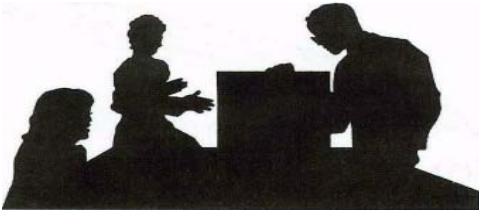


THE RED AND WHITE - September 2006



of the Lake Erie Swimming Committee

Inc. as are ALL teams in the Cleveland, Akron, Sandusky, Wooster, Youngstown area.

Our team is named **The Lake Erie Silver Dolphins.**

WELCOME. WELCOME! The Lake Erie Silver Dolphin coaches would like to greet all our Red and White swimmers, returning vets and newbies alike. We hope you all had a terrific summer and enjoyed your most recent break from swimming.

Our team is divided into many groups, with swimmers starting in White group and progressing thru Red, Blue, Bronze, Silver, and Gold/HS groups. Swimmers should expect to spend 1 to 2 years in each division, and then move up to the next group and coach.



WHAT YOU'VE JOINED

United States of America Swimming (also called USA Swimming) is a nation-wide regulatory body created by an act of Congress and has headquarters based in Colorado Springs, CO. It oversees all USA-registered teams, makes and enforces swimming rules and policy, and insures all USA-registered teams, swimmers, coaches, and facilities. USA Swimming divides all the swim teams in the nation into "Zones", and we are in the "Central Zone". In turn, Zones are subdivided into smaller areas called "Local Swim Committees: (LSC's). We are part

THE ROUTINE Red and White swim practices will be as follows:

Mon & Wed 4:45-6PM Red

Tues & Thurs 4:45-6PM White

Friday 4:45-6:00PM Red & White

Saturday 12:30-1:45 Red & White

All practices take place at Hawken Lower School, located at 5000 Clubside Road in Lyndhurst, OH. The phone there is 440- 423- 2030

The only **EXCEPTION** to these rules is if you call the team hotline and find out that practice has been changed or canceled. The team hotline is 216-561-3423

Please call **this** number every day before coming to practice to make sure that **nothing** has changed.



DON'T DROP AND DRIVE

When you arrive at swim practice, please park and walk your swimmer into the building. Make sure that the coach is there, and that practice about to start. If at this time you have an errand to

run, do so. But please, do not simply drop your athlete off at the parking lot and leave.

A FEW RULES:

#1. When you enter the pool area, please **DO NOT** get into the pool until **YOUR COACH** asks you to! You should **NEVER** enter the pool unless there is an **LESD** coach present!

#2. Swimmers are expected to change in their locker rooms, pack all their clothes into their team travel bags, and then bring the bags out into the pool area. **LESD** does **NOT** have the use of the Hawken School lockers; **NO ONE** need use a locker at the school. Change, pack it, and bring it out onto the pool deck.

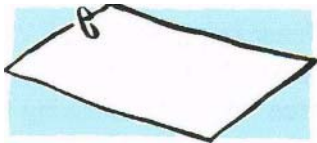
#3. Please bring **NO** glass containers of any kind into the pool area. Also, I am asking that **NO** swimmer bring a sport drink to practice due to past messes.

#4. The best times to talk to a coach are **BEFORE** practice or **AFTER** practice but not **DURING** practice. Parents should remain in the stands if they wish to watch practice.

#5. Swimmers waiting for their practice to begin should wait **IN THE POOL AREA** and not wander the school halls. This is especially true of Saturdays, when the School's silent alarm system is turned on. Please to not go to the "stretching room" until a Coach leads you there. No more hiding!

#6. Safety is the #1 priority of every practice! If any swimmer, in the in an unsafe manner that causes injury to another person, the coach will give parents written notice of this conduct. Second written notice means you are off the team, period, no exceptions.

TWO WEEK TRIAL The first two weeks of practice are a "trial period" where everyone sees if their schedules match ours. At the end of the two week trial (Monday, Sept 18) you must decide if you will be staying with the team. If you do stay, you will receive a bill for the month of Sept including the first two week "trial" time. If you do not stay, please tell your coach; you won't get billed, and perhaps we'll see you again.



USA REGISTRATION If you DO choose to stay after the two week trial period, we'll need to get you USA registered. **THIS IS A MANDATORY FEE.** The coach has USA registration forms and will pass these out to all the swimmers at that time. USA registration takes care of liability insurance both for our facility and for the coaches — it is mandatory that all LESD swimmers become USA registered.



DOCTOR'S ORDERS Along with getting everyone USA

registered, we also need every swimmer to fill out a medical emergency form and return this to a coach. Please be sure to note medical conditions and allergies to medications or environmental factors (like bee stings and such).



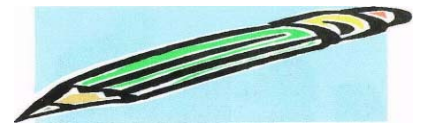
EQUIPMENT NEEDS Along with a swim suit, all swimmers are asked to get a **GOOD** pair of goggles. The coaches want athletes to wear goggles at every swim practice and at every meet. Sadly, it is hard to find goggles that fit young swimmers' small faces — you'll have to work through a trial and error period until you find a brand and pair that fit your swimmer. As a word of advice, **ONLY** buy NAME BRAND competitive goggles: Speedo, Nike, Tyr, and Arena and such. The cute goggles that have sharks and seahorses on the frames often don't work; buyer beware!

What you CAN do is look at swimmers who are about the same size in the face as yours, and see what goggles they are using. You can even ask if you could try on that pair to see if they work for your swimmer after practice. It's a nice way to introduce yourself and make friends!

A decent pair of goggles will set you back 10-15 dollars, but the investment is well worth it!

At this point you do not need either a team suit or a team cap.

water or on the pool deck, acts



DO THE WRITE THING

Please be sure to write your name on EVERYTHING -- cap, goggles, swim suit, towel, travel bag, EVERYTHING! If something gets left behind after a swim practice or meet there is a **chance** the coach can get it back to you!



NO JEWELRY. PLEASE

Swimmers should be careful NOT to wear jewelry to swim practice. Earrings especially get caught in hair, caps, goggles, or just get lost during practice! Most children's jewelry will tarnish VERY quickly in chlorinated water, and your child may develop an allergic reaction to this also. Simple posts for newly pierced ears are ok, but otherwise, **NO JEWELRY** at practice or at meets.



BE ON TIME Parents, your foremost duty for your athlete is to bring them to practice on time, let him/her stay the whole time, and come as often as you can. The more practice you attend, the better your child will become.

Finally, tell your child to LISTEN. LISTENING (and after that, trying) is more important than hard work at this point in practice.