



Lisle
SEA LIONS

Parent Packet 2018

Welcome to the 2018 Lisle Sea Lions Swim Team!

Our team's mission is to encourage a love of swimming and develop swimmers into the very best competitors they can be. This is an inclusive recreational program that welcomes all swimmers and encourages growth based on the individual's personal goals and abilities.

The Lisle Sea Lions participate in the West Suburban Swim Conference. Other teams in our conference include Downers Grove, Glen Ellyn, Hinsdale, Lemont, Wheaton, Clarendon Hills and Western Springs. Participation in swim meets throughout the season is option but highly encouraged.

We look forward to a fantastic 2018 season!

General Team Information

Age Groups

Swimmers are divided into age groups for both practice and competition based on their age as of June 1st.

Ages 8 and under, ages 9-10, ages 11-12, ages 13-18

Swimming Requirements

Ages 8 and under: Ability to swim one length (25 yards) of Freestyle and one length (25 yards) of backstroke. Diving and flip turn experience – completing all levels of swim lessons is strongly encouraged, but not required.

Ages 9-18: Ability to swim three lengths of pool (75 yards) of Freestyle. A working knowledge of diving and flip turns, in addition to the four competitive strokes.

General Contact Information

Coaches' Contact Information (5/29/18-7/27/18)

lislesealions@gmail.com

Pool Phone: 630-353-4321

Aquatic Manager Contact Information

Laura Cavazos

(630)353-4308

lcavazos@lisleparkdistrict.org

Practice Times

Practice times may be subject to change depending on the number of swimmers attending each practice.

Season runs Monday, June 4th through Friday, July 20th

Ages 13-14 & 15-18: 6:45 am-8:00 am

Ages 11-12: 7:45 am-8:45 am

Ages 9-10: 8:30 am-9:30 am

Ages 8-Under: 9:30 am-10:15 am

Swim Meet Times

	<u>Tuesday and Thursday</u>	<u>Saturday</u>
Home Warm-up:	6:15-6:30 pm	7:30-7:45 am
Away Warm-up:	6:30-6:45 pm	7:45-8:00 am
Meet starts:	7:00 pm	8:00 am

Team Uniform Information

Team suits are not required, but are popular with the swimmers. Suit samples will be available at the front desk of the Lisle Recreation Center starting April 1 for fitting purposes. The 2018 suit is the same design as 2017.

The team will provide swimmers with a t-shirt and latex swim cap. Swim team suits and additional team gear can be purchased at our team store. Team gear may be ordered for anyone, it is not limited to swimmers. We love to see our fans supporting the team by wearing team gear to both our home and away meets

Team suits and additional gear can be ordered by following directions below. All gear can be ordered and paid for via the custom team website will be sent directly to your home.

To order your swimmer's suit:

1. Try on a suit for size at the Recreation Center, 1925 Ohio St. before May 31st. Suits will be available for ordering as of April 1st.
2. Order online on our CUSTOM WEBSITE:

<http://www.theswimteamstore.com/lgsteams/productcart/pc/viewCategories.asp?idCategory=2897&idAffiliate=620>

Weather Related Cancellations

In the event of inclement weather, you can call the Sea Lion Aquatic Park Hotline at 630-964-3410 ext. 2 and follow prompts for opening and closing information.

Additional information regarding communication for weather related issues will be available at the parent meeting

Stroke Clinic

The Sea Lion coaches teach a stroke clinic every Wednesday during the swim team season. While the stroke clinics are geared towards swim team participants anyone may register for the program. Each stroke clinic focuses on a different stroke. Swimmers who are looking to improve their techniques for a specific stroke are encouraged to register for Stroke Clinic.

Please see the Lisle Park District website or printed brochure for more information on Stroke Clinic

Private Lessons

If you are interested in getting your child some one-on-one time with his or her coach, private lessons are offered outside of practice times. Advanced Private Lessons are 45 minutes long, and are available on a first-come, first-served basis. Availability is dependent on your coach's specific availability. Resident rate is \$35/ lesson, non-resident rate is \$45/lesson. You may register by contacting our Aquatic Manager, Laura at (630)353-4308.

2018 "A" and "B" Meet Schedule

2018 "A" Meets

Tuesday, June 12

Lisle @ Downers Grove

Glen Ellyn @ Hinsdale
Lemont @ Western Springs
Clarendon Hills @ Wheaton

Saturday, June 16

Lisle @ Glen Ellyn

Hinsdale @ Lemont
Downers Grove @ Wheaton
Western Springs @ Clarendon Hills

Tuesday, June 19

Wheaton @ Lisle

Glen Ellyn @ Clarendon Hills
Hinsdale @ Western Springs
Lemont @ Downers Grove

Tuesday, June 26

Lisle @ Clarendon Hills

Lemont @ Glen Ellyn
Hinsdale @ Wheaton
Western Springs @ Downers Grove

Tuesday, July 10

Lisle @ Lemont

Downers Grove @ Glen Ellyn
Clarendon Hills @ Hinsdale
Western Springs @ Wheaton

Saturday, July 7

Hinsdale @ Lisle

Glen Ellyn @ Western Springs
Downers Grove @ Clarendon Hills
Wheaton @ Lemont

Tuesday, July 17

Western Springs @ Lisle

Wheaton @ Glen Ellyn
Downers Grove @ Hinsdale
Clarendon Hills @ Lemont

Saturday, July 21

"A" Conference Meet

2018 "B" Meets

Thursday, June 14

Downers Grove @ Lisle

Hinsdale @ Glen Ellyn
Western Springs @ Lemont
Wheaton @ Clarendon Hills

Thursday, June 21

Glen Ellyn @ Lisle

Lemont @ Hinsdale
Wheaton @ Downers Grove
Clarendon Hills @ Western Springs

Saturday, June 23

Lisle @ Wheaton

Clarendon Hills @ Glen Ellyn
Western Springs @ Hinsdale
Downers Grove @ Lemont

Thursday, June 28

Clarendon Hills @ Lisle

Glen Ellyn @ Lemont
Wheaton @ Hinsdale
Downers Grove @ Western Springs

Saturday, June 30

Lisle @ Lemont

Glen Ellyn @ Downers Grove
Hinsdale @ Clarendon Hills
Wheaton @ Western Springs

Thursday, July 5

Hinsdale @ Lisle

Western Springs @ Glen Ellyn
Clarendon Hills @ Downers Grove
Lemont @ Wheaton

Thursday, July 12

Lisle @ Western Springs

Glen Ellyn @ Wheaton
Hinsdale @ Downers Grove
Lemont @ Clarendon Hills

Saturday, July 14

"B" Conference Meet

Important Parent Responsibilities

Practices:

- A. Encourage your swimmer to strive for perfect attendance
- B. Inform the coaching staff in writing if your child will be leaving practice with someone other than you.
- C. Reserve any questions for the coaching staff for before or after practice. Coaches are focusing on your swimmers during practice

Meets:

- A. Volunteer in at least 4 dual meets
 - a. Volunteers are critical to the success of a meet. We can not start a meet without a minimum of 20 volunteers from the home team and 10 from the away team. 35-40 volunteers from each team are required to keep it running smoothly.
 - b. If you cannot volunteer on a specific date as previously arranged, you are responsible for finding your own replacement.
 - c. Volunteer sign-ups will be available at the parent meeting and each day during practice
- B. Volunteer in either A or B Conference Meets.
 - a. Each team is required to have a specific number of volunteers for each of these meets.
 - b. Sign up sheets for volunteering at the conference meet will be provided towards the end of the season
- C. Inform the coaching staff if your swimmer cannot attend a meet
 - a. Dual Meets: At least three days ahead of time, please sign your child out of
 - b. Conference Championships: BY JULY 1st, inform the specified coach of your child(s) absence via email
 - c. If your swimmer does not show up to a meet he has been entered in, he/she will not be eligible to participate in the next meet.

Do not hesitate to bring up questions or concerns with the coaching staff, but please do so either before or after practice and/or meets

Important Responsibilities for Your Swimmer

Practices:

- A. Be ready to start practice on time.
- B. Have a smile on their face and a positive attitude.
- C. Be ready to practice hard and have a lot of fun!
- D. No horseplay or rough housing during practice

Meets:

- A. Arrive on time and be ready to utilize our limited warm-up time.
- B. Remain in the bullpen when they are not swimming.
- C. Swim all the events they are entered in.
- D. Talk to the coaches after each race.
- E. Clean up the Lisle bullpen area before leaving
- F. Check in with a coach before leaving at the end of the meet. Line-ups do change during dual meets.
- G. Support their teammates and show Lisle Sea Lion pride!

Swimmers are strongly encouraged, but not required to wear swim team apparel including the team suit and cap during meets

Conduct unbecoming of a Lisle Sea Lion Swimmer:

- Offensive behavior or language directed toward any teammate, coach, aquatic staff, opposing team, or parent.
- Any physical or verbal bullying of any kind.
- Theft, stealing or damage to property.
- Breaking rules of any aquatic facility.
- Disrespect of officials, teammates, coaches, parents, aquatic staff.
- Unsportsmanlike attitude or behavior at swim meets.

Swimmers are always expected to treat their teammates, coaches, competitors, and parent volunteers with respect at all times.

Recommendations for Your Swimmer

Practice:

- A. We encourage swimmers to wear a suit other than the team suit for practice
- B. Swimmers should bring at least 1 towel
- C. Water bottles should be brought to practice everyday
- D. Please apply sun screen prior to coming to practice if necessary

Meets:

Please bring:

- A. A blanket or sleeping bag to sit on
- B. Warm clothes (sweat shirts, wind pants, etc.)
- C. Sun-screen and bug spray
- D. Water bottles and/or Gatorade
- E. Snacks such as bagels, cereal, veggies, and fruits. Avoid candy, fast food and pop! **And remember @ Lisle Pool you have to eat in the designated eating areas**

Team Goals

- A. Have a strong sense of team pride
- B. Work hard and have fun
- C. Take what is learned at the pool and apply it to other aspects of life (positive mental attitude, dedication, hard work, working well with others)
- D. Strive for personal best times without focusing on placement
- E. Refine stroke technique and increase endurance
- F. Improve on our West Suburban Swim Conference Finish from last year

Parent Volunteer Descriptions

- **Volunteer Organizer:** You will make sure each of the jobs are filled for the given meet. You will need to arrive a half hour prior to the start of the meet and you will be finished when all of the jobs are filled. *One person required for each HOME and AWAY meets.*
- **Announcer:** You will be in charge of announcing the events throughout the meet so both swimmers and parents know what event is in the water as well as events for which the swimmers need to report to the starting end of the pool. *One person required for each HOME meet.*
- **Bullpen:** You will find and organize swimmers before each event as well as escort the 8 & under swimmers and 9-10 swimmers to their lanes before each race. *Two people needed for each HOME and AWAY meet.*
- **Ribbon Writer:** You will stick pre-printed labels on ribbons and file. *Two people needed for each HOME and one needed for each AWAY meet.*
- **Runner:** After each heat is finished, you will collect the event cards from all six lanes, the finish card from the finish judges, and any disqualification cards from the stroke judges. You will take these cards to the scoring table. *One person needed for each HOME meet.*
- **Scorer:** You will take the event cards after each heat, insure the official time is circled (middle time of 3 watches or averaged if only 2 times given). You will enter the official time in the computer and once all times are entered for the event, click the score button. *Two people are needed for each HOME meet.*
- **Starter:** You will use a microphone along with a buzzer in order to start each event using the sequence: "Swimmers step up (or in the water for backstroke). Take your mark, <Beep>." *One person is needed for each HOME meet. It is preferred that the person has experience in starting meets.*
- **Timer:** You will work with two other parents in your lane. You will start the stopwatch at the beginning of the heat and stop the watch when the swimmer in your lane touches the wall at the final lap of the heat. One timer will record the watch times of all 3 timer's watches on the swimmer's event card, circle the middle time of the 3, and hand the card to the runner. *Twelve people are needed for each HOME meet and six for each AWAY meet.*

Swim Meet Locations

Downers Grove Swim & Racquet Club

5560 Fairview Ave.
Downers Grove, IL 60516
(630) 515-9444

Village of Hinsdale Community Pool

500 W. Hinsdale Ave.
Hinsdale, IL 60521
(630) 789-7099

Clarendon Hills Park District

Lions Park Pool

100 Byrd Ct.
Clarendon Hills, IL 60514
(630) 325-1040

Glen Ellyn Park District

Sunset Pool

483 Fairview Ave.
Glen Ellyn, IL 60137
(630) 858-7665

Wheaton Park District

Northside Family Aquatic Center

1509 N. West St.
Wheaton, IL 60187
(630) 653-3345

Western Springs Service Club

1300 Hillgrove Ave.
Western Springs, IL 60558
(708) 246-0491

Lemont Park District

Centennial Outdoor Aquatic Center

16028 W. 127th St.
Lemont, IL 60439
(630) 257-6787