

LAKEVIEW MARLINS SWIM & DIVE TEAM PARENTS' HANDBOOK



2019 EDITION

Welcome to the 2019 Marlins, one of the best summer swim and dive programs in the Northern Virginia area! We're glad to see those of you who swam and dove with us last year, and we're thrilled to welcome new Marlin swimmers, divers and parents.

Our goals this year are simple:

- Put safety first.
- Become the best swimmers and divers we can be.
- Demonstrate good sportsmanship and team spirit.
- Have a fun summer!!!

We are in NVSL Swim Division 8 and Dive Division 5 this year. Swimming with us in Division 8 are Fox Mill Woods, Sleepy Hollow Rec., Camelot, Old Keene Mill, and Virginia Hills. In Dive we will compete against Ravensworth, Mantua, Dominion Hills, Hunt Valley and Sleepy Hollow Bath and Racquet.

Please take some time to review this packet, as there is a wealth of information contained within – some of it new! - and your understanding this will help you to enjoy your experience with the Marlins even more.

We're looking forward to great 2019 season!

Online resources:

SwimTopia: <https://lakeview.swimtopia.com>

Lakeview Swim Club: <http://www.lakeviewmarlins.com>

Join our Facebook group: Lakeview Marlins Swim Team

Follow Lakeview Swim Team on Twitter: @lakeviewmarlins

NVSL: <http://www.mynvsl.com>

The **Northern Virginia Swimming League** was founded in 1956 to sponsor competitive swimming and diving events and activities among community swimming pools of Northern Virginia, and to develop in the children participating in this program ***a love for the sport, advanced aquatic skills, teamwork, and the principles of good sportsmanship.*** For complete swimming and diving NVSL Meet Rules, please refer to the NVSL Handbook.

NVSL® Standards of Conduct (as printed in NVSL handbook)

The following Standards of Conduct shall guide swimming and diving within the Northern Virginia Swimming League (NVSL). They promote respect, fairness, civility, honesty, responsibility, and appropriate behavior. These Standards foster a positive environment at all swim and dive meets; establish an atmosphere of respect for all participants, officials, and spectators; produce positive learning outcomes for all; build participant and team spirit; and enhance the sports of swimming and diving.

All Athletes, Coaches, Team Representatives, Officials, Parents / Spectators, and NVSL Leadership shall:

- Abide by the established rules of the NVSL.
- Respect all officials at all times and address them in a courteous manner.
- Avoid using inappropriate language, profanity, humiliating or intimidating remarks or behavior, verbal or physical assault toward any athlete, coach, team representative, official, NVSL leadership representative, or spectator.
- Follow applicable management, pool, and facility rules, respecting others' property at all times.
- Display respect, courtesy, and good manners toward athletes, coaches, Team Representatives, and spectators. Team Representatives shall assist officials in maintaining control of spectators during meets.
- Demonstrate humility in victory and courtesy in defeat.

Head Coaches shall:

- Ensure athletes and assistant coaches demonstrate maturity and good sportsmanship toward other athletes, officials, coaches, and spectators at all times.
- Lead by example to instill a love for the sport, advanced aquatic skills, teamwork and good sportsmanship in their team.

Spectators shall:

- Maintain an appropriate distance from the competition area by remaining in established viewing areas and shall not encroach the pool deck or interfere with any officials.
- Not engage in loud, intimidating, disrespectful, or negative behavior toward officials, athletes, other spectators, support personnel, or pool staff (including lifeguards).

Please read the **2019 NVSL Handbook** for complete Rules for Swimming Competition and Recommended Procedures for Team Meets.

“in most situations, summer swim team carries more value than any other activity families will participate in” – NVSL training seminar

Lakeview Swim Team

Introducing the Swim Coaches and Team Reps

- **Co-Head Coaches – Helen Geddes & Peter Brukx**
- **Junior Coaches (age group) – Katelyn Shafer & Claire Kathman**
- **Junior Coaches (Mighty Marlins) – Claire Burton & Ashley Herbig**

Swim Team Representatives

Tara Fleck – Team Rep 904-422-8254 (m) lakeview.swim@gmail.com	Elaina Moy-Jacobs - Team Rep 703-967-6361 (m) lakeview.swim@gmail.com	Candace Shafer – Data Coordinator Lakeview.swim@gmail.com
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Practice Times

Swim team practice times will remain the same as last year for both morning and afternoon practices but there has been an adjustment in dive practice on Wednesdays once school lets out (evening practice 7-8pm and no morning practice). Swim will have 4 practice times after school, switching to 3 once school gets out. **The 6 – 6:30pm practice is for 7- 8 year old swimmers that were on the team last year, or who have been swimming for a club team year-round 2018-19, and are comfortable swimming the full length of the pool for the full half-hour of practice, without touching the bottom or pulling on the lane lines.** Swimmers that are 6 and were on the swim team last year may request to be screened by a swim coach for inclusion in the after-school practice; please make arrangements with the Swim Team Representatives. Coaches have the final decision as to which practice your child will be placed in.

Once school lets out and morning practices begin, we are back to 3 practice groups for swim team. 13+ will practice from 7:30 – 8:30am. We will have a 9 – 12 practice from 8:30 – 9:30am, and an 8 & Under practice from 9:30 – 10:15am. Mighty Marlins practice will be 9:30 – 10:15am.

After School Practices: Tuesday, May 28 through Wednesday, June 12:

<u>Swim</u>		<u>Dive</u>	
13 – 18 years	3:30 – 4:30 PM	10 & under	4:30 – 5:15 PM
11 – 12 years	4:30 – 5:15 PM	11 – 18 years	5:15 – 6:00 PM
9 – 10 years	5:15 – 6:00 PM		
7 – 8* years	6:00 – 6:30 PM	*see description above. If in doubt, for safety's sake, please wait until morning practices begin.	

June 13: Last Day of School. **No Practice.**

June 14: **Friday - Morning Practices Begin**

June 17: **Mighty Marlins Screening 9:45AM in lane 1.**

<u>Swim</u>		<u>Dive</u> (M,T,Th,F)	
13 – 18 years	7:30 – 8:30 AM	12 & under	7:30 – 8:30 AM
9 – 12 years	8:30 – 9:30 AM	13 – 18 years	8:30 – 9:30 AM
8U	9:30 – 10:15 AM		
MM	9:30 – 10:15 AM		
		(Wednesday)	
		All Ages	7:00 – 8:00 PM

Guidelines for Screening and Team Placement

Mighty Marlins (must be able to) <ul style="list-style-type: none">● Put face in the water● Blow bubbles● Kick with kickboard● Kick with head in water● Float● Use both arms● Swim to the first guard chair	Swimmers (must be able to) <ul style="list-style-type: none">● Meet all Mighty Marlin expectations● Show they are comfortable in the water● Swim 25 meters using arms & legs● Refrain from touching the bottom of the pool or pulling on lane lines● Float on both front and back● Follow directions
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Practice Expectations

Our summer swim and dive season is nine weeks long from the first practice through Divisionals. Numerous end-of-school-year activities and spring sports are still ongoing for the first few weeks of practice, and subsequently summer camps and vacation plans kick in, but it is important each swimmer/diver attend every possible practice session. Please let the coach or team reps know ahead of time when you're going to miss practice using the Coaches' Notebook or e-mail (team reps).

If your swimmer or diver swims or dives year-round (e.g., Makos, NCAP, York, etc.), please let the coach know if that club's schedule conflicts with the Lakeview practices. **Swimmers chosen for "A" meets are expected to have participated regularly in practices and other swim team activities.** This includes those practicing with a club team during the summer or out due to illness or vacation. (See also "Who Swims in Meets?")

All swimmers/divers should arrive at practice 10 minutes early so they are ready to get in the water at the stated practice time (goggles, caps, sunscreen on).

Each swimmer has a "mailbox" – a file folder in a tub near the guard house. This should be checked at each practice. (The Coaches' Notebook is kept at the front of this tub.)

Swim/dive practice is much like school, a matter between the coaches and the swimmers and divers. Here at Lakeview, we do not close our practices to parents as some other swim/dive teams have done, but we ask families to be mindful of this privilege. The baby pool is closed during morning practice (chemicals levels are not tested or balanced until the pool guards come on duty). **Practices run concurrently so please be considerate of swimmers and coaches on deck as you arrive for practice.**

Parents desiring to remain in the pool area during practices may be in the following locations only:

- Snack bar area
- Deck (but well away from the Dive practice area)
- Open area near the grills (near the baby pool)

Please let the coaches do their jobs and do not interfere with practice unless requested by a coach, or there is a health or safety matter. If you have a question or a concern about something occurring at practice, bring it to the attention of the Team Reps, or write the coach a note in the Coaches' Notebook. Please do not talk to the coach just before or during practice. Finally, please be sure to clean up after yourself following practice.

Mighty Marlins

SCREENING: Monday, June 17 @ 9:45 AM

Mighty Marlins is an early developmental team for children, ages 5-8 years old, who have moved beyond swim lessons but are not quite ready for competitive swimming. The Mighty Marlins are considered part of the Lakeview Swim team and receive plaques at the Awards Dinner for their participation. The coaches will work with

these swimmers, beginning with the June 18th morning practice session, when the pool is closed to open swimming and all lanes are available to the team.

The goal of this program is to improve competitive swimming technique so a swimmer may participate in a Monday night meet by season's end. Since children progress developmentally at different rates during these early years, participation in Mighty Marlins for more than one season is not uncommon. This program is not a swim lessons program. It is possible to have a session or two of lessons and move onto the Mighty Marlins during the season (regular swim team dues apply).

For 2019, the pool will be offering small group lessons for those interested in but not quite ready for Mighty Marlins. Details on that program will be available at the Mighty Marlins screening and on the pool website.

Coaches will assess an individual's eligibility during the screening and throughout the session's practices. The coaches' judgment is the sole determination of eligibility for this program and advancement from this program into competitive swimming. Progression of a swimmer from the Mighty Marlins to a regular team practice is dependent on a number of factors that the coaches are most qualified to assess.

Mighty Marlin Meet

This is an informal meet held at Lakeview exclusively for Mighty Marlins and 8 & under swimmers who did not swim in B meets during the season. This meet is typically held on the last Friday practice of the swim season. Events may include noodle race, kickboard race, freestyle, and backstroke. Ribbons are given to all swimmers. Older swimmers sign up to help run the meet. For swimmers that may not have felt ready to participate in a B-meet during the season, this is the perfect opportunity to experience a swim meet in a very low-key setting.

Swim Meets: Time Trials, "A" Meets, and "B" Meets

Swimmers (not Mighty Marlins) and their families should make it a priority to participate in **Time Trials**. Time Trials is where each swimmer swims any or all strokes they are able to swim in order to get a baseline time for that stroke. It is set up like a swim meet but is with Lakeview swimmers only. It will usually run until about noon; all freestyle events are swum first (all age groups), then backstroke, then breaststroke, then butterfly. Seeding in the first Saturday meet is based on these official times. Swimmers with Time Trial times will be seeded ahead of those without times. Times from the previous year may be used at the coaches' discretion.

"A" meets are NVSL meets, generally on Saturday mornings, scored, with teams competing for standings within our Division. For Dual Meets (the first 5 Saturday meets), there are 3 swimmers from each team in each event. Swimmers are assigned to the meet by the coaches, based on times and practice performance, with the goal of accumulating the maximum points for the team. A swimmer may not swim their favorite or fastest stroke in a given meet and parents are asked not to approach the coaches about strokes their children are swimming. The fastest three seed times in each event generally swim; however, a swimmer can only swim two individual events (plus relays), so it takes a minimum of six boys and six girls from each age group to cover all events in an "A" meet.

A list of all swimmers for each "A" meet will be completed and made available by Thursday for that Saturday ("Meet Entry List"). This is a final list and cannot be changed once it is complete; see 'Swimmer Availability and Meet Attendance' below for communication guidelines.

"B" Meets are developmental, not scored, with pools in our area (called our "FAST" League, for Fairfax Area Swim Teams) that might be in different NVSL divisions and are a chance for the swimmer to improve his/her own time. All swimmers may participate in "B" meets but cannot swim any stroke in which they placed 1st, 2nd or 3rd in the previous weekend's "A" meet. Signups will be available after Saturday's meet (via SwimTopia) and must be completed by Sunday at midnight in order to swim Monday evening.

Mighty Marlins should not expect to swim in B meets until they have the recommendation of the coach. This gives the developmental swimmer the best opportunity to have a positive experience in their first meet.

Swimmer Availability & Meet Attendance

Coaches begin planning each Saturday ("A") Swim Meet just after our Monday Night "B" Meets. Team Reps finalize the list of who is swimming in each event by Wednesday, so it can be exchanged with the opposing team on Thursday. After this occurs, we can only replace missing swimmers with a swimmer with a recorded slower time in that event. For this reason, the team reps must know each swimmer's availability for every "A" meet of the season. **If you are planning NOT to participate in a specific Saturday meet, notify the Team Reps or Coaches NO LATER THAN Monday Evening before that meet (5 DAYS IN ADVANCE).** Please do not assume that your swimmer will not qualify for an "A" meet and that the Team Reps therefore do not have to know their availability; you may be pleasantly surprised! The best way to do this is via email to lakeview.swim@gmail.com. There is also a "Swimmer Availability" spreadsheet in the front of the coaches' notebook in the mailboxes that you can check for accuracy. We also try to email this every week and hope to have it available on SwimTopia.

For Monday ("B") Swim Meets, swimmers or their parents sign up for their own events via SwimTopia. Team reps do not have to know if the swimmer is available.

New this year the Head Coaches and Team Reps will open A and B Meets weekly in Swimtopia and ask parents to declare their child's availability for each meet.

Swim team members who are not swimming are encouraged to come to the meets and support their teammates. Younger swimmers are especially encouraged to attend to see all the excitement involved in a meet. (Note that the pool – including the baby pool – is closed during meets.) All teammates can sit in the team area, even if they are not swimming in that meet, as long as they can conduct themselves in that arena (otherwise they will be asked to return to sit with their parents). Teammates are also encouraged to bring or wear their team suit, as a last-minute illness or absence at an "A" meet may present an opportunity for your swimmer to swim in the meet. Parents should not stay in the team area at "A" or "B" meets.

For home swim meets, we need many hands to help set-up and take-down. For Monday night home meets, the pool closes, and set-up begins at 4PM. For Saturday home meets, set-up will begin at 8:00PM Friday night. On the day of the meets, please plan on arriving early to help and stay as long as you can afterwards to clean up. The more help we have the quicker it goes! After our away meets on Saturday, we may stop for lunch at a nearby restaurant to celebrate before going home; everyone is invited. An announcement will be made during the meet.

"A" Meet Schedule

In addition to the regular Saturday Dual meets, other NVSL Meets include the Divisional Relay Carnival, All-Star Relay Meet, Individual Divisional Championship ("Divisionals"), and Individual All-Star meet. Swimmers must qualify for Invitational and All-Star meets and will be notified accordingly.

SATURDAY MEET TIMES:

- See Team Calendar for specific arrival times
- Saturday Meets begin at 9:00 AM & generally end by noon
- Home Team warm-ups begin at 8:00 AM; visitor warm-ups begin at 8:25 AM
- Officials should arrive by 8:15 AM (**Ref, Marshal, Announcer: 8AM**)

Lakeview swimmers are to arrive at our pool by 7:50AM for Saturday NVSL HOME meets. For AWAY meets, we will meet in our parking to caravan to the opponents' pool. For Divisionals and Relay Carnival, the coach/team reps will notify swimmers and parents of the warm-up times.

The NVSL "A" Meet schedule for the summer of 2019

DATE	EVENT	WHERE
Sat., June 22	Lakeview	at Camelot
Sat., June 29	Old Keene Mill	at Lakeview
Sat., July 6	Sleepy Hollow Rec	at Lakeview
Wed., July 11	Divisional Relay Carnival 6:30PM	at Sleepy Hollow Rec
Sat., July 14	Lakeview	at Virginia Hills
Wed., July 17	All Star Relay Carnival 4PM	at Lincolnia Park
Sat., July 21	Fox Mill Woods	at Lakeview
Sat., July 28	Divisionals	at Virginia Hills
Sat., Aug. 4	Individual All Stars	at TBD

Monday Night "B" Swim Meet Schedule

We have four dual "B" Meets throughout the season plus the IM Carnival, which is a last opportunity for swimmers to improve their IM (Individual Medley) time going into Divisionals. The IM Carnival is not for first-time IM swimmers.

MONDAY MEET TIMES:

- See Team Calendar for specific arrival times
- Monday meets begin at 6:00 PM
- Home Team warm-ups begin 5:05 PM; visitor warm-ups begin 5:25 PM
- Officials should arrive by 5:15 PM
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The FAST "B" Meet schedule for the summer of 2018

DATE	EVENT	WHERE
Mon., June 24	Lakeview	at Kings Ridge
Mon., July 1	Sideburn Run	at Lakeview
Mon., July 9	Lakeview	at Commonwealth
Mon., July 16	Ravensworth	at Lakeview
Mon., July 23	FAST IM Carnival	at Ravensworth

Parent Participation

Aside from the coaches, Swim & Dive Teams are completely volunteer-run organizations. Parent participation is *crucial* to our children's fun and the success of the season. The summer swim and dive season isn't very long but requires lots of "helping hands" and parental support.

Runners – These individuals pick-up cards from the clerk of course and deliver them to the timers for each event. After the event, runners pick up and deliver completed cards to the scoring table. Runners must also pick up DQ slips from the stroke/turn judges and deliver them to the scoring table.

Snack bar workers – These individuals help cook, serve and take money at the snack bar. The Marlin Snack Bar is the primary means of raising funds for swim team trophies and covering the team's costs. The Health Department continues to enforce the rules they established years ago for the operation of swim and dive team snack bars. Snack Bar shift workers will need to follow specific procedures while working their shifts. We need 4 – 6 people helping with the snack bar at each home "A" or "B" meet.

Meet set-up and take down – These individuals help with arranging chairs, tables, putting up flags, setting up benches for clerk of course area and setting up tables on the Friday before a home Saturday meet or in the afternoon for a Monday night meet. Take down occurs immediately following meets.

Jobs in which training is not required, but is available through NVSL (see training schedule following)

Announcer – The announcer must arrive early to set up the broadcast system, become familiar with the schedule and announce activities before the actual start of the meet. There is a script. Home meets only.

Clerk of Course and Assistant – Check heat and lane assignments for each swimmer and align swimmers for the race.

Head Timer – This person is charged with leading nine lane timers for a swim meet. The Head Timer shall run two watches for back-up, in case of malfunctioning watches or in the event a timer does not start the watch properly. Timers should obtain an accurate recording, checking swimmers name and club on EVERY heat, before recording the time.

Table Workers (Place Recorders, Data, Verifiers, Awards) – These volunteers determine the order of the finish for an event after all the heats have been. This position works closely with the computer personnel in scoring. Awards clerks coordinate sorting and labeling awards for the summers. Organization and extra time after the meet are required.

Jobs that REQUIRE NVSL training

Referee – The referee is the chief official for each meet. He/she is responsible for the conduct of the meets and is the final authority on the interpretation and enforcement of all swimming rules.

Starter – The starter shall begin each event by advising swimmers, judges, and timers of the specific event by name and/or appropriate order of strokes. Announcements may also have to be made about the combining of heats or other changes occurring during the meet.

Stroke & Turn Judge – These individuals must be certified by the NVSL after attending a stroke clinic. Judges observe strokes, turns, and finishes to determine if the swimmer is in compliance with the NVSL Guidelines. Disqualification slips must be completed correctly and initialed by judges in order to track the infraction(s) and to be a valid disqualification.

2019 NVSL Swim Officials Clinics (also listed in NVSL Handbook and on mynvsl.com)

Clinic	Mantua Sun May19	Lee Graham Thur May 30	FCGC* Sat June 1	Annandale Sat June 8	Annandale Sat June 8	Lee Graham Tue June 11	Mantua Sun June 16	Hunt Valley Sun June 16	Hunt Valley Sully Station Wed June 19
New Referee		7:00 PM	8:00 AM			7:00 PM			
Referee / Starter			8:00 AM				9:30 AM		
New Starter			8:00 AM				9:30 AM		
Stroke & Turn			10:30 AM		8:00 AM			9:30 AM	7:00 PM
Chief Timer			8:30 AM	8:00 AM					
Announcer			9:30 AM						
Hytek/ Tables	3:00PM		8:00 AM						
Table Admin.			8:00AM						
Clerk of Course			9:30 AM						

New Referee, Ref/Starter, New Starter, and S&T Clinics are 2 hours in length.

ONLINE Recertification Stroke & Turn Clinic	Pre-registration required starting on June 3 rd .	TBD	FOR S&T JUDGES ONLY who have been certified for the past 5 years .
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*FCGC= Fairfax County Government Center, 12000 Government Center Parkway, Fairfax VA is the site for NVSL University. All other sites are NVSL Pools.

** (On Saturday, June 8, the Stroke and Turn Clinic will be held at 4 different pools. Lakeview is recommended to attend at Annandale.)

On Wednesday, June 19, the Stroke and Turn Clinic will be held at two pools – Hunt Valley and Sully Station

- See the NVSL Handbook for NVSL certification requirements
- All clinics start on time, rain or shine and **no** preregistration is necessary.
- If you arrive more than 10 minutes late for a clinic or depart before its conclusion, you will not receive credit for attending.
- The clinics listed here are the only clinics that will be offered this year. **There will be no makeup clinics.**
- **The New Referee clinics on May 30th, June 1st and June 11th are only for new referees. These clinics cannot be used to recertify as a referee.**
- Questions about certifications? Jim Van Erden at 703-239-2963 jim.vanerden@cox.net; Pamela Starke-Reed at 703-620-4645 pesreed@yahoo.com
- Questions about attendance requirements? Dave DiNardo at dave.dinardo@gmail.com

Technical Tips: What is a DQ?

A DQ (short for disqualification) is any violation of the rules observed by an appropriate official. Some of the more common reasons for DQing are as follows:

Freestyle: <ul style="list-style-type: none"> ● Failure to touch the wall at the turning end of the pool ● Walking on the bottom, springing from the bottom, or pulling on the lane lines ● Exiting the pool before swimming the specified distance 	Backstroke: <ul style="list-style-type: none"> ● Past vertical towards the breast at any time except during a flip turn ● Leaving the wall after a turn past vertical towards the breast ● Improper flip turn (older swimmers)
Breaststroke: <ul style="list-style-type: none"> ● Incorrect kick, such as a Scissors kick or Flutter kick ● Non-Simultaneous two hand touch or one hand touch at turn or finish ● Toes not pointed outward during the propulsive part of the kick ● More than one stroke underwater with arms fully extended at start or turn ● Arm recovery past waist except on first stroke after start or turn ● Head didn't break surface by conclusion of second arm pull underwater after a start or turn 	Butterfly: <ul style="list-style-type: none"> ● Non-Simultaneous or one-handed wall touch at the turn or finish ● Non-Simultaneous leg movement during kicks ● Arms don't break water surface during recovery ● Non-Simultaneous arm movement during recovery
Relay Races: <ul style="list-style-type: none"> ● A swimmer leaves the deck before the previous swimmer touches the wall or deck 	False Start: <ul style="list-style-type: none"> ● A swimmer starts the race early

Lakeview Swim & Dive Team (Things that Apply to Both!)

Communication

The Marlins swim/dive program cannot run successfully without effective communication among all the participants. While written communication is a key to communicating effectively, making sure the intended recipient received the note is even more important. Each family is assigned a "mailbox" for the distribution of written communications. We will have the mailboxes at practice daily and have them kept in the pool office so they're available whenever the pool is open. The "mailbox" is a large clear file box with a blue interlocking lid, labeled Lakeview Marlin Swim and Dive Teams. Please ask your children if there was any mail today!

We will use e-mail and/or SwimTopia to send event reminders and other info to the swimmers' families. Please let the team reps know of any changes/deletions/additions to your email listing. Tara Fleck or Elaina Moy-Jacobs will be in charge of sending out the e-mails/updates for swim and updating the addresses. Biz Macaranas and Vicky Palazzo will be sending out the e-mails/updates for dive. Look for e-mails originating from lakeview.swim@gmail.com, lakeview.diveteam@gmail.com and SwimTopia for all the latest news about our swim and dive teams!

The team reps and the coaches are glad to talk with anyone at a reasonable time. However, with over 150 swimmers/divers, please put important communications in writing and use the mailboxes or email. The coaches and team reps also have mailboxes, so you can drop off items for them.

To assist the coaches in planning and communication, please use the Coaches' Notebook, found in front of the mailbox. Be sure to leave your name and phone number. The coaches and team reps will review the notebook daily. There is also a bulletin board and white board at the pool located on the wall near the women's bathroom entrance. We will try to keep this board updated with current events. Take a look at it each time you come to the pool.

Our goal is to make this an enjoyable summer for everybody. We can help make this happen by not having any unnecessary misunderstandings due to botched communications.

Safety

Safety is of paramount importance. Both the team reps and the coaches will emphasize safety at all times. All swimmers/divers are expected to observe all pool safety rules at both our pool and every other pool. Use caution before diving. Running on the deck is prohibited at all times. In the mornings when practice is concluded, all swimmers and divers must get out of the water until either a private lesson occurs or the pool opens. Children cannot be in the water when there is no guard in the chair. This is a safety requirement of the insurance company.

During practice and warm-ups, swimmers are not to hang on the lane lines nor push each other into the water. Respect the Marshals at each meet – their job is to ensure everyone's safety.

Please no flash photography at swim or dive meets, as it can distract the athlete and/or officials.

Please let the coaches do their jobs and do not interrupt the practice unless requested by the coach or unless there is a health or safety matter. This is for the safety of the children so the coaches are not distracted. Parents and siblings should not sit on the deck behind the coaches during practice or meets.

Safety is not just an issue at the pool. Our swimmers/divers must concern themselves with safety to and from the pool as well. When your swimmer/diver rides his/her bike to and from the pool, please emphasize that he/she not ride with a towel around the neck. A few years ago, a swimmer at another pool did this, got the towel tangled in the bike wheel spokes and was thrown from the bike. She spent the rest of the season watching with a broken clavicle. The situation could have been worse. Swimmers/divers who ride a bicycle to and from practice are required to wear a bike helmet.

Weather Notes

In case of inclement weather, practice is held as long as the pool is open. In the event of lightening or thunder, the pool will close for a minimum of 30 minutes. If it rains hard enough so the bottom of the pool isn't visible, the pool is also closed. If the pool closes, everyone must clear the deck. The team reps and coaches will assess whether practice will be postponed or called off; during a meet, the referee and team reps of both teams make the decision. Swimmers and families should wait in their cars in the parking lot for official word on the meet or practice continuation.

For timely communication, changes due to weather are posted on the Lakeview Swim Team Facebook group. The group is closed for the safety of our members and kids. If you aren't a member of this group, you may request access and the team rep will approve access for swim team members and immediate families.

ALWAYS, ALWAYS think safety FIRST!

Friday Night Dinners and Pep Rally

We have Fundraising Dinners on Friday nights before home swim meets; these are open to all swimmers, divers, families, and other Lakeview pool members and guests. Please come out to support your team! The dive team usually hosts one dinner, and the swim team the remaining ones. The swim team also has a Pep Rally during the evening. Starting this year, we will also have team activities (e.g. potluck, pizza and a movie, car decorating) on the evenings before away meets as well. Please show your Lakeview spirit and come join us! We always need volunteers to help organize these dinners and team events!

Ribbons

Ribbons are awarded for 1st through 6th place finishes in swim meets. For Monday night meets, "competitor" ribbons are awarded to all swimmers who participate. Dive ribbons are awarded for 1st through 3rd place. Competitor ribbons are awarded to all divers.

Picture Day

We have 2 exceptionally talented parent volunteers that provide our team and individual pictures, with all proceeds donated to the team. This has become one of our most successful fundraisers! This is scheduled for Thursday, June 27th, at 7:30am. **Swimmers and divers are strongly recommended to attend; it is fun to look back at the team pictures from years past, and we want to remember your children on the team!** We will need volunteers to help that morning.

Fundraisers

We talk about fundraisers a lot in swim team as the pool and the team are non-profit enterprises. All money we raise goes back into the team and pool. Besides Swim and Dive coaches' salaries, which is our largest expense, the money we raise goes towards NVSL insurance, ribbons and administrative costs, our end-of-year awards, and any supplies or improvements for the team. In the past few years we have purchased new lane lines, a lane reel, kickboards, noodles, a deck box to house practice supplies. In 2015, we partnered with the Swim Club to purchase 2 new diving boards. In 2016, we were proud to be able to contribute to the new white coat. In 2018, we purchased a new starter system.

Swim Suits and Other Spirit Items

This season we have a new team suit, it is a two-year suit called Miramar by TYR (blue). The girls' suit comes in two different styles – Diamondfit and Cutout, and the boys' suit is available in both the jammer and racer styles. The suits are available at SuitUp (703-278-8202) at University Mall, just ask for the Lakeview Team Suit. SuitUp is also a great source for goggles and other swim gear. Ask for help with fitting goggles.

We have a variety of swim-related and logo items for sale that we hope to have available on SwimTopia at the time of registration. Show your team spirit while supporting the Lakeview Marlins!

Refund Policy

We will consider written requests for refunds on the following basis

- | | |
|------------------------------|--------------------------------------|
| - Until Pool Opens (May 25) | Full Refund less \$10 processing fee |
| - Pool Opening until June 21 | 50% Refund |
| - June 21 and later | No Refund |

Refund requests made for reasons that are inconsistent with Lakeview Swim Club membership policies will not be considered. Returned check charge is \$20; subsequent payment must be made in cash.

Discount Policy

The second activity (either swim or dive) that a particular child signs up for is significantly discounted. For example, if your child swims, the registration fee is \$120.00. If your child also signs up to dive, the fee for the 2nd activity, dive, will be \$60.00. An individual family will pay no more than \$600.00 per season for registrations.

Insurance

Since our pool insurance specifically excludes the practice for and conduct of athletic competition, the Swim and Dive Teams carry Liability and Medical Insurance through the NVSL to cover meets and practices for meets. This insurance covers only what your personal medical insurance does not cover. It does not cover transportation to and from meets or practices and has other exclusions and limitations.

Hints to Help Your Swimmer/Diver be More Successful

- Be enthusiastic & supportive
- Leave your swimmer/diver alone; be aware of perceived pressure
- Avoid criticism of any Coach in front of your child - proper time and place, please
- Don't try to coach your swimmer/diver; he/she already has several!
- Remember that summer swimming and diving should be fun!

- Whose goals are they, anyway? Children should swim or dive to their own goals, not their parents'
- Be a good role model. Kids pick up the darnedest things!

For a great article on parenting athletes, check this out: <http://www.thepostgame.com/blog/more-family-fun/201202/what-makes-nightmare-sports-parent>

"I love to watch you swim!"

Nutrition Tips

Proper Nutrition is a key ingredient of successful athletic performance. In swimming and diving, just as in any other sport, "you are what you eat". Here are some simple Do's and Don'ts for Marlin Swimmers and Divers to keep in mind:

- DO "carb-up" for swim meets. Carbohydrate rich foods such as pasta help build the nutrition reserves you'll need while swimming. The best time to carb-up is at least a day ahead. Make Thursday pasta nights in your house for Saturday meets. Spaghetti, Lasagna, Macaroni & Cheese and Pizza are all excellent foods to "carb-up" with.
- DO eat a light but healthy meal before swim and dive meets. Fruit and cereals are excellent. Avoid sugar-coated cereals.
- DO bring a healthy snack to swim and dive meets. Fruit or dry cereals (or granola bars) are excellent.
- DO bring something to drink to swim and dive meets. Swimming and diving can dehydrate you, but because you're in the water you never notice you're sweating. Gatorade, All-Sports or, best of all, water, is great.
- DO get a good night's rest before a morning meet. Take it easy in the afternoon before an evening meet.
- DON'T spend an active afternoon in the sun before a meet.
- DON'T bring sweet juices and carbonated beverages to drink at a meet.
- DON'T eat high sugar foods before, during or just after a meet.

Lakeview Winter Swim Program

The Lakeview Winter Swim Program is a separate program from our summer team and has been offered for the past 5 years from October – April/May, as a one hour a week swim practice program. The focus of the program is to maintain and improve stroke technique, starts, and turns, while getting a good workout. In past season it was held at South Run Rec Center on Sunday afternoons. Registration is due during the summer season; interest and questions can be directed to the team reps or lv.winter.swim@gmail.com.

Before you
Complain...

Have you
Volunteered?

Lakeview Dive Team

Introducing the Dive Coaches and Team Reps

Head Coach – Seth O’Dea

Assistant Coach – Jake Mitchell

Assistant Coach – Cassidy Koo

Dive Team Representatives

Elizabeth (Biz) Macaranas
(571) 235-1755
lakeview.diveteam@gmail.com

Vicky Palazzo
(703) 906-4846
lakeview.diveteam@gmail.com

With regards to NVSL guidelines, Lakeview welcomes divers with family memberships from NVSL pools that do not have a Dive team. Proof of membership, dive team registration fee and an additional participation fee are required

Dive Meets

In the NVSL, 32 divers compete in a regular meet. We welcome divers of all skill levels. The coaches work with the children to help them learn and improve the dives they need to participate. The coaches will then determine who will dive in each meet based on the readiness of the diver. We encourage all team members and parents to come and support the team. (Please see practice times on p. 3)

TUESDAY MEET TIMES:

- Dive meets begin at 6:00 PM
- Home Team warm-ups begin at 4:00 PM; Visitor warm-ups begin at 5:00 PM
- Officials arrive by 5:30 PM
- Divers arrive at our pool by 3:30 PM for Home meets;
- Divers arrive by 5:00 at the scheduled pool for Away meets.

The NVSL "A" Meet schedule for the summer of 2019 – Division 5

DATE	EVENT	WHERE
June 25	Dominion Hills	at Lakeview
July 2	Hunt Valley	at Hunt Valley
July 9	Mantua	at Lakeview
July 16	Ravensworth	at Ravensworth
July 23	Sleepy Hollow Bath and Racquet	at Sleepy Hollow Bath and Racquet
July 29	Divisionals	Ravensworth
Aug. 5	All-Stars	Springfield

For away meets, we normally plan to meet at Lakeview, about 4:30 PM, and drive to the other pool together. Specific meeting times will be announced by the coaches and directions will be provided or are available on the NVSL website. If your child needs a ride, we can try to help arrange it, but we need to know by Tuesday morning's practice. Please do not drop your diver off at the pool and leave until a firm ride is confirmed!

The divers need to stay in the team area and focus on the competition before and after their event. Cheering on your teammates is half the fun! After the away meets, we usually stop for ice cream and celebrate before heading home. Everyone is invited!!

Dive Volunteers

For Dive meets, the following people are required from our team:

Referee (Home meet only – requires training and experience)

Announcer (Home meet only)

Judges (2 from home team, 3 from visiting team – recommended training)

Meet Secretary (Home meet only)

Table Workers (2 for each meet – easily trainable on site)

Snack Bar Workers (5 for each Home meet – no previous experience needed)

2019 NVSL Dive Officials Clinics

- **Meet workers Clinic** – June 9 @ 9:45am at Arlington Forest Club
- **Judges Clinic** – June 9 @ 9:45 at Arlington Forest Club
- **Judges Clinic** – June 23 @ 2:00 at Chesterbrook
- **Judges Clinic** (Last Chance!) – June 26 @ 6:30 at Camelot
- **Referees** – June 13 @ 6:30 at Truro Homes Association
- **Referees** – June 19 @ 6:30 at Truro Homes Association