

EARTH Parent Info Packet (from parents, for parents)

How to Sign Up for the Middle School EARTH Swim Team

1. Fill out your health forms
 - DUE NOW - interim form until you get a physical
 - DUE BEFORE THE FIRST MEET - Real form dated AFTER April 15 (will be good for all sports for one year from date of issue)
2. Sign up on the website (www.lcnswim.com)
MAKE A NOTE OF YOUR LOGIN and PASSWORD!!
 - Contact info - so you will get e-mails/texts in case of changes to practices or meets
 - T-Shirt Size
 - Lettering for swim cap (most put last name)
3. \$ Pays for LCN Swim website Registration, EARTH Swim team T-shirt, Swim Caps

What gear does my student need?

1. Swimsuit: Dunhams, Dicks, or www.swimoutlet.com (through lcnswim.com website). Some people like to try on suits at the sporting goods stores to find proper size and then order online. If you are purchasing a new suit, look for a "competition" suit. These will hold up to the chlorine without getting baggy/thin/stretched out and last much longer.
 - 1 piece suit for girls
 - Swim jammers for boys
2. Goggles
 - Prescription goggles can be ordered from www.swimoutlet.com (about \$20)

What about practices?

- Practices are usually Mon, Tue, Wed, and Thursday
 - Mon and Wed from 6:00 to 7:30
 - Tue and Thur from 3:45 to 5:15
- Students are organized into lanes based on speed/skill. Several students will share a lane and "circle swim" within the lane.
- Students will learn all strokes (backstroke, freestyle, breaststroke, butterfly) and practice diving off of the blocks and doing flip-turns.
- High School swim team members are the Jr. coaches for each lane.

What are the Parent Obligations?

1. Sign up your student online and fill out forms
2. Attend/Decline ALL swim meets on www.lcnswim.com
3. Volunteer or Donate at ALL home swim meets
4. Volunteer or Donate at the LCN hosted championship meet EVEN IF YOUR STUDENT IS SWIMMING AT THE OTHER CHAMPIONSHIP MEET

General Information for ALL Swim Meets

- You must sign up for a meet ahead of time (before the deadline) on www.lcnswim.com under the EVENTS tab. You must "Accept" or "Decline" that you are attending the meet.
 - o If you "Accept" the meet, students must choose 2 events that they want to swim.
 - o Coach Mike will do his best to honor requests and he will arrange all relay teams. He may also choose 1 or 2 other events for your student.
 - o Each student will swim in no more than 4 individual and 2 relay events at each meet.
- Students check in at THE BEGINNING of warm up (upon arriving at the meet)
- Students look up the events they are swimming, and write the info ON THEIR ARM with a SHARPIE (Event #, Heat #, Lane #.....ex: E13 H2 L4)
- All students will swim a mini-workout to warm up before the meet
- Before and after their event, students will swim a few laps in the designated area to warm up & cool down their muscles (to avoid injury and minimize soreness)
- Meets usually start 1 hr after warm up begins
- Students need at least 2 towels and something to drink, and a sharpie marker
- **Spectators should dress for a tropical environment (warm and humid)**
- *If you are signed up as a timer...wear something that can get wet (dark shirt, shorts, flip-flops). You are likely to get splashed.*
- 6th graders only compete against other 6th graders and are in the EVEN numbered events
- 7th & 8th graders only compete swim against other 7th & 8th graders and are in the ODD numbered events

Dual Swim Meets - Against 1 other Team

- No entry fee for spectators
- All Swimmers (both teams) get a drink/snack (free) after the meet
- Usually approx 2 hrs long, bleachers are uncrowded
- Top 4 swimmers score points for their team

EARTH Hosted Dual Swim Meets (at LCN)

- Parents sign up on www.lcnswim.com under "job signup" to either volunteer or donate **for each meet that your child is attending.**
- Donate at item (Gatorade, water, snack, etc)
- Do a job (timer, concessions, setup/cleanup, etc.)

Championship Swim Meets - Against Many Other Teams

- \$5 Entry fee for person (any age) unless you are working
- No free drink/snack for swimmers
- Concessions open
- Medals/Ribbons given out at the meet
- Two separate meets - 6th graders only at one meet, 7th & 8th at another
- Usually 3+ hours long, bleachers VERY hot and crowded (not a good meet for Grandparents or young siblings)
- Top 16 swimmers score points for their team

EARTH Hosted Championship Swim Meet (at LCN)

- All Parents MUST sign up on www.lcnswim.com under "job signup" even if your child is in the other championship meet. The team needs your help to run the meet.
 - o Donate at item (Gatorade, water, snack, etc) **AND**
 - o Do a job (timer, concessions, setup/cleanup, etc)
- \$5 entry fee is waived if you are working

Good to Know

- EARTH Swim Team
 - o EA (Middle School **E**ast) + RTH (Middle School **N**o**R**TH) = **EARTH**
- Swim Event Lingo
 - Mixed = Both boys and girls swimming in same event. For Jr. High, all events are "mixed"
 - Free Relay = All four swimmers on the relay team swim freestyle
 - Medley Relay = four swimmers: 1st swims Backstroke, 2nd swims Breaststroke, 3rd swims Butterfly, 4th swims Freestyle
 - Individual Medley (IM) = Single swimmer does all four strokes (Butterfly, Backstroke, Breaststroke, Freestyle) in order
- Meet Scoring
 - o Regular Meet - top 4 swimmers score points for their team
 - o Championship Meet - top 16 swimmers score points for their team
 - o Diving- top and bottom judges scores are thrown out. Sum of middle 3 scores is multiplied by the DD (dive difficulty factor) for the dive.
- Meet Mobile App - use for all LCN meets (not all schools use Meet Mobile)
 - o Load the app at home with your own wifi
 - o Choose your student and their friends as favorites
 - o See their times (previous and new)
- EARTH swim has a FB page (EARTH Swim)