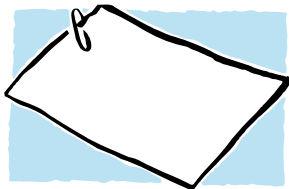


TWO WEEK TRIAL The first two weeks of practice are a “trial period” when everyone sees if their schedules can match ours. At the end of that time (by Monday, Sept. 15) you must decide if you will be staying with the team. If you do stay, you will receive a bill for the month of Sept including the first two “trial” weeks. If you do not stay, please tell your coach; you don’t get billed, and perhaps we’ll see you in the future.



USA REGISTRATION If you DO choose to stay after the two week trial, we’ll need to get you USA registered. **THIS IS A MANDATORY FEE.** See the coach for USA registration forms. Registration takes care of liability insurance both for the facility and for the coaches. You also cannot practice or compete in USA swimming unless you’re registered.

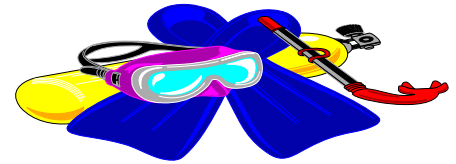


DOCTOR’S ORDERS In every swimmer’s mailbox there is a “Medical Emergency Form” which needs to be filled out and returned to a coach within the next two weeks. Please be sure to note all medical conditions and allergies (to medications, foods, bee stings, etc.) and record what meds your athlete may be taking/ needing (such as asthma inhalers).



THE POSTMAN COMETH! Every swimmer’s family now has a folder in one of two plastic boxes know as “the mailbox” that comes to every practice. **(If there are both a Red and White swimmer in the family, the folder is in the RED mailbox.)** Swimmers should check their folder in the mailbox every day! Meet itinerary, club info and events, and swimming materials are placed in this box periodically. Every swimmer is responsible for his or her folder ONLY! Do **NOT** take information from other swimmers’ folders! Instead, locate the folder marked “EXTRAS”. This folder holds

extra copies of anything that’s gone out, and if you are missing info or want an extra, take one copy from **THIS** place. **DO NOT TAKE STUFF FROM ANOTHER SWIMMER’S FOLDER! EVER!!**



GEARING UP Along with a swim suit, all swimmers are asked to get a GOOD pair of goggles. Wear them at every practice! It is hard to find goggles that fit young swimmers’ small faces -- you’ll have to work thru a trial and error period until you find a brand and style that work. Seeing what OTHER swimmers use, or asking to try on their goggles quickly helps find a pair that fits.

Please, parents, **ONLY** buy a NAME BRAND goggle -- Speedo, Nike, Tyr, Head, Arena and such. The cute goggles that have sharks and seashells on the frames often don’t work! A decent pair of goggles will cost about 10-15 dollars.

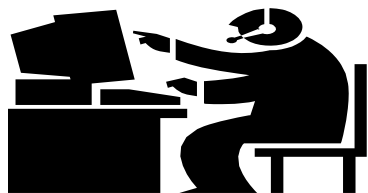
At this point you don’t need a team suit. You may check team gear by clicking on the Swimville swim shop logo at our team website, LESD.org



DO THE WRITE THING Write

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



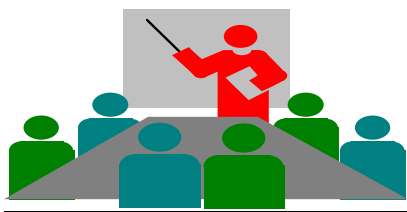
THREE WEBSITES Please bookmark and browse these three websites:

LES.D.org -- this is our website and it states when meets are due to be turned in for our team!

lakeeriewimming.com -- this is the LSC's website. It list ALL teams, swim meets, and results. It also has various forms, such as USA registration and such.

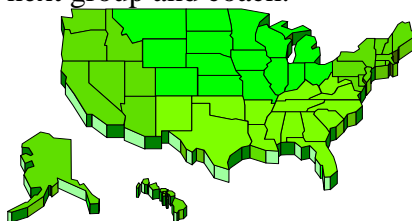
usaswimming.org -- this is USA swimming's national website.

Remember: Be safe! Listen! Try!



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

Our Team is divided up into many groups, with swimmers starting in White group and advancing thru Red, Blue, Bronze, Silver, and finally Gold/High School groups. Swimmers should expect to swim an average of 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 nationwide regulatory body created by an act of Congress and has headquarters based in Colorado Springs, CO. This body oversees all USA-registered teams, makes and enforces swimming rules and policy, and insures all USA-registered teams, swimmers, and coaches. USA divides all the swim teams in the nation into "Zones", and we are part of the "Central Zone". In turn, the Zones are subdivided into smaller areas called "Local Swim Committees" (LSC). Our Central Zone is made up of the following LSC's: Arkansas, Illinois, Indiana, Iowa, Lake Erie, Michigan, Midwestern, Minnesota, Missouri Valley, North Dakota, Ohio, Oklahoma, Ozark, South Dakota, Wisconsin, and Wyoming. We are part of the Lake Erie Local Swimming Committee, Inc., as are ALL teams in the Akron/ Canton/ Cleveland/ Sandusky/

Youngstown area. Our team is named the **Lake Erie Silver Dolphins**.



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

Mon & Wed 4:45-6PM Red
Tues & Thurs 4:45-6PM White
Friday 4:45-6PM Red & White
Saturday 12:30-1:45 Red & Wht

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 this rule is if you call the team hotline and find that practice has been changed or canceled. The team hotline number is 216-561-3423. Please call this number every day before coming to practice!



DON'T DROP AND DRIVE

When you arrive at swim practice, please park and walk you swimmer into the building. Make sure that the coach is there, and that practice is about to start. **DO**

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NOT simply drop your athlete off at the parking lot and leave.

written notice means your are off the team



#6. Supervise siblings. Please keep siblings in the pool area, not wandering off into the school. Also, we do **NOT** have permission to use the basketball court! Sorry.

A FEW RULES

#1. Safety is our first concern! Do **NOT** enter the pool area unless an LESD coach is present. Do **NOT** get into the pool until **YOUR COACH** asks you to!

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

#3. Please bring **NO** glass containers of any kind into the pool area! Swimmers, parents, siblings: **NO GLASS!**

#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.

#5. Safety is our #1 priority. If any swimmer acts in an unsafe manner, that swimmer will be asked to leave practice. The swimmer should get changed in the locker room and then come out to the pool area and sit in the stands until a parent picks them up. The coach will give written notice of this conduct. Second