



Lazers Team Handbook

4/11/2019

Mission Statement:

“The mission of the Lenexa Lazers Swim & Dive Team is to provide an opportunity for children to build confidence, spirit and skill in a team environment.”

Welcome to the Lenexa Lazers!

Welcome back all Lazers & their families and a big HELLO to all new families! Please read through the following information carefully: it contains nearly every bit of information you might need to make it through this swim and dive season.

The Lenexa Lazers Swim and Dive Team is a fee-supported organization. A volunteer advisory board directs and guides the organization. Volunteers are needed to run and sustain this team and the Lazers program. The Lazer Advisory Board is comprised of parent volunteers, coaches, a swimmer representative, a dive representative and City staff. In the interest of safety, lifeguards have been hired for all practices and meets. The coaches and lifeguards are the only paid employees of our team.

The City of Lenexa also plays a big part in making our Lazers experience worthwhile. The city provides much needed clerical support, as well as the resources required to maintain the pool facilities. City staffers also provide experience to help our volunteers safely run a fun, recreational program for many children. The Lazers thank the City of Lenexa for all of their help.

Registration: Please complete registration and Waiver Forms for each child joining the team. Registration is on a first come, first serve basis. If the roster is full, your athlete may be placed on a waiting list and will be allowed to join the team at the coach's discretion or as spots open.

Registration begins Monday, April 1, 2019, online at www.lenexa.com, at the Lenexa Community Center (13420 Oak Street), or at the Lenexa Rec Center (17201 W 87th St Pkwy). Registration and forms must be completed and returned, along with the registration fees, to the City of Lenexa on or before 5:00 p.m. on Friday, May 3.

2019 Fees:

Swim Team Only	\$110/resident, \$145/non-resident
Dive Team Only	\$110/resident, \$145/non-resident
Swim and Dive Team*	\$143/resident, \$185/non-resident

**(Must register in person)*

For families with three or more members involved in this program, there is a family discount of \$5.00 per child. The discount is available for immediate family members only. Registration must take place in person to receive the discount. All Swim and Dive team members will receive a team t-shirt; swimmers will receive a Lenexa Lazers swim cap and divers will receive a shammy towel as a part of registration.

Refunds: If you require a refund, please contact the Lenexa Rec Center. Any refunds requested will be issued by the City according to their refund policies. *There will be no refunds beyond Friday, May 31, 2019.* All refunds will be charged a service fee of \$5.00.

Late Registration: Registration deadline is May 3. Registrations submitted between May 4 and May 24, 2019 will incur a late fee of \$15.00. Any registration returned on or after May 24, 2019 will be charged a \$25.00 late fee.

Coaching Staff

Swim Coaches:

Dive Coaches:

Contact Information

Whom to Contact Team management questions should be directed to the appropriate coordinators. Any specific skill, practices, meets, and/or team questions should be directed to the appropriate coach. Administrative questions for swimming questions should be directed to swim team reps and administrative diving questions should be directed to parent diving reps. General administrative questions should be directed to Lynn St. Thomas. When in doubt, contact Lynn and she will help you get where you need to go.

City of Lenexa Representative:

Lynn St. Thomas, Aquatics Specialist 913-477-7473 lstthomas@lenexa.com

Board Members:

Swim Team Rep/Volunteers:

- TBD

Dive Team Rep/Volunteers:

- TBD

Rainout Line:

Rainout Line is Lenexa Parks & Recreation's new notification system. This service is easy to use and allows you to receive event and program cancellations, facility closures and notifications instantly via emails, text alerts, a free app or online status updates. Please use this to find information such as practice and meet cancellation or rescheduling. Swim and Dive Teams are listed separately.

Notification Options

- **Free mobile app:** Download the Rainout Line app from your app store. Once installed, search for "Lenexa" and favorite the ones that apply: Lenexa Outdoor Pools, Lenexa Parks & Rec, Lenexa Rec Center.
- **Email/Text:** Visit Rainoutline.com and search for "Lenexa." Select the program for which you would like to receive notifications, and choose the "Email & Text Alerts" option. Enter your email address or 10-digit phone number and subscribe to the program area.
- **Website:** Visit Lenexa.com/Parks to see current status list.
- **Phone:** 913-477-7170 and follow the extension for your program.

Team Unify:

Team Unify is an online resource for team business and information. It will serve as your portal to the season, and will assist in scheduling and communicating with athletes, families and coaches. It will be used to sign your athlete up for meets and to sign up to help volunteer throughout the season. More communication will be sent as we approach the season, and details regarding Team Unify will be updated here as it is available.

General Information

Pre-Competitive Swim Program: Your swimmer must be between the ages of 5 and 13 years of age as of June 1 to be eligible to swim in this program. This program is not a substitute for swimming lessons. Your swimmer will be coached in stroke technique, but he or she should already have general knowledge of three strokes: Freestyle, Backstroke, and Breaststroke. Athletes should have completed swim lessons and be able to swim free-style competently for 25 yards with their face in the water, and without touching the bottom of the pool. Children will not be allowed to swim if they do not meet these requirements. Team participation does not replace swimming lessons; it is intended to teach competitive swimming strokes and prepare swimmers for the competitive team. Participation in this program is at the coaches' discretion. The first few practices will be used to evaluate your child's swimming ability. There are three placement possibilities (*please respect coaches' evaluation of your swimmer's skill level*):

- Promotion to the competitive team
- Remain on the pre-competitive team
- Request to transfer to swim lessons if unable to swim without assistance (*this will be done at the completion of the first week if applicable*)

Competitive Swim Program: The competitive team consists of swimmers between the ages of 7 -18 years of age who are proficient at swimming the length of a 50-meter pool. Younger swimmers may be accepted upon the approval of the Aquatics Specialist.

Competitive Dive Program: The competitive dive team consist of divers between the ages of 5 – 18 years of age. Divers must be able to enter the water headfirst and need to perform three (3) competitive dives in order to compete in the league.

Age Groups/Eligibility: Placement in age groups will be determined as of June 1. Competitive swimmers are grouped according to the following: 9&U, 11&U, 13&U, 15&U, 18&U. Divers are grouped the same as swimmers, but also include the 7&U age group. The Lenexa Lazers teams are open to any swimmer/diver who has not reached his/her 19th birthday before June 1.

Practice & Meet Attendance Policy: If your athlete is unable to attend practices during the week, he or she may not be able to participate in the meet that week. Please keep in mind that practice attendance plays a role in meet participation. If an athlete is unable to attend practice or a meet for any reason, please send an email to the appropriate coach. Please make sure your athlete has transportation to and from practices; although coaches are present slightly before and after scheduled practices, they have a schedule to maintain. Please make sure you arrive promptly to pick up your athlete and/or they are aware of how they are getting home.

Behavior Policy: The coaches will talk with the Lazers about appropriate behavior during practice and meets. If a swimmer or diver has received a verbal reprimand about inappropriate behavior, the coach will send a reflections page home and an email will be sent to the parent. We want the swim & dive team to be a safe and fun activity for everyone. If your child has received a reprimand, please review and sign the reflections page and discuss this with your child. Each athlete's behavior affects the entire team. The pool is closed to the general public during practice times; siblings, parents, friends, etc. are not permitted to utilize the pool during this time.

Mail Boxes: Every family will have a file in the blue file boxes. These mailboxes will be used to distribute ribbons after the swim and dive meets, along with any other important pieces of communication from coaches, parents, or administration.

Correspondence with Coaches: Due to the large number of athletes, please notify the coaches of any scheduling problems in writing, via email. Any conversation you wish to conduct with the coaches should be done at an arranged time or after practice is completed for the day, not during the scheduled practice or meet.

Inclement Weather: Do not leave your athlete at the pool without transportation if there is any question of threatening weather. Thunder and/or lightning will require the coaches to cancel practice; no exceptions. Please make plans to have your swimmer picked up immediately in the event of dangerous or bad weather.

Volunteers: If you have not already volunteered your time, please do so! The only way the Lenexa Lazer Swim and Dive Team can function is with the consistent help from parent volunteers. **NEW:** Please sign- up to volunteer through the Team Unify website; you will be able to register for jobs under each meet.

General Communication: There are several ways to receive information about the Lenexa Lazars:

1. On Facebook: Like us on Facebook. Join the Lenexa Lazars Swim and Dive Team (group)
2. Team Unify

Important Dates

- Monday, April 1 Registration Opens
- Friday, May 3 Last day to register without late fees
- DATE CHANGE FOR PARENT MEETING FROM THE 14TH TO THE 21ST**
- Tuesday, May 21, 7 p.m. *Parent Meeting @ Lenexa Senior Center
- Tuesday, May 28 First day of practice @ Ad Astra
- Friday, June 7 Team pictures @ Ad Astra
(Dive Team: 8 a.m., Competitive Swimmers: 8:30 a.m.,
Pre-Competitive Swimmers: 9 a.m.)
- Sunday, July 7*** Team swim party @ Ad Astra
- Wednesday, July 10 All City Swim Meet @ Leawood
- Friday & Saturday, July 12 & 13 All City Dive Meet @ Overland Park

* **Parent Meeting:** Please bring your questions, comments, and kids to the Lenexa Lazars Swim and Dive team meeting. Chat with the coaches and meet each other! Important information will be discussed at this meeting, and you are strongly encouraged to attend. We'll be happy to answer any questions. The Lenexa Senior Center is located at 13425 Walnut St., Lenexa, KS (just off of 93rd and Pflumm, just west of the Lenexa Community Center).

****Team Pictures:** The team is expected to wear their team t-shirts for pictures. The picture will be taken during practice. Rainout Date: Monday, June 01th. We will need a volunteer to help coordinate picture day, starting at 7:45 a.m.

*****Team Party:** The swim season ends with our team party held at Ad Astra Pool from 6:15 p.m. – 8:15 p.m. We will have a short get-together to enjoy snacks and drinks, followed by our annual awards ceremony.

Practice Times (Ad Astra Pool)

Pre-Competitive Swim Team: Monday, Tuesday, Thursday & Friday 8:30 a.m. - 9:15 a.m., 9:15 a.m. - 10 a.m., OR 10 a.m. - 10:45 a.m. (max: 25 swimmers/time, min: 15 swimmers/time)

Competitive Swim Team:

- 9U & 11U: Monday through Thursday 9:45 a.m. - 11:15 a.m., Friday 9:45 a.m. - 11 a.m.
- 13U, 15U & 18U: Monday through Thursday 8 a.m. - 10 a.m., Friday 8:30 a.m. - 10 a.m.

Dive Team:

- 7U, 9U & 11U (Swimmer & Diver): Monday through Thursday 8 a.m. - 9:15 am, Friday 8:30 a.m.- 9:30 a.m.
- 7U, 9U & 11U (Diver Only): Monday through Thursday 9 a.m. - 10:15 a.m., Friday 9:15 a.m. - 10:15 a.m.
- 13U, 15U, 18U: Monday through Thursday 10 a.m. - 11:30 a.m., Friday 10 a.m. – 11 a.m.

Meet Information

Sign-ups to attend and participate in meets will be completed through Team Unify three (3) business days prior to the meet. Athletes will only be allowed to participate in meets if they have signed up for the meet ahead of time and are eligible to participate.

- Pre-Competitive swim meet sign-ups will be due the Wednesday before.
- Competitive Swim meet sign-ups will be due the Monday before
- Dive meet sign-ups will be due the Thursday before

Pre-Competitive Swim Meets: Pre-competitive swim meets will be conducted Saturday mornings from 8 a.m. - 11:30 a.m. on June 8, 15, 22, and 29. Warm-ups begin at 8 a.m. and the meet starts at 8:30 a.m.

Competitive Swim Meets: There are five competitive swim meets during the summer on Thursday nights. Those dates are June 6, 13, 20, 27 and July 1. Swimmers should check in with the coaches from 5 p.m. - 5:15 p.m. Stretching begins at 5:15 p.m. and warm-ups at 5:30 p.m. Meets start at 6 pm. Swimmers who have not checked in by 5:15 p.m. will be scratched from the meet at 5:30 p.m. If you have been caught in traffic and are running late, you must call the head coach by 5:15 p.m. to be sure your swimmer is not scratched. Heat sheets will be available for purchase for home meets the night of the meet for \$1 each. See coach bio for contact information.

All-City Swim Meet: This is the final meet of the season and will be held at Leawood on Wednesday, July 10. The swimmers who qualify for this meet will be those with the three fastest times in each stroke by age group. If your swimmer has one of the five top times, be aware that they might be heading to All-City. Warm-ups will begin at 7 a.m. at the Leawood Pool. The meet starts at 8:10 a.m. Medals are given out at after the completion of the meet at TBD.

Dive Meets: There are five competitive dive meets during the summer on Tuesday nights. Those dates are June 11, 18, 25, and July 2 and 9. For meets, divers in the 7U, 9U, and 11U age groups should check in with the coaches between 5:15 – 5:30 p.m. at the hosting pool. Warm-ups begin at 5:30 p.m. Meet starts at 6 p.m. with the order of events moving from youngest to oldest age groups. Divers in the 13U, 15U, and 18U age groups should plan to arrive to the hosting pool around 6:15 p.m. and will have a separate 30-minute warm-up after the completion of the 11U events. Please do your best to arrive to warm-ups on time as it is in the divers' best interest to properly warm-up before competition. Divers will be scratched from the meet if they have not arrived prior to the beginning of their event.

All-City Dive Meet: This is the final dive meet of the season and will be held on Friday and Saturday, July 12 and 13, at Overland Park. All-City divers are selected based on the average of their top highest meet scores throughout the season. Divers must dive in at least two regular season meets to be eligible to be selected to dive in the All City Dive Meet. Some coaches' discretion may be used, and younger divers may be given the opportunity to "dive up." Divers at this meet dive in reverse order, with the older divers going first. Divers in the 7U, 9U, and 11U age groups dive on Friday, July 12. Warm-ups are at 4:00pm and the meet starts at 5:00pm. Divers in the 13U, 15U, and 18U age groups dive Saturday, July 13. Warm-ups are at 7:00am and the meet begins at 8:00am. Medals are handed out after the completion of events.

Ribbons: Ribbons are awarded to all pre-competitive swimmers for participation, and ranking times/scores for the competitive Swim and Dive teams. Ribbons are placed in the family folders at Ad Astra within 1-2 business days of the meet.

Team Bonding: The team will gather several times throughout the season for team bonding outside of the pool. Details will be released as they are available.

Equipment & Supplies

T-shirts: This year's t-shirt will be distributed during the first several days of practice, and is included in the registration fee. Extra t-shirts for this season are available for \$10.00 each at home meets. Some previous years' shirts will also be available for purchase at \$1 each. The shirt will be worn for picture day and at all meets. Please mark it with your child's name.

Goggles: Goggles are not required but are very useful for your swimmer. Don't ask if your child needs goggles; just get them a pair because they *will* use them.

Shammy Towels: Are included with the registration fee for dive team. A shammy towel will be handed out with the team t-shirts in the first couple of days of practice. Additional towels are not available for purchase.

Swim Bags: Please have your athlete store their belongings in a swim bag, clearly marked with their name. *Mark all belongings with your athlete's name.* A lost & found box is located at Ad Astra swimming pool; lost items will be kept for a period of one week.

Swim Caps: Are included with the registration fee for swim team. Swim caps are optional at practices. However, swimmers should plan to wear a Lenexa Lazers swim cap at all swim meets. It helps the coaches and the spectators to identify their swimmers. A Lazers swim cap will be handed out with the team t-shirts in the first couple of days of practice. Additional caps may be purchased during home meets for \$10.00.

Swim Suits: The team will wear plain, one-piece black swimsuits. Girls can purchase two different styles; fly back or racer-back. Boys can purchase either traditional black briefs or jammers (long legs, similar to bicycle shorts). Boy divers may wear regular black swim trunks (above the knee).

Heat Sheets: Competitive Swim heat sheets will be available for purchase for \$1 for all home meets.

Volunteer Information

The City of Lenexa has the BEST volunteers!

Volunteers: The Lenexa Swim and Dive Team operate through a multitude of volunteer positions. These volunteer positions are guided and directed by the volunteer advisory board. This board consists of various parent volunteers, coaches, a city staff liaison and actual swim and or dive athletes. In reality, there are very few duties on the list that take more than a few hours to satisfy. Even if the task you would most like to help with is filled, go ahead and sign up for it to provide additional help, or to provide backup assistance. No prior experience required. This team requires volunteers to help run it- please volunteer even if you have never volunteered or helped with swim team before.

How to Sign-Up to Volunteer:

1. Sign-up in Team Unify when you sign your athlete up for meet!
2. Sign up to become a volunteer at www.lenexa.com/volunteer.

General Volunteer Opportunities

- **Swim and Dive League Board Members:** Team representatives. Attend the meetings of the League, vote on calendar, changes to bylaws, etc. and reports findings to the team, helps with budget and hiring, confirms the committees are working on schedule to get the season kicked off. Representatives work directly with City Staff. Be available on deck during practices and for parent and swimmer questions and concerns.
- **Communications Coordinator:** Responsible for gathering information and submitting to City Staff.
- **Awards Coordinator:** Coordinate with Swim and Dive Coaches to determine end of year awards and trophies.
- **T-shirts, Caps:** Responsible for organizing T-shirts and caps, and inventory.
- **Picture Day Coordinator:** On deck facilitator between Lazars and photographers on picture day.
- **Awards Party Coordinator:** responsible for organizing snacks at the awards party, distributes flyers to swimmers and divers etc.

Swim Meet Volunteer Opportunities

- **Swim Meet Coordinator:** Responsible for finding and coordinating volunteers.
- **Meet Starter:** Starts home meets.
- **Announcer:** Announces at home meets.
- **Clerk of the Course:** Coordinates swimmer's heats and lanes at home meets.

- **Head Timer:** secure timers for Lazars at home and away meets and coordinates timers of all teams at home meets.
- **Timers:** Times at meets. No experience required and best view at the meets!
- **Runners:** Takes cards from timers to the score table at home meets.
- **Computer Operator:** Responsible for inputting swim times during home meets. Computer experience needed.
- **Table workers:** Records times or scores heat results. Assist Computer Operators.
- **Hospitality:** Responsible for distributing drinks for meet volunteers at home meets.
- **Ribbons Chair:** Responsible for making out and delivering to ribbons to mailboxes after meets.
- **Stroke Judges:** Judges swimmers' starts, strokes, turns, and touches at meets. (training session required)
- **Head Stroke Judge:** Responsible for finding Lazars stroke judges for each meet, coordinating all stroke judges for home meets and arranging for training of new judges.

Dive Meet Volunteer Opportunities

- **Dive Meet/Table Coordinator:** Responsible for finding dive judges and volunteers for dive meets, distribution of drinks for workers.
- **Announcer:** Announces diver's name, dive number, dive and degree of difficulty for home meets.
- **Dive Ribbons Chair:** Responsible for making out and delivering ribbons to mailboxes after meets (usually Fridays).
- **Dive Judges:** Judges dives at meets (training session required-will train).

Facilities & Team Schedules

Fairway: Fairway Pool 913-722-3161 6136 Mission Road, Fairway, KS 66205

Leawood: Leadwood Pool 10601 Lee Blvd., Leawood, KS 66206

Lenexa: Ad Astra Pool 913-492-7946 8265 Maurer Rd, Lenexa, KS 66215

Merriam: Merriam Pool 913-322-5590 6040 Slater, Merriam, KS 66202

Olathe

Competitive Swim, Dive Black Bob Bay Pool 913-971-5345 14570 W. 151st St. Olathe, KS 66062

Pre-Comp Swim Oregon Trail Pool 913-971-5348 1800 W. Dennis, Olathe, KS 66061

OP: Young's Pool 913-327-5676 8421 W. 77th, OP, KS 66204

PV: Prairie Village Pool 913-385-4650 7711 Delmar, Prairie Village, KS 66208

RP: Roeland Park Pool 913-432-1377 4843 Rosewood Dr. Roeland Park, KS 66205

Shawnee: Thomas A. Soetaert 913-631-0054 13805 Johnson Drive, Shawnee, KS 66216

Note: On the schedules, the host team is the team/location that will be hosting the meet.

Johnson County Swim & Dive League Pre-Competitive Swim Schedule 2019

All Pre-Competitive Meets Held On Saturday

Warm-ups 8:00 a.m. --- Meet Starts 8:30 a.m.

Meet Date	Host		Visitor(s)
8-Jun			
	Olathe	vs.	Shawnee, Merriam
	Fairway	vs.	Lenexa, Overland Park
	Roeland Park	vs.	Leawood, Prairie Village
15-Jun			
	Olathe	vs.	Overland Park, Prairie Village
	Shawnee	vs.	Roeland Park, Lenexa
	Leawood	vs.	Fairway, Merriam
22-Jun			
	Olathe	vs.	Fairway, Roeland Park
	Leawood	vs.	Lenexa, Merriam
	Roeland Park	vs.	Shawnee, Leawood
29-Jun			
	Olathe	vs.	Lenexa, Leawood
	Shawnee	vs.	Prairie Village, Fairway
	Overland Park	vs.	Merriam, Roeland Park

**Johnson County Swim & Dive League
Competitive Swim Schedule 2019**

All Competitive Meets Held On Thursdays, except All City
Warm-ups 5:30 p.m. --- Meet Starts 6:00 p.m.

Meet Date	Host		Visitor(s)
6-Jun			
	Shawnee	vs.	Leawood, Merriam
	Overland Park	vs.	Lenexa
	Prairie Village	vs.	Fairway
	Olathe	vs.	Roeland Park

13-Jun			
	Olathe	vs.	Prairie Village
	Roeland Park	vs.	Fairway, Merriam
	Lenexa	vs.	Shawnee
	Leawood	vs.	Overland Park

20-Jun			
	Overland Park	vs.	Merriam
	Prairie Village	vs.	Roeland Park, Leawood
	Shawnee	vs.	Olathe
	Fairway	vs.	Lenexa

27-Jun			
	Shawnee	vs.	Fairway
	Olathe	vs.	Leawood
	Roeland Park	vs.	Overland Park
	Lenexa	vs.	Prairie Village, Merriam

1-Jul			
	Prairie Village	vs.	Shawnee
	Lenexa	vs.	Roeland Park
	Fairway	vs.	Leawood
	Overland Park	vs.	Olathe, Merriam

10-Jul			
	Leawood		ALL CITY

All City Championship Meet

Wednesday, July 10

Leawood

Warm-ups 7:00 a.m. --- Meet Starts 8:15a.m.

Rain Make-up Date - Thursday July 11

Johnson County Swim & Dive League

Dive Schedule 2019

All Dive Meets Are Held On Tuesday

Warm-ups 5:30 Meet Starts 6:00

Meet Date	Host		Visitor(s)
11-Jun			
	Shawnee	vs.	Lenexa
	Overland Park	vs.	Leawood
	Prairie Village	vs.	Olathe, Merriam

18-Jun			
	Lenexa	vs.	Prairie Village
	Olathe	vs.	Shawnee, Overland Park
	Leawood	vs.	Merriam

25-Jun			
	Overland Park	vs.	Merriam, Lenexa
	Prairie Village	vs.	Shawnee
	Leawood	vs.	Olathe

3-Jul			
	Shawnee	vs.	Merriam
	Olathe	vs.	Lenexa
	Leawood	vs.	Prairie Village, Overland Park

10-Jul			
	Shawnee	vs.	Lawood
	Lenexa	vs.	Prairie Village, Merriam
	Olathe	vs.	Overland Park

All City Championship Meet – Overland Park

Friday, July 12 – 7U, 9U, and 11U

Warm-ups 4:00 p.m. --- Meet Starts 5:00 p.m.

Saturday, July 13 – 13U, 15U, & 18U

Warm-ups 7:00 a.m. --- Meet Starts 8:00 a.m.

Rain Make-up Date - Sunday, July 15