



Lansdowne Lightning 2026

Welcome families and swimmers!

Focus for Summer 2026



Fun, Personal Growth with Family Involvement

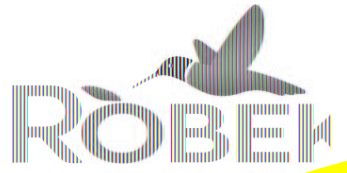
About Our Team

- Open to Lansdowne residents ages 5-18
- **Goal: create a healthy, fun, team-oriented environment**
- Everyone contributes
 - Over 50 parent volunteers needed per meet!
- Unique family experience: kids of all ages, parents, and coaches are all part of the team

Swim Program Overview

- Practices: coaches build skill development and team culture
- Competitive Events: time trials and meets
- Social events & awards: parties, spirit events, end-of-season recognition
- Swimmers can set personal best times and team records at any officially timed meet

Thank you to our 2026 sponsors!



HorizonFletcher.com

Who's on the Board

We will need replacements for:

- Fundraising
- Treasurer
- Chairperson



Barbara Ward - Chairperson*

Christy Petrak - Team Rep

Yenvi Murphy - Treasurer*

Debra Fletcher - Secretary/Communications

Doris Centerham - Fundraising*

Suzanne Martin - Volunteer Coordinator

Grey Keetch - Officials

Arista Maher & Ann Layne Wygal - Computer Operators

Sam Kurtenbach - Spirit wear

Priyanka Mittal - Concessions

Kara Schlifke - Social

Familiar Faces



Meet our 2026 Coaches!



Head Coach:
Kevin Ahearn

Assistant Coaches:
Lauren Farman
Thomas Bryant

Returning Junior Coaches:
Lucas Pham
Ava Jarvie
Kimi Murphy

New Junior Coaches!

MJ Bryant
Sophie Cadd
Sydney Foley
Tommy Petrak
Matteo Zuloago

If you have a swimmer who may be interested & eligible to coach next year, please let us know.

We'd love to set up shadow sessions for them!

Coaches Communication



1. Having fun is the number one goal
2. Be on time - we are punctual with practice and you should be too!
3. Coaches handle all swim training
4. Disruptive swimmers may be dismissed from practice
5. Coaches will contact parents for ongoing issues

Email or speak with coaches ****after practice**** only

Practice Schedule & Requirements

- Swimmers grouped by age & ability
- Practices begin with fundamentals & build to full strokes
- Visit our website or Facebook page for updates & accurate info

Make what you can -
this should be fun, not stressful 😊

Expectations for all swimmers



Have fun!!!

- Do your best—it matters more than being the best
- Pay attention to coaches
- Communicate availability for meets through SwimTopia
- Follow the Swimmer Code of Conduct

ODSL Swimmer Code of Conduct

As a swimmer, I agree to:

- Respect teammates and coaches
- Demonstrate good sportsmanship
- Set a good example
- Refrain from inappropriate behavior
- Respect facilities and property
- Follow team rules and instructions
- No foul language, violence, dishonesty
- Bring concerns to coaches—not officials

****Violations may lead to disciplinary action****

Parent Code of Conduct



As an ODSL parent, I agree to:

- Support and respect coaches
- Stay off deck unless invited/volunteering/child racing
- Communicate respectfully and at proper times
- Promote fairness and sportsmanship
- Encourage effort over outcome
- Accept officials' judgments
- Avoid belittling or punishing mistakes
- Help kids take responsibility
- No bullying or inappropriate behavior

Volunteer Information



- Every family needs to volunteer a minimum of 12 hours
 - Board members all volunteer as well during meets - all hands on deck!
 - Volunteer job descriptions can be found on the website - or email us questions!
- Sign up will be on SwimTopia
 - Must let us know and find a replacement if you are unable to fulfill your assignment
 - If you have a serious conflict that prevents you from fulfilling your volunteer hours, please contact us directly to discuss.
- End of Season meets - if your child is swimming, you need to volunteer or they will be scratched.
- Social events - if you are attending, feel free to jump in and help! Every additional parent is appreciated.

Stroke and Turn Judges



- Stroke and Turn judges
 - Best spot on deck - right at pool edge!
 - Each team provides 2 per meet (we split into 2 sessions, so 4 total volunteers)
 - Keep the meet fair for all and help swimmers learn the 4 strokes properly
 - ODSL is a developmental league so we ensure swimmers are following rules but always get the “benefit of the doubt”
 - Training required:
 - 1 Training session in May/early June - in person OR take online course.
 - Pass ODSL online test
 - Shadow S&T judge for one session
- Contact **Grey Keetch** if you are interested or want to learn more

Practice Schedule

All practices & home meets are held at the Joel Getis Pool (adjacent to Seldens Landing Elementary School)



Tuesday, May 27 - Friday, June 12

5:00 - 5:45 pm: 8 & under

5:45 - 6:30 pm: 9 - 10

6:30 - 7:15 pm: 11 - 12

7:15 - 8:00 pm: 13 & up

Beginning Monday, June 16:

Mondays, Tuesdays, Thursdays & Fridays:

8:00 - 9:00 am: 8 & under

9:00 - 10:00 am: 9 - 10 & 11 - 12

10:00 - 11:00 am: 13 & up

Wednesdays: Drop-in Clinic

9:00 - 9:30 am: 8 and unders

9:30 - 11:00 am: 9 & up

Your child(ren) should be dropped off at their practice time and picked up immediately after - they are not to stay on deck unsupervised during a siblings practice. Baby pool is closed during all morning practices.

Summer Evening Practice Schedule

All practices are held at the Joel Getis Pool (adjacent to Seldens Landing Elementary School)



Beginning Monday, June 16, there will also be:

Monday, Tuesday, Thursday

5:00 - 6:00pm → 8 & Under

6:00 - 7:00pm → 9 - 12 year olds

Only for swimmers with AM conflicts

Attend only one practice per day

Preference should be AM practice: More space, less distractions, less weather concerns

Swim Meet Schedule



MEET SCHEDULE 2026 SUMMER SEASON

| DAY | DATE | OPPONENT | TIME |
|-----|---------|--------------------------|---------|
| SAT | JUNE 6 | TIME TRIALS | 8:00 AM |
| SAT | JUNE 13 | @ BELMONT | 8:00 AM |
| WED | JUNE 17 | ONE LOUDOUN | 6:00 PM |
| SAT | JUNE 20 | @ POTOMAC STATION | 8:00 AM |
| WED | JUNE 24 | IDA LEE | 6:00 PM |
| SAT | JUNE 27 | @ LOVETTSVILLE | 8:00 AM |
| WED | JULY 1 | @ WOODLEA | 6:00 PM |
| WED | JULY 8 | KIRKPATRICK FARMS | 6:00 PM |
| SAT | JULY 11 | LENAH RUN | 8:00 AM |
| SAT | JULY 18 | DIVISIONALS @ BROADLANDS | 8:00 AM |
| SAT | JULY 26 | ALL STARS @ STONERIDGE | 8:00 AM |

WED JULY 15TH IS MAKEUP DATE

All home meets are held at the Joel Getis Pool (adjacent to Seldens Landing Elementary School)

Locations of Away Meet pools are found on our website.

Meet Expectations



MEET SIGN-UP

- Parents will communicate availability for meets through SwimTopia.
- **There are deadlines to sign up for meets!**
 - **Saturday meet = Wednesday deadline**
 - **Wednesday meet = Sunday deadline**
- When you register your child for events, please know it is not a guarantee and that changes happen.
 - Example: If a swimmer can't do a 25 of fly or breast legally, we don't want to take on the IM quite yet.

DURING MEETS

- Please try to keep your swimmer in the team area. Junior coaches will take care of them.
- No parents should be staying in the team area.
- Please avoid the playground during home meets as swimmers will not hear the announcement for their event.

Key Meet Info



Time Trials

- Time trials simulate a real meet & establish base times
- No awards or ribbons are given at time trials
- Swim does not count toward the 2 meet requirement to swim at End of Season meets
- Results/times are not eligible qualifying times for All Stars



Ribbon Policy Summary

- 1st – 6th place = Placement ribbons
- Relay ribbons are only given for 1st-3rd
- Heat winner ribbons handed out during meets
- Ribbons distributed after the meets (approx. 2 days after)
- Stored by last name in Ribbon Box at Joel Getis Pool



Important To Know



- We ask parents to talk to Barbara Ward or Christy Petrak if issues arise at a meet, do not speak to the coaches while they are working.
- 24-hour rule in cooling down before firing off an email, please consider this approach.
- Issues will be addressed within 24 hours

- As a reminder, the board has volunteered since last October for a summer of fun!
- Remember we are a recreational team, part of ODSL
- Our focus is on individual development and team environment

*Inclement Weather Policy**

- Pool closes for 30 min after thunder, 1-hour closure from last lightning
- Contact Coton Pool: 571-333-0665
- Check email - we will try to send timely updates for practices and meets

Equipment Check



What to bring to Practice

- 2 pairs of goggles
- Towel(s)
- Swim suit
- Swim cap
- Water
- Sweatshirt/jacket (early season)

Please encourage your swimmer(s) to cheer on teammates instead of hanging on cell phones or other devices.



What to bring to a Meet

- 2 towels (deck + dry off)
 - Team suit (preferred)
 - Swim cap (team cap or must be plain color)
 - Sunscreen
 - Hat
 - Extra goggles
 - Sweatshirt/jacket
 - Water
 - ENERGY
 - Cards/games for in between races
- Label EVERYTHING!

Suits, Caps, and Spiritwear



All team gear ordering is linked on our website - "Team Store" Tab



- Team Suit
- Goggles
- Xtra plain caps



Custom Swim Caps

- Must order by May 15th!
- Personalized 2/\$35
- Plain 1/\$12
- Limited quantity available at the concession stand during home meets



- Tshirts, Tanks & Shorts
- Sweatshirt and pants
- Flannels
- Hats
- Towels



Social Calendar (tentative)



- Fri 6/12: Last day of school popsicle party
- Thur 6/18: Chick-fil-A breakfast at practice
- Mon 6/22: Monster Golf event
- Sun 6/28: Movie night event
- Tues 7/7: Robeks smoothie truck
- Fri 7/10: Pep rally/parking lot party (chalk the pool deck/sidewalk, games)
- Sun 7/12: End of the year party
- Wed 7/15*: Relay carnival/belly flop contest
- Fri 7/17: Breakfast at practice (donuts & muffins)
- Fri 7/24: All-Star pasta dinner

*If we need to make up a swim meet, this may not occur

Frequently Asked Questions



- Who makes up the relays?
- Where do we sign up for meets?
- How do we sign up for meets?
- How long are practices?
- Are they mandatory?
- How long are meets?
- Where do parents go during meets if they are not volunteering?
- Do I need to bring my own food? Concessions, cash, venmo
- Wednesday drop-in clinics → what to expect?

Ages by Numbers

121 register; goal = 150



Girls: 69

Boys: 52

6 & under: 7

8 & under: 14

9-10: 22

11-12: 7

13-14: 13

15-18: 6

6 & under: 1

8 & under: 13

9-10: 13

11-12: 10

13-14: 5

15-18: 10

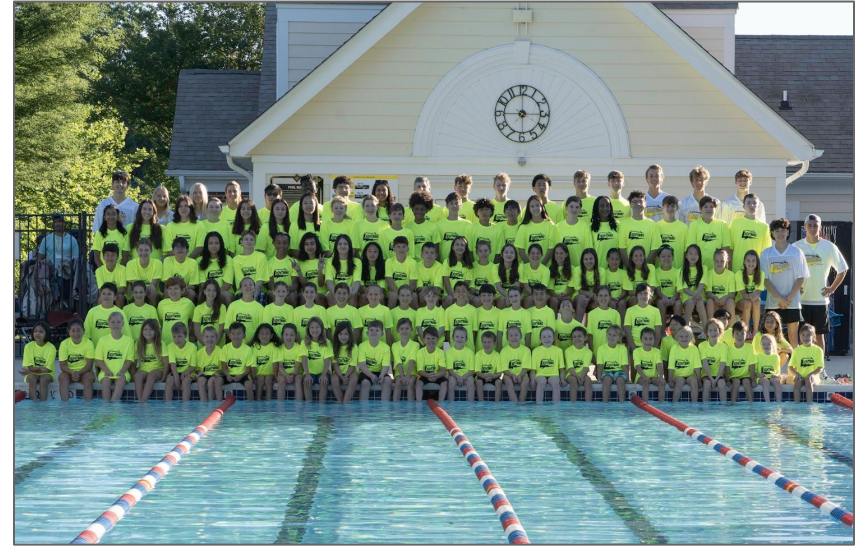
Refer a friend, get a hat!



Final Thoughts



1. Bookmark the team website
2. Download SwimTopia
 - a. Turn Notifications on
3. Check your email/team messages consistently
4. Get involved and ask questions
5. Encourage team camaraderie



**Let's make this another
memorable season!**



Thank you for being part of
the Lansdowne Lightning
Family!

Questions?