



2022 LMST PARENT HANDBOOK

2022 Board of Directors	
President	Kirsten Weimer
Vice President	Todd Kalinosky
Treasurer	Martha Fairbanks
Secretary	Maria Clark
JSL Rep	Robbie Kovarik
Meet Director	Todd Kalinosky
Past President	Maricel Caballero

2022 Committee Leaders	
Parent Service Hours	Kara Comer
Team Shirts	Robbie Kovarik
Parent Liaison	Cristelle Koerper

2022 Coaches*	
Co-Head Coach	Maria Arroyo
Co-Head Coach	Stephanie (FeFe) Nardone
Assistant Coach	Jordan Franco
Assistant Coach	Hunter Strickland
Assistant Coach	Austin Fairbanks
Assistant Coach	Jacob Ondek

*Additional Coaches may be hired based on registration

Resources	
Email Address	LMSTSharks@gmail.com
Webpage	www.lmstsharks.club
Facebook	https://www.facebook.com/groups/24227328285/
Rained-Out Notifications	Text lmstsharks to 84483

Swim League

LMST participates in the JSL, a 17-team league divided into three divisions. The divisions are based on the previous year's Championship meet finishing positions. LMST will participate in Division II in 2022. There are six regular season meets (with the first being unscored) and the season culminates with a two-day championship event where all JSL teams compete together to swim at UVA.

2022 Meet Schedule

Date	Time	Event	Location
Wednesday, June 8, 2022	7pm	Mock Meet*	The Shark Tank
Wednesday, June 15, 2022	6pm	Swim Meet #1 @FSBC	2512 Jefferson Park Ave, Charlottesville
Wednesday, June 22, 2022	6pm	Swim Meet #2 @ Farmington	1625 Country Club Circle, Charlottesville
Wednesday, June 29, 2022	6pm	Swim Meet #3 vs. Glenmore	The Shark Tank
Wednesday, July 6, 2022	6pm	Swim Meet #4 vs. Hollymead	The Shark Tank
Wednesday, July 13, 2022	6pm	Swim Meet #5 vs City	The Shark Tank
Wednesday, July 20, 2022	6pm	Swim Meet #6 @ Key West	383 Key West Drive, Charlottesville
Friday, July 29, 2022	TBD	JSL Championships Day #1	UVA Aquatic Center, Charlottesville
Saturday, July 30, 2022	TBD	JSL Championships Day #2	UVA Aquatic Center, Charlottesville

*The Mock Meet involves only LMST. It is an opportunity for our swimmers, coaches and parents to run-through a practice meet to prepare for the upcoming season. It will not be as long as a regular meet.

2022 Spring Warm-Ups

As part of the LMST program, there are practice dates during the Spring before the season begins. This allows swimmers to get reacquainted with swimming and time for the coaches to become familiar with the swimmers. Spring Warm-Ups are not mandatory but highly recommended, especially for new swimmers. Practice times are: Ages 6 & under and Ages 13-18 will practice at 3:00-4:00pm and Ages 7-12 will practice at 4:00-5:00pm.

Date	Time	Event	Location
Sunday, April 10, 2022	3pm-5pm	Spring Warm-Up #1	Fairview Swim Club
Sunday, April 24, 2022	3pm-5pm	Spring Warm-Up #2	Fairview Swim Club
Sunday, May 1, 2022	3pm-5pm	Spring Warm-Up #3	Fairview Swim Club
Sunday, May 15, 2022	3pm-5pm	Spring Warm-Up #4	Fairview Swim Club

2022 Outdoor Practice Times and Groups

Outdoor practice starts May 31, 2022, with morning and afternoon practice options.

Before meets begin, AM and PM practices are held on Monday - Thursday. After Meets begin, AM practices are on Monday, Tuesday, and Wednesday and PM practices are on Monday, Tuesday, and Thursday. AM Practice will NOT be held the morning after a meet.

Swimmers may attend both AM and PM practices if they wish but they can only practice with their correct age group, unless approved ahead of time by the Head Coach.

AM Practice Groups	PM Practice Groups
7:00am - 7:45am: 9 years old & over	6:00pm – 7:00pm: 5-6 years old
7:45am - 8:30am: 8 years old & under	7:00pm – 8:00pm: 7-10 years old
	8:00pm – 9:00pm: 11+ years old

Important Dates for the 2022 Season

Saturday, June 4th at 8:30am: Golf Tournament at the Lake Monticello Golf Course (LMST Fundraiser)

Wednesday, June 8 at 6:30pm: Parent Meeting

Wednesday, June 8 at 4:30-6:30pm: Swimmer Photos (Rain date: TBD)

Tuesday, June 21: Donuts at Morning Practice

Thursday, June 30: Ice cream at Afternoon Practice

TBD: No evening practice because of the Shark-A-Thon (LMST Fundraiser)

Tuesday, July 26: Pancake Breakfast at morning practice

Thursday, July 28: Ice cream sundaes at evening practice

TBD: End of Season Awards Ceremony & Pool Party

Registration and Membership

Registration is for swimmers who are 5-18 years old as of June 1st. The registration fee is \$155 per swimmer (with a \$10 discount for each additional swimmer in the same family) and includes a team T-Shirt. Payment can be made via Paypal (to lmstsharks@gmail.com), Venmo (to LMSTswim), or check (made out to LMST and mailed to PO Box 186, Palmyra, VA 22963). Please add a note when paying indicating the swimmer's name(s).

For liability reasons, no participant will be allowed to get in the water without having a completed registration form and payment on file. Swimmers do not have to be a Lake Monticello resident or have a pool membership to participate on the team. However, access to the pool will be limited to practices and meets.

Team Parent Service Hours

Swimming is a sport that needs a great deal of parent involvement, and home meets require the most assistance. Coaches are the only paid employees of the swim team; every other worker provides their time freely to support the team. **Therefore, it is required by LMST that each family serve three half-meet sessions per swimmer during the regular season.**

Assistance from parents is required at both home and away meets and each swim meet is divided into two halves. Every service hour position switches at the halfway point so there are numerous opportunities to help out at each meet and a parent does not need to serve the entire meet to get credit. No experience is necessary for most of these roles and parents will get an opportunity to get hands-on experience at the Mock Meet.

Sign-ups for Parent Service Hours are completed upon registration. The Parent Service Coordinator will contact you if you do not sign up for the required number of shifts. Position descriptions are as follows:

Welcome Tabler/Heat Sheets Sales (Home meets only): positioned at a table at the entrance of the pool to sell heat sheets and greet everyone entering the pool to give information or directions when asked.

Team Photographer: This person will take candid photos of LMST swimmers (both in and out of the pool) during pre-meet warm-ups and during the meet. These photos should be sent to an LMST rep the day after the meet to be distributed to LMST families via email and social media. Some pictures may also be sent to JSL for use on their social media pages and pictures are often used for newspaper articles and heat sheet ads for Champs.

Timer: Each lane ideally has three timers, which are supplied by both the home and away teams. This position gets the best views of the meet and can be fun. Timers can work one half or the entire meet.

Runner: This person is responsible for gathering all of the timecards, sweep judge cards and “DQ” cards after each heat or event and takes them (“runs”) to the Head Table.

Awards/Ribbons: This person ensures that all pre-printed labels go on the correct awards/ribbons, which are then placed in the correct team’s award box.

Heat Ribbon: This person watches every race to see who the first swimmer is to finish for each heat and gives the “Heat Winner” a ribbon.

The Clerk of Course: is responsible for lining up the swimmers in event and heat order prior to sending them to the starting blocks. The “Clerk” should have an understanding of swim meet organization and may attend a preseason clinic.

The Starter: is responsible for lining the swimmers up at the starting blocks and ensuring a fair and equitable start. Starters should have previous meet experience. JSL requires that starters attend the preseason Starter’s clinic or be USA Swimming or YMCA certified in this position.

The Stroke and Turn Judges: positioned on the sides and ends of the pool to observe all swimmers for proper stroke and turn technique, they must disqualify (“DQ”) a swimmer for not swimming in accordance with the rules. Stroke and Turn Judges must complete an online training course and attend a preseason JSL clinic or be USA Swimming, YMCA, or High School certified.

Sweep Judges: from each team are positioned on opposite sides of the pool at the finish line and serve as backups to the timers in determining the order of finish for every heat. Although no preseason clinic is required, this position requires a cool head and a keen eye.

Table positions: The “Table” positions require a thorough knowledge of sorting procedures. The table workers receive all of the cards from the Runner, “sorts” them into heat & event order, removes “DQs”, and determines the official time, place, and scoring for every swimmer. They also sort the ribbons and place the appropriate stickers on ribbons for each swimmer.

Computer Operator and Assistant: receive the cards from the table workers and are responsible for entering final data into the Meet Manager program. Both should be familiar with the Meet Manager Program and the operation of laptop computers and printers. JSL requires all Computer Operators to attend the preseason clinic for this position or be certified by the Software Consultant.

Hospitality (Home meets only): This person is responsible for serving snacks and water to those parents who are working poolside during the meet.

Newspaper column: This person is responsible for writing and submitting an article to the local newspaper after each meet. For assistance in writing the article, specific meet results and information can be obtained from the Head Coach. The article must be submitted by the newspapers deadline and often pictures are submitted with the articles.

Practice

Practices are organized by age groups and ability. Typically, the head coach is on the deck coordinating the practice with 2-3 assistant coaches in the water. We ask that swimmers arrive at practice 15 minutes prior to their start time to participate in stretching. Regular attendance at practice is an important part of becoming a successful and confident swimmer. However, we realize that vacations, summer camps and other special events are just as important. If possible, please let your coaches know when you will be absent. If you have any questions or concerns about what goes on during practices, please approach the coaches after practice has ended.

Swim Meets

Swim meets are held on Wednesday evenings beginning at 6:00pm. Warm-ups usually begin at 5pm. Meets often last three hours and occasionally more.

There will be an absence sign-up sheet located in the pool house for each swim meet. Be sure to put your swimmer's name(s) on the sheet if you know they will **NOT** be participating in that meet. It is assumed that all swimmers will participate in a meet unless their names are on the absence sign-up sheet. This is important because it allows for accurate meet set-up and avoids last minute scratches, substitutions on relay teams, disqualifications, and point reductions for late entries.

All swimmers, coaches, parents, and officials shall conduct themselves in a sportsmanlike manner prior to, during, and immediately following swim meets. Be positive, wish the opposing team good luck, have friendly conversations, and shake hands with your opponents. Be a good sport!

What to Bring to a Swim Meet

1. Towels, towels, and more towels. Your swimmer will be getting in and out of the pool several times and it can get cold when the sun goes down. You should have at least two towels per swimmer.
2. Team swimsuit (preferred but not mandatory), cap (optional), goggles, an extra pair of goggles (straps can wear out and break and they are probably the most frequently lost item), sunscreen.
3. Healthy drinks, snacks, and something for dinner. Some teams will have a snack bar or a food table with items available for purchase. Veteran parents are great resources on what the different teams have available.
4. A sweatshirt and/or change of clothes.
5. Chairs, picnic blanket and/or a tent. There is a lot of "hurry up, swim, and wait" that goes on at a meet.
6. Money for buying a heat sheet (cost is \$1 for an entry sheet showing all swimmers entered for each event) and any available food.
7. A Sharpie pen to write your swimmer's event, heat, and lane numbers on their hand – usually the left. It is also helpful for parents of younger and multiple swimmers to write on your (the parent's) hand as well (or carry a heat sheet around with you.) Also, a highlighter can be helpful to mark your events on the heat sheet (and friends' events you don't want to miss.)
8. A camera
9. Comfortable shoes & clothes (for parents) that you don't mind getting wet with pool water.
10. Cards, games, coloring books, something for the kids during that down time between races that ideally can be shared with teammates. Swimmers should either be cheering for their teammates or resting/playing quiet activities.
11. A great attitude and a loud voice to cheer on your swimmer and our team!

How do I know which events my swimmer will participate in?

Each swimmer may swim in a maximum of three individual and one relay event (that can count toward team points.) Most swimmers do not swim the maximum possible number of events, but a few may swim more (i.e. may swim as an exhibition entry if an opening is available.) The event(s) your child swims is partially dependent upon their level (what strokes they are comfortable with); how large the meet is and strategy. Your child may not swim all of the same events each meet so that, if necessary, other swimmers may have a turn.

Events are posted according to age & gender (boys/girls) and the swimmer's age on June 1st determines their age for the summer season. By JSL rule, swimmers may not swim up an age group in individual events but can swim up in a relay as long as they do not also participate in their actual age group relay in the same meet.

5–6-year-olds will have special events that begin with a "P". Event P1 can be a boys, girls, or mixed free relay. P-events do not count toward overall team scores but will receive place ribbons. Check the heat sheet carefully as your swimmer could swim in both a P event and an 8 and under event.

Boys' events are odd numbered, and girls' events are even numbered. An "X" means your child will be swimming the event as an exhibition entry. This means that their finish will not count toward the overall team points, nor will they get a place ribbon, but their time will be official and can be used to seed them in future events/meets. An "NT" (meaning "no time") next to a swimmer's name means that they do not have a previously recorded time by which they are seeded in that event.

Order of Events and Heat Sheets

There are two types of meet formats. "IM/FR" which means Individual Medley/Freestyle Relay and "MR/LF" which means Medley Relay/Long Freestyle. The order of events for each format is at the end of this document.

The Clerk of Course is the area used to prepare each race and heat. Events are called over the loudspeaker and when a swimmer's event is called to the Clerk they need to promptly go to this area. They will then be organized by event and seated on benches for each heat by lane assignment. Parent Service Team members will then walk them to their starting positions when their heat comes up.

Heat sheets contain the event, heat and lane information for each swimmer. It is organized in the order the events will be run.

Sample Heat Sheet

Event number	Event 21 Girls 6 & Under 25 SC Meter Freestyle				
Heat number	Lane	Name	Age	Team	Seed Time
	Heat 1 Finals				
	1	Nolasco, Katy	6	LAKY-OH	XNT
	2	Reed, Abbie	5	LAN-OH	XNT
	3	Glossner, Gabrielle	5	LAKY-OH	X39.43
	4	Carlin, Emilee	5	LAN-OH	XNT
	5	Yanzsa, Sarah	6	LAKY-OH	X36.28
	6	Charles,, Cecilia	6	LAN-OH	XNT
	Heat 2 Finals				
	1	Maushart, Jaclyn	6	LAKY-OH	31.59
	2	James, Audrey	5	LAN-OH	NT
	3	Downs, Abigail	6	LAKY-OH	26.75
	4	Miller, Anna	5	LAN-OH	NT
	5	Decker, Isabelle	5	LAKY-OH	26.37
	6	Schueler, Delaney	6	LAN-OH	NT

Denotes exhibition heat

No time on record

Marking Your Swimmer's Hand/Arm with their events

In order for the swimmer to have a quick reference to what events they are entered in, what heat they are in for each event and their lane assignment, you should draw a grid on their left hand (or forearm if their hand is too small). It should be in order of Event (E), Heat (H), and Lane (L).

E	H	L
23	2	2
43	4	3
53	1	6

Meet Results

Swim times are usually printed and posted throughout the meet. They can also be found on-line at the JSL website (www.jsl.org) within 24-48 hours.

A "DQ" instead of a time on the posted results means the swimmer was disqualified for that event. Every swimmer at some point is DQ'd, especially as they start to swim the more difficult strokes such as breast and fly and swim more than one length of the pool. Some common errors that cause disqualifications are not staying on your back all the way to the finish in backstroke, letting your feet separate in fly, not using your arms synchronously in the fly, pushing off the bottom of the pool or pulling forward on the lane lines at any time and not touching the pool with both hands at the same time in breast and fly at the finish. If a swimmer gets a DQ, the coaches will work on it at practice. Please let your coaches find out the reason for a DQ and do not approach the Stroke-and-Turn judge on your own. Be respectful of the judges – know that most are also parents, and all are volunteers.

Ribbons are awarded to swimmers for their performance. Ribbons are typically handed out by the coaches at the practice the day after the meet. If your swimmer does not get their ribbon, please ask a coach at the next practice. Some teams give heat winner ribbons, which are given immediately to the swimmer as they exit the pool. Time improvement or special ribbons may also be given every time a swimmer takes time off of their previous best swim.

The top 50 times in the league for each event can be found on the JSL website by the end of every week. The times are updated each week.

Inclement Weather Information

In the event of thunder, lightning, or rain hard enough to obscure the bottom of the pool, the Meet Director shall stop the meet and clear the pool of all swimmers. In the case of severe weather, the pool deck will be cleared, and the meet shall not resume until at least 15 minutes have passed since the thunder/lightning were last observed. Suspended meets will be rescheduled based on pool availability.

During weather delays, all swimmers should find a safe place to wait for the weather to pass. No one should leave unless the meet has officially been postponed/cancelled.

Fundraising

LMST's largest source of funds is registration fees followed by corporate sponsors. The Shark-A-Thon is also a fundraiser, as well as heat sheet sales at home meets and for Champs.

We are always looking for additional fundraising opportunities so if you have any ideas, please share them with a Board member.

Order of Events - "IM/FR" Format

BOYS EVENTS

GIRLS EVENTS

MITE FREESTYLE RELAY Group Events

(Short Course pools only)

** P1.....	5-6s	100yd/m	Boys, Girls, &/or Mixed Free Relay	**
1	5-8s	100yd/m	2

INDIVIDUAL MEDLEY Group Events

(Short Course Only)

3	9-10s	100yd/m	4
5	11-12s	100yd/m	6
7	13-14s	100yd/m	8
9	15-18s	100yd/m	10

SHORT FREESTYLE Group Events

**P21	5-6s	25yd/m	P22	**
21	5-8s	25yd/m	22	
23	9-10s	50yd/m	24	
25	11-12s	50yd/m	26	
27	13-14s	50yd/m	28	
29	15-18s	50yd/m	30	

BREASTSTROKE Group Events

31	5-8s	25yd/m	32	
33	9-10s	50yd/m	34	
35	11-12s	50yd/m	36	
37	13-14s	50yd/m	38	
39	15-18s	50yd/m	40	thru event 39 is half way in short course

BACKSTROKE Group Events

**P41	5-6s	25yd/m	P42	**
41	5-8s	25yd/m	42	thru event 42 is half way in long course
43	9-10s	50yd/m	44	
45	11-12s	50yd/m	46	
47	13-14s	50yd/m	48	
49	15-18s	50yd/m	50	

BUTTERFLY Group Events

51	5-8s	25yd/m	52
53	9-10s	50yd/m	54
55	11-12s	50yd/m	56
57	13-14s	50yd/m	58
59	15-18s	50yd/m	60

FREESTYLE RELAY Group Events

73	9-10s	200yd/m	74
75	11-12s	200yd/m	76
77	13-14s	200yd/m	78
79	15-18s	200yd/m	80

** Ribbons only, no points, but records kept**

Total = 63 S.C. or 52 L.C. Events

(Revised, 2017)

Order of Events - "MR/LF" Format

BOYS EVENTS

GIRLS EVENTS

MITE FREESTYLE RELAY Group Events

(Short Course pools only)

** P1 5-6s 100yd/m Boys, Girls, &/or Mixed Free Relay (short course only) **

MEDLEY RELAY Group Events

(mite relay is NOT swum in long course pools)

11	<u>5-8s</u>	<u>100yd/m</u>	12
13	<u>9-10s</u>	<u>200yd/m</u>	14
15	<u>11-12s</u>	<u>200yd/m</u>	16
17	<u>13-14s</u>	<u>200yd/m</u>	18
19	<u>15-18s</u>	<u>200yd/m</u>	20

SHORT FREESTYLE Group Events

** P21	<u>5-6s</u>	<u>25yd/m</u>	P22	**
21	<u>5-8s</u>	<u>25yd/m</u>	22	
23	<u>9-10s</u>	<u>50yd/m</u>	24	
25	<u>11-12s</u>	<u>50yd/m</u>	26	
27	<u>13-14s</u>	<u>50yd/m</u>	28	
29	<u>15-18s</u>	<u>50yd/m</u>	30	

BREASTSTROKE Group Events

31	<u>5-8s</u>	<u>25yd/m</u>	32
33	<u>9-10s</u>	<u>50yd/m</u>	34
35	<u>11-12s</u>	<u>50yd/m</u>	36
37	<u>13-14s</u>	<u>50yd/m</u>	38
39	<u>15-18s</u>	<u>50yd/m</u>	40

thru event 40 is half way in short course

BACKSTROKE Group Events

** P41	<u>5-6s</u>	<u>25yd/m</u>	P42	**
41	<u>5-8s</u>	<u>25yd/m</u>	42	
43	<u>9-10s</u>	<u>50yd/m</u>	44	
45	<u>11-12s</u>	<u>50yd/m</u>	46	
47	<u>13-14s</u>	<u>50yd/m</u>	48	
49	<u>15-18s</u>	<u>50yd/m</u>	50	

** thru event P41 is half way in long course

BUTTERFLY Group Events

51	<u>5-8s</u>	<u>25yd/m</u>	52
53	<u>9-10s</u>	<u>50yd/m</u>	54
55	<u>11-12s</u>	<u>50yd/m</u>	56
57	<u>13-14s</u>	<u>50yd/m</u>	58
59	<u>15-18s</u>	<u>50yd/m</u>	60

LONG FREESTYLE Group Events

61	<u>5-8s</u>	<u>50yd/m</u>	62
63	<u>9-10s</u>	<u>100yd/m</u>	64
65	<u>11-12s</u>	<u>100yd/m</u>	66
67	<u>13-14s</u>	<u>100yd/m</u>	68
69	<u>15-18s</u>	<u>100yd/m</u>	70

** Ribbons only, no points, but records kept **

Total = 65 S.C. or 62 L.C. Events (Revised, 2017)