Own Age: 6- Un, 7, 8, 9- Un, 10, 11, 12, 13, 14, 15-Ov)
- Feb 7 **Fabulous 50's-** hosted by MRST at Medina Recreation Center, Medina. Contact Anthony Petruzzi, 330/635-8556, [anth@zoominternet.net](mailto:anth@zoominternet.net).  
Slower than NAG A; 8-Un, 9-10, 11-12, 13-Ov
- Feb 7 **LESD Distance Pentathlon Meet-** hosted by LESD at Hawken High School. Contact Amanda Kiel, [akiel@windstream.net](mailto:akiel@windstream.net)  
Dual track events with one NAG B or faster qualifying times. Scoring in age groups 10&U, 11-12, 13-14, 15 &
- Feb 13 *HS Sectionals*
- Feb 14 **Distance Animal-** hosted by TBD at Busbey Natatorium, CSU, Cleveland. Contact TBD  
Time standards dependent on age group and event; mostly slower than NAG A; 10-Un, 11-12, 13-14, 13-Ov
- Feb 20 *HS Districts*
- Feb 21 **8 & Under Championships** – hosted by Penguin Swimming, Contact Matt Andersen 330 941 3673, [mlanderson04@ysu.edu](mailto:mlanderson04@ysu.edu); Must have a legal time to enter an event
- Feb 27 *HS States*
- Feb 28 **Bronze Championships** – hosted by HEAT at Ocasek Natatorium, U of Akron, Akron. Contact Tom McDonnell, 330/554-6925, [mcdonnelt@firstenergycorp.com](mailto:mcdonnelt@firstenergycorp.com)  
Slower than NAG B; must have a legal time to enter an event 10-Un, 11-Ov (scored 11-12, 13-Ov)
- Mar 5-7 **LESI Silver Championships** – hosted by FAST at Ocasek Natatorium, U of Akron, Akron. Contact Cindy Virdo, 330/873-3321, [cvirdo@aol.com](mailto:cvirdo@aol.com)  
Faster than NAG B, slower than NAG A, faster than NAG BB for events longer than a 400.  
10-Un, 11-12, 13-14, 15-Ov
- Mar 12-14 **LESI Gold Championships** – hosted by LESI at Busbey Natatorium, CSU, Cleveland; Contact Julie Knurek, 440/821-1335, [jbkmom@wowway.com](mailto:jbkmom@wowway.com), Sharon Badertscher, 216/357-7098 day, 440/708-1285 evenings, [sharon\\_badertscher@ohnd.uscourts.gov](mailto:sharon_badertscher@ohnd.uscourts.gov)  
Saturday and Sunday P/F – all groups except Open  
NAG A; 10-Un, 11-12, 13-14, Open

## MEET ENTRY PROCEDURES 2009-2010

1. Meet information will be distributed via email and will be posted on our website. There will be a binder at the pool that will contain the meet information packets should a family not have access internet/email access. Please feel free to look at it but do not take it. The entire season meet schedule is also posted on the website.
2. Each swimmer should fill in a Swim Meet Entry Form (SMEF) listing the events that they wish to swim in the meet. The entry person will use the team database of times to add the swimmer's times to the events. Each meet information sheet has a deadline date specified. Checks, payable to LESD and the entry form should be placed in the appropriate plastic folder in each mailbox where they will be picked up on the entry deadline. Do not hand the checks to your coach. Please staple your check to the SMEF form so it doesn't get lost. Put only one swimmer per SMEF. Failure to pay on time will result in an entry being cancelled. You can check the Times Database on the website to see if your entry was received by the entry person. Entries are posted to the Times Database when they are sent to the meet host. Always double check to see if your entry is correct and email the entry person ASAP if you see a problem.
2. The meet host will decide if converted or regular times are to be used and this will be applied to each entry for the meet, not the parent.
3. Do not call the entry person with changes. You may email Marie Salibra ([marie@salibra.net](mailto:marie@salibra.net)) and verify that your meet entry was received, but we ask that you do not call. It will be at the discretion of the meet host and our coaches if time updates will be allowed, and the times will be taken from the database not from phone. If you miss the entry deadline, contact Marie Salibra, as soon as possible and she may be able to get you in. Beware that if you enter your swimmer yourself, and the entry times are not correct, you may be fined by LESI for \$10.00 for every incorrect entered time. This is also true at deck entry. Be very careful to always enter the correct time if you are doing this yourself. You can always check the Times Database on the website to verify your swimmers' times if you have lost track.
4. If you are traveling to an out-of-town team meet, please do not contact the meet host. The entry form must go through Marie Salibra otherwise swimmers may be inadvertently eliminated from the meet database when the meet layover is completed. Marie is in contact with the meet host entry person. It makes the job of the meet entry person hosting the meet easier if they do not need to be communicating with multiple people.
5. If you are a new swimmer to LESD, please email Marie Salibra a list of your best short course and long course times for the database. Please add the meet name and date to the times achieved and they will be verified.
6. Paying your entry fee at the time that the entry is due is required of all swimmers. It insures that your swimmer entry will be accepted.

### AT THE MEET

1. Once at the meet, swimmers should be at the meet at least 15 minutes before warm-ups. Check-in is the swimmer's responsibility.
2. Warm-ups are to be done as a team under the coach's supervision.
3. Swimmers should always report to a coach after swimming their event. Visits with friends or parents should always follow the consultation with the coach.
4. If a warm-down facility is available, swimmers (especially older competitors) should use it.
5. RELAYS are made up AT THE MEET BY THE COACH. Relay selections are based on performance at the meet and the coaches' discretion.
6. At outdoor meets, swimmers should take care to protect themselves from the sun. At all meets, swimmers should keep warm between events and should drink plenty of fluids.
7. Parents are responsible for transportation to meets (except in a few cases where there may be a team bus or district sponsored transportation).
8. Swimmers are under the supervision of the coach during a meet.
9. At all meets, swimmers are to conduct themselves in a manner that brings credit to themselves, to their families, and to LESD. Swimmers who fail in this regard will be excluded from future meets.
10. Swimmers are responsible for keeping track of their own personal belongings.
11. Swimmers should always check with a coach if they plan to leave a meet before it is over. They may be on a relay team

<b>Lake Erie Silver Dolphins</b>		<b>Swim Meet Entry Form</b> ( <i>one swimmer per sheet</i> )			
<i>USA Number examples</i>		Name of Swimmer: _____ Group: _____			
040196MARCPORT (Margaret Claire Porter, born 04/01/96)		USA Registration Number ( <i>see exs. left</i> ): _____			
101190TY*LMIN* Use an * where you can't fill a letter (Ty Lo Min, born 10/11/90)		Name of Swim Meet:			
(mmddy - 1st 3 letters of first name - middle initial - 1 <sup>st</sup> 4 letters of last name)		Date of Swim Meet:			
		Age on first day of meet:			
Home Phone:		Address:			
Cell:		E-mail:			
<b>Boy/Girl</b>	<b>Event #</b>	<b>Event Name</b>	<b>Age Group</b>	<b>Time</b>	<b>Yard/Meter</b>
<i>Boy</i> (Example)	<i>66</i>	<i>100 Back</i>	<i>11-12</i>	<i>1:20.43</i>	<i>Yard</i>
<b>Total Number of Events</b>		<b>X Cost per Event</b>	<b>\$</b>	<b>=</b>	<b>\$</b>
		<b>\$2.00 LESI Surcharge per Swimmer</b>		<b>=</b>	<b>\$2.00</b>
		<b>\$1.00 LESD Surcharge per Swimmer</b>		<b>=</b>	<b>\$1.00</b>
<b>Check payable to LESD</b>		<b>Total Amount Due</b>		<b>=</b>	<b>\$</b>

### Parents' Responsibilities

1. To encourage the swimmer at all times;
2. To get the swimmer to practices regularly and on time;
3. To provide the swimmer transportation to swim meets (other than a team "away meet" or a district-sponsored regional or national competition);
4. To encourage proper rest and diet;
5. To try to plan vacations such that they do not conflict with the busy part of the meet/practice schedule;
6. To perform volunteer work at LESD- sponsored swim meets;
7. To avoid criticism of the swimmer's techniques and workout performance, leaving this exclusively to the coaches.

### Swimmer Code of Conduct

The conduct of the swimmers at practices, in the locker rooms, and at meets is the responsibility of the coaches.

Swimmers are not to hurt, embarrass, or haze other swimmers in these three areas.

Swimmers are to respect each other and their personal property.

Swimmers are to respect the facility and equipment at the pools LESD use. Any vandalism or theft at any of the pools will not be tolerated.

Swimmers that do not follow these simple rules may jeopardize their membership on the Lake Erie Silver Dolphins (LESD) swim team.

Remember swimmers your actions reflect on you as a person, your family and the Lake Erie Silver Dolphins.

- Swim for the fun of it, not just to please your parents or coach
- Swimmers should be punctual for all practices and meets. Pool time is very valuable.
- Swimmers should plan on attending all LESD meets, and as many meets as their coaches recommend, unless they have made special arrangements with their coach.
- Swimmers should be active participants in all team practices, competitions, fundraising events and other team activities.
- Focus on every drill and every set. Be committed to putting forth your best effort every day. An honest effort does not include cutting laps, pulling on lane lines or missing send offs/sets.
- The Coach is there to help you. You are expected to pay attention and follow all of the coach's instruction completely and exactly. If any clarification is needed, inquire politely.

Athlete signature: \_\_\_\_\_ Your signature indicates you understand the behavior expected from you and the basic responsibilities you will follow.

Parent signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Booster Club Membership

Every family must become a member of the LESD Booster Club each year. The fee is \$200.00 per family for regular swimmers and \$75 a year for High School and college swimmers that do not practice with LESD on a year around bases. Payment can be made all at once on November 1<sup>st</sup>, or in two installments on November 1 and February 1. These fees are your membership to LESD and are used for pool rentals and the other costs associated in running a team as large and diverse as LESD. ***Your monthly check covers mainly coaching fees, while the Booster fees, along with any profits from swim meets that we sponsor, cover the rest.*** Mayfield and CVAC families should contact your coach for more specific booster information.

Families can offset or decrease their Booster Club Membership fees by participating in the fundraising opportunities that we sponsor:

- Swim A Thon, October 3, 2009 at Hawken Upper School (90% to family account)
- Ad Sales for meet heat sheet books (100% to family account)
- Event Sponsorships at Braun Meet, (100 % to family account)

Your family can receive full credit for any profits cleared in any of the above fundraisers and apply those towards the Booster fees. If you make more than \$200.00 profit, we will credit the remainder to your monthly fees.

Booster fees must be paid on time, or your swimmer(s) may not be allowed to practice with the team and may not be entered in meets.

Place your check made out to the LESD Booster Club in an envelope with your swimmers name on the outside and leave the envelope in the Booster Club Membership folder at your practice pool.

If you have any questions then contact Marie Salibra, 440-423-3852, [marie@salibra.net](mailto:marie@salibra.net)

LESD SWIM-A-THON  
SATURDAY, September 27, 2008  
10:00 A.M. - 1:00 p.m.  
Hawken Upper School

**WHY HAVE A SWIM-A-THON?**

It's a fun way to raise money for family booster fees and to kick off the 2009-2010 season. It benefits our team and USA swimming.

**HOW DOES IT WORK?**

Each swimmer is encouraged to solicit family, friends, neighbors, and local businesses for donations. We ask that you collect the money BEFORE the Swim-A-Thon to avoid having to revisit the donors. You can ask for a flat fee for the event (i.e., \$10) or for a donation per lap with the promise of doing a set number of laps (i.e., \$.05/lap for 100 laps = \$5).

Emphasize that the donations will be used to support the Lake Erie Silver Dolphins' swim program AND the individual swimmer.

**HOW IS THE MONEY I COLLECT APPLIED TO MY BOOSTER FEES?**

90% of the money you collect will be applied to your booster fees. Then, 5% is paid to USA Swimming for use of Swim-A-Thon materials and to support USA Swimming programs, and 5% will help defray costs associated with the Swim-a-Thon (pool, lifeguards, food, prizes, etc).

Each swimmer will be provided with a Swim-A-Thon collection envelope to track and collect donations. PLEASE RETURN ALL ENVELOPES EVEN IF YOU DO NOT PARTICIPATE IN THE SWIM-A-THON! LESD will be charged \$1.00 for each unused envelope not returned to USA Swimming.

**WHO CAN PARTICIPATE?**

All LESD swimmers are encouraged to participate in the Swim-A-Thon. Gold and silver swimmers can apply their practice laps from one day that week to their Swim-A-Thon. All white, red, blue and bronze swimmers are asked to swim their laps during the event on Saturday,

**ARE THERE ANY LIMITS TO THE SWIM-A-THON?**

Yes, you are limited to 2 hours of pool time or 200 laps, whichever comes first.

**WHAT'S HAPPENING BESIDES THE SWIM-A-THON?**

Pizza, desserts, drinks, and DJ entertainment will be provided from 11:30 a.m. - 1:00 p.m.

Swimmers will be given raffle tickets based on the cash amount of their donations (i.e., one ticket for each \$10 collected). There will be a basket for each swim coach in attendance. Tickets can be deposited into one of the baskets and a drawing will be held between 12:30 - 12:45 for EACH swim coach in attendance. The holder of the winning ticket from each basket can push that particular coach into the pool.

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If you have any additional questions, please call Lee Fallon (216) 289-6668.

Thank you in advance for your support.

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**Mark Braun Meet Sponsorship Form  
November 20-22, 2009**

With the approach of the Braun Meet, we are asking for your continued support by becoming an event sponsor. The cost to sponsor an event is \$20.00. Please use the form at the bottom of this page to choose the event your family would like to sponsor. Your name will appear on the psych sheets under the event name. This sponsorship will be credited towards your Booster fee obligations.

Name: (as you would like it listed) \_\_\_\_\_

Events that you would like to sponsor \_\_\_\_\_ at \$20.00 each = \$\_\_\_\_\_ enclosed.

Events you would like to sponsor in order of preference, indicating age group, gender and event name. Example: Event #1, 11-12 girls 200IM.

1<sup>st</sup> choice: \_\_\_\_\_

2<sup>nd</sup> choice: \_\_\_\_\_

3<sup>rd</sup> choice: \_\_\_\_\_

**Deadline for submissions: November 1, 2009**

Checks should be made payable to LESD Booster Club, and mailed to:  
Janet Ranallo, LESD Treasurer

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**Ad Sales**

As you know, the Lake Erie Silver Dolphin Swim Team will be hosting several swim meets during the year. These meets will attract several thousand swimmers, coaches, parents and officials. This is a great opportunity for the local business in the community to show support for the Dolphins as well as getting exposure to a large audience in the swimming world. By selling ads for our meet programs, you can publicize our team, draw attention to supporting businesses, and at the same time earn money towards your Booster Club fees.

Please use the attached ad template to show the business you are soliciting the size of the ad and follow the instructions below. We thank you for your support. If you have any additional questions, please feel free to call Janet Ranallo [jjjnr@sbcglobal.net](mailto:jjjnr@sbcglobal.net).

**Ad Sales Instructions:**

1. Fill out the form completely. The top half of the form is a receipt to the advertiser. The bottom half is the team record of the transaction and how it was handled.
2. The advertisement should be attached to the bottom half of the contract form as described in item one above. **All Ads must be program ready.**
3. In a sealed envelope, turn in all completed contracts, ads and checks made payable to the LESD Boosters, and send to:  
Janet Ranallo, LESD Treasurer  
36721 Ridge Road  
Willoughby, OH 44094

**Ad deadlines for meet programs**

November 1: for Braun Meet, Cleveland State University



# The Lake Erie Silver Dolphin Swim Team

Thank you for advertising with us.

*Please complete the entire form. The upper half is retained by the advertiser as a receipt.*

Name of Business: \_\_\_\_\_

Size of Ad: \_\_\_\_\_ Price of Ad: \_\_\_\_\_

Amount Paid: \_\_\_\_\_ Date: \_\_\_\_\_

Swim Team Representative: \_\_\_\_\_ Phone #: \_\_\_\_\_

-----  
Deliver this portion of form with full payment (checks made out to LESD Booster Club) to Janet Ranallo, LESD Booster Treasurer  
36721 Ridge Road, Willoughby, OH 44094

Advertiser: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Swim Team Representative: \_\_\_\_\_

## All ads must be page ready and enclosed at the time of purchase

*Please designate the swim meets you wish your ad to appear in.*

Braun (Nov)

Back cover:	\$200.00	Yes
Full Page:	\$100.00	Yes
Half Page:	\$60.00	Yes
Quarter Page:	\$40.00	Yes
Business Card:	\$25.00	Yes

**One Half Page**

**7 1/2" x 5"**

**\$60.00**

**One Full Page**

**7 1/2 x 10"**

**\$100**

**10"**

**1/4 Page Horizontal**

**7 1/2" x 2 1/2"**

**\$40.00**

**1/4 Page Vertical**

**3 1/4" x 5"**

**\$40.00**

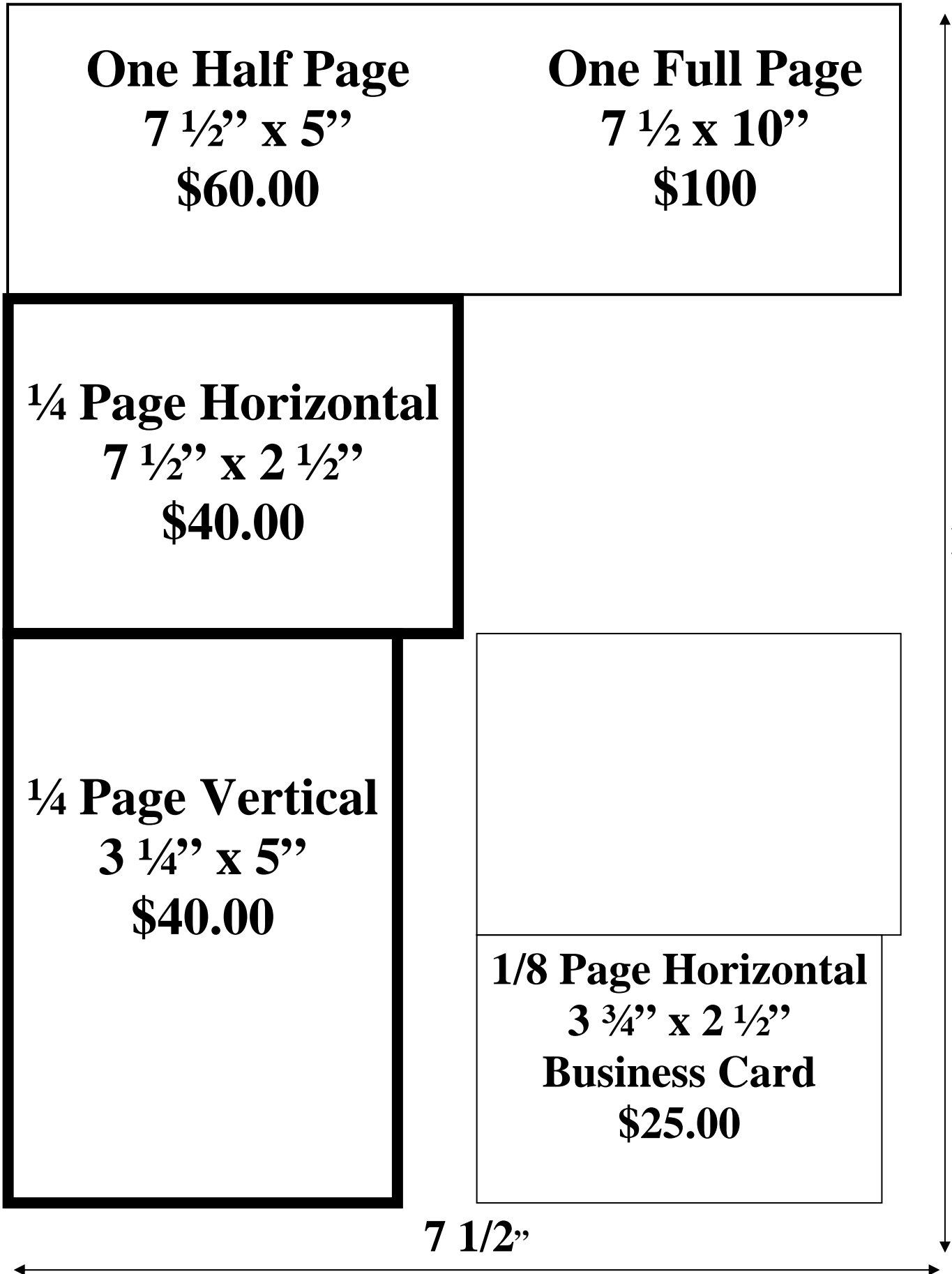
**1/8 Page Horizontal**

**3 3/4" x 2 1/2"**

**Business Card**

**\$25.00**

**7 1/2"**



## Ten Commandments For Swimming Parents by Rose Snyder

### **1. Thou shall not impose your ambitions on thy child.**

Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing. The nice thing about swimming is that every person can strive to do his or her personal best and benefit from the process of competitive swimming.

### **2. Thou shall be supportive no matter what.**

There is only one question to ask a child after a practice or competition—"Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

### **3. Thou shall not coach thy child.**

You are involved in one of the few youth sports programs that offer professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support and a safe place to return to at the end of the day. Love and hug your child no matter what. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy or any other area that is not yours. And above all, never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

### **4. Thou shall only have positive things to say at a swimming meet.**

If you are going to show up at a swimming meet, you should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Please remember that "*yelling at*" is not the same as "*cheering for*".

### **5. Thou shall acknowledge the child's fears.**

Your child's first swimming meet, 500 free or 200IM can be a stressful situation. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would have not suggested the event if your child was not ready to compete in it. Remember your job is to love and support your child through their entire swimming experience.

### **6. Thou shall not criticize the official.**

If you do not care to devote the time or do not have the desire to volunteer as an official, please don't criticize those who are doing the best they can.

### **7. Honor thy child's coach.**

The bond between coach and swimmer is a special one, and one that contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child, as it will only serve to hurt your child's swimming.

### **8. Thou shall be loyal and supportive of thy team.**

It is not wise for parents to take their swimmers and jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems—even teams that build champions. Children who switch from team to team are often ostracized for a long time by the teammates they leave behind and are slowly received by new teammates. Often swimmers find that switching teams does not improve their performance.

### **9. Thy child shall have goals besides winning.**

Most successful swimmers are those who have learned to focus on the process not the outcome. Giving an honest effort regardless of the outcome is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal, but I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry through life!

### **10. Thou shall not expect thy child to become an Olympian.**

There are 250,000 athletes in USA Swimming and we keep a record of the top 100 all time swimming performances by age group. Only 2 of the swimmers listed in the 10 and under age group made it to the top 100 in the 17-18 age group. There are only 52 spots available for the Olympic team every four years. Your child's odds of becoming an Olympian are about .0002%

Swimming is much more than just the Olympics. Ask your coaches why they coach. Chances are, they were not Olympians, but still got so much out of swimming that they wanted to pass the love for the sport on to others. Swimming teaches self-discipline and sportsmanship; it builds self-esteem and fitness; it provides lifelong friendships and much more. Most Olympians will tell you that these intangibles far outweigh any medal they may have won. Swimming builds good people, like you want your child to be, and you should be happy your child wants to participate.