

Event	Girls	Event	Boys
1	8 & Under - Medley Relay - 100M	2	8 & Under - Medley Relay - 100M
3	10 & Under - Medley Relay - 200M	4	10 & Under - Medley Relay - 200M
5	12 & Under - Medley Relay - 200M	6	12 & Under - Medley Relay - 200M
7	14 & Under - Medley Relay - 200M	8	14 & Under - Medley Relay - 200M
9	18 & Under - Medley Relay - 200M	10	18 & Under - Medley Relay - 200M
11	8 & Under - Individual Medley - 100M	12	8 & Under - Individual Medley - 100M
13	10 & Under - Individual Medley - 100M	14	10 & Under - Individual Medley - 100M
15	12 & Under - Individual Medley - 100M	16	12 & Under - Individual Medley - 100M
17	14 & Under - Individual Medley - 100M	18	14 & Under - Individual Medley - 100M
19	18 & Under - Individual Medley - 100M	20	18 & Under - Individual Medley - 100M
21	6 & Under - Freestyle - 25M	22	6 & Under - Freestyle - 25M
23	8 & Under - Freestyle - 25M	24	8 & Under - Freestyle - 25M
25	10 & Under - Freestyle - 50M	26	10 & Under - Freestyle - 50M
27	12 & Under - Freestyle - 50M	28	12 & Under - Freestyle - 50M
29	14 & Under - Freestyle - 50M	30	14 & Under - Freestyle - 50M
31	18 & Under - Freestyle - 50M	32	18 & Under - Freestyle - 50M
33	8 & Under - Butterfly - 25M	34	8 & Under - Butterfly - 25M
35	10 & Under - Butterfly - 50M	36	10 & Under - Butterfly - 50M
37	12 & Under - Butterfly - 50M	38	12 & Under - Butterfly - 50M
39	14 & Under - Butterfly - 50M	40	14 & Under - Butterfly - 50M
41	18 & Under - Butterfly - 50M	42	18 & Under - Butterfly - 50M
43	6 & Under - Backstroke - 25M	44	6 & Under - Backstroke - 25M
45	8 & Under - Backstroke - 25M	46	8 & Under - Backstroke - 25M
47	10 & Under - Backstroke - 50M	48	10 & Under - Backstroke - 50M
49	12 & Under - Backstroke - 50M	50	12 & Under - Backstroke - 50M
51	14 & Under - Backstroke - 50M	52	14 & Under - Backstroke - 50M
53	18 & Under - Backstroke - 50M	54	18 & Under - Backstroke - 50M
55	8 & Under - Breaststroke - 25M	56	8 & Under - Breaststroke - 25M
57	10 & Under - Breaststroke - 50M	58	10 & Under - Breaststroke - 50M
59	12 & Under - Breaststroke - 50M	60	12 & Under - Breaststroke - 50M
61	14 & Under - Breaststroke - 50M	62	14 & Under - Breaststroke - 50M
63	18 & Under - Breaststroke - 50M	64	18 & Under - Breaststroke - 50M
65	8 & Under - Freestyle Relay - 100M	66	8 & Under - Freestyle Relay - 100M
67	10 & Under - Freestyle Relay - 200M	68	10 & Under - Freestyle Relay - 200M
69	12 & Under - Freestyle Relay - 200M	70	12 & Under - Freestyle Relay - 200M
71	14 & Under - Freestyle Relay - 200M	72	14 & Under - Freestyle Relay - 200M
73	18 & Under - Freestyle Relay - 200M	74	18 & Under - Freestyle Relay - 200M

**Individual Medley
Stroke Sequence:**

Butterfly
Backstroke,
Breaststroke
Freestyle

**Medley Relay Stroke
Sequence:**

Backstroke
Breaststroke
Butterfly
Freestyle

TRI-COUNTY SWIM LEAGUE CHAMPIONSHIPS

WHEN: JULY 23RD AND 24TH

WHERE: CORWIN M. NIXON AQUATIC CENTER
MIAMI UNIVERSITY
OXFORD, OHIO

TIMES:	FRIDAY AM (13 & OVER)	FRIDAY PM (11-12 AGE GROUP)
	WARM-UPS @ 7:00 AM	WARM-UPS TBA
	MEET BEGINS @ 8:00 AM	MEET BEGINS TBA

	SATURDAY AM (9-10 AGE GROUP)	SATURDAY PM (8 & UNDER)
	WARM-UPS @ 7:00 AM	WARM-UPS TBA
	MEET BEGINS @ 8:00 AM	MEET BEGINS TBA



THIS FORM IS DUE BY FRIDAY, JULY 9TH

NAMES

1. _____
2. _____
3. _____

WILL BE SWIMMING IN CHAMPIONSHIPS

NAMES

1. _____
2. _____
3. _____

WILL **NOT** BE SWIMMING IN CHAMPIONSHIPS

Note: All swimmers in the Tri-County Swim League must participate in a minimum of TWO league dual meets for the club they represent in order to be eligible for the league championships.

INTRASQUAD CHICK-FIL-A ORDER FORM

For Intrasquad Meet

Tuesday, June 8th

PLEASE FILL IN THE ORDER FORM BELOW AND RETURN WITH PAYMENT TO THE SWIM TEAM BOX.

FORM AND PAYMENT ARE DUE ON TUESDAY, JUNE 1st.

CHICK-FIL-A SANDWICH, CHIPS, AND DRINK... \$4.00



NAME: _____

Sandwich, Chips, and Drink _____ x \$4.00 = \$ _____

TOTAL ENCLOSED \$ _____

PLEASE MAKE CHECKS PAYABLE TO:

LAKOTA HILLS SWIM TEAM

2010 PRACTICE SCHEDULE

May 24th-May 28th

High School 3:00-4:00 PM

Junior High 4:00-5:00 PM

Elementary 5:00-5:45 PM

Pool opens Saturday, May 29th

June 1st – June 4th

No practice on Memorial Day, Monday, May 31st

High School 3:00-3:45 PM

Junior High 3:45-4:30 PM

Elementary 8:00-8:45 PM

No Elementary practice on Friday, June 4th because pool is open until 9:00

Morning Practice June 7th - July 22nd

Black Group 7:00-8:45 AM

Red Group 8:30-9:45 AM

White Group 9:30-10:30 AM

June 11th Picture Day 9:00

No regular practice on June 18 due to the Rolling Hills Invitational

For practice time assigned to your swimmer(s), please check the group assignments on the bulletin board (after 6/2).

Please note that the coaches will evaluate swimmers during the first two weeks of practice. Coaches may switch swimmers to a different group to better individualize instruction. Groups are determined by age and ability.

2010 MEET SCHEDULE

Home	Tuesday, June 8 th	Intrasquad	
Away	Tuesday, June 15 th	@ Landen	Theme: Autograph party
Away	Friday & Saturday June 18 th -19 th	@ Rolling Hills Invitational ²	
Home	Tuesday, June 22 nd	Four Bridges	Theme: Jersey Day
Away	Tuesday, June 29 th	Lakota YMCA	Reach Out Lakota Donations And Raffle
Home	Thursday, July 1 st	Wetherington	Theme: Beach Party
Away	Tuesday, July 6 th	Beckett Ridge	Theme: Spirit
Home	Saturday, July 10 th	10 & Under Sprints ¹	
Home	Tuesday, July 13 th	Windwood	Theme: Super Heroes
Away	Saturday, July 17 th	@ Beckett Ridge Invitational ²	
Away	Friday & Saturday July 23rd-24th	Championships @ Miami University ³	

- ❖ Home meets: 6:30 PM, unless otherwise noted.
Warm-ups: 5:15 PM for 11-12, 13-14, and 15-18
5:30 PM for 9-10, 8 & under, and 6 & under
Please arrive 15 minutes before your scheduled warm-up time.
- ❖ All away meet warm-ups are at 6:00 PM.
Please arrive by 5:45 PM.
- ❖ Intrasquad warm-ups are at 5:00 PM and the meet will start at 5:30 PM. No IM events at Intrasquad.
- ❖ Please visit our team website at www.wavemakers.org for directions to all pools and other important meet information.

¹ July 10th, 10 and Under sprints: AM meet with warm-up time TBD, meet over by 11:30

² Rolling Hills Invitational and the Beckett Ridge Invitational have sign-ups and entry fees. Forms will be available at the pool and online at a later date.

³ You must sign-up for Championships on the enclosed form. There are no additional entry fees.

YOUNG SWIMMERS - Home and Away Meets

- Assist with 8 & under swimmers during meets
- Coordinate and facilitate children getting ready for events in ample time
- Help swimmers obtain lane slips from Clerk of Course
- Help get swimmers to the correct lane for their events
- Encourage young swimmers to remain in their designated area throughout the meet

CLEAN UP - Home meets

- Work throughout the meet to keep trash picked up around the pool, pavilion, and parking lot
- Assist Ways and Means with clean-up
- Assist pool staff with putting away equipment, chairs, etc, at the end of the meet
- Wipe off tables
- Leave a clean pool area

PARKING - Home meets

- Be available at the pool by 5:15 PM
- Direct cars to parking areas in the lot and grassy areas
- Stay in the parking lot until approximately 6:45 PM
- Periodically check the parking areas to be sure that no cars are on the street opposite the pool, or on neighbors' lawns

SOCIAL EVENTS

- Coordinate outings for swimmers and coaches by age group
- Parents are needed to assist with planning and execution of activities

PICTURE DAY -One morning at the pool, taking the place of practice

- One parent is needed to coordinate Picture Day at the pool
- Several parents will be needed to assist the coordinator

CHAMPIONSHIP WORKERS at Miami University on July 23-24

- Friday AM 13-14 and 15-18 Age Groups
 - Need 2 Timers
 - Friday PM 11-12 Age Group
 - Need 2 Check-In Assistants
 - Need 2 Awards
 - Saturday AM 9-10 Age Group
 - Need 2 Timers
 - Need 2 Awards
 - Saturday PM 8 & Under Age Groups
 - Need 2 Timers
 - Need 1 Back-up Timer
 - Need 1 Clerk of Course
- This may change

PARTICIPATION OPPORTUNITIES

The following is a brief description of the areas where workers are needed for meets and social events. None of the jobs require previous experience. Sign-up sheets will be available on the bulletin board. All families must work three entire meets or social events in order to receive a return of their participation fee.

CLERK OF COURSE – Home and Away Meets

- 2 people needed for every meet
- Obtain lane slips from coaches prior to the start of the meet
- Separate lane slips by age and gender
- Sit in designated Clerk of Course area throughout the meet to distribute slips to swimmers prior to their events

TIMERS – Home and Away Meets

- 2 people at home meets and 1 person at away meets are required per lane.
- Use stopwatch and record swimmers' times

SCORING – Home Meets

- Prior to the start of each meet, receive entries from the coaches
- Enter information into the computer and print lane slips
- Enter times for all swimmers into the computer and print out labels for ribbons
- Print out meet results for the coaches at the end of the meet
- Need additional person at each home meet to assist at scoring table

RIBBONS AND AWARDS - Home Meets

- Put labels on ribbons
- Separate ribbons by home team/visiting team
- Have ribbons ready for visiting coach at the end of the meets
- Put team file boxes out during practice on Friday to distribute ribbons to swimmers
- Obtain awards for the end of the season

RUNNER - Home Meets

- Collect lane slips from timers after each event
- Put slips in order, lanes 1-6
- Deliver lane slips to scoring table

WAYS AND MEANS/ CONCESSIONS - Home Meets – Multiple Jobs

- Set up serving area for home meets (need to be available at the pool between 4:30 and 5:00 PM)
- Serve food items during home meets
- Grill food
- Clean-up after meet

2010 POOL STAFF

Manager	Bill Kusel	777-9121	
Manager in Training	Pat Jeanerette	777-9121	
Assistant Manager	Steve Grim	777-9121	
Head Coach	Heather Shooner		swimspeedy@live.com
Assistant Coaches	Anna Meibers		ameibs08@yahoo.com
	Nathan Cramer		ncramerm@gmail.com
	Jordan Drake		texan4ev91@aol.com
	Jessica Heron		jheron816@aol.com
	Kara McManus		karamcmanus@yahoo.com
	Abbey Cramer		acramer29@gmail.com

2010 SWIM TEAM BOARD

President	Betty McManus	893-1783	egmcmanus@yahoo.com
Vice- President	Susan Cramer	779-3122	cramersk@muohio.edu
Membership	Rita Ballman	860-5455	srballman@cinci.rr.com
Secretary	Laara Doorley	759-5358	ldoorley@zoomtown.com
Treasurer	Jennifer Keith	874-4627	jennkeith40@yahoo.com

2010 SWIM TEAM COMMITTEE CHAIR

Clean Up:	OPEN		
Ways & Means	Jenny Muia	894-2373	jenniteaches@fuse.net
	Bonnie Naylor	887-1333	bkbnyaylor@yahoo.com
Timing	Martin Drake	777-8554	drakemm5@aol.com
Ribbons & Awards	Christine Dwyer	759-4945	christine.dwyer@fuse.net
Social Events	Tracey Pflaumer Striley	874-9988	tstriley@fuse.net
Ice Cream & Banquet	Andrea Batt	942-8669	abatt001@cinci.rr.com
Team Photographer	OPEN		
Spirit Wear	Darla Kirchner	777-2787	artist@darlakirchner.com
8 & Under Coordinator	Annie Moreland	759-6629	annie@moreland-online.com
Scoring	Tracey Gump	779-7977	tgump@zoomtown.com
Clerk of Course	Donna Grunenberg	518-2715	donnag5k@aol.com
Donuts	Joe & Laura Meibers	894-4412	lmeibers@catholiccincinnati.org
Parking	Mike & Amanda Schramm	755-0001	aschramm@live.com

TEAM RULES

ATTENDANCE

- All swimmers must attend practice the day of the meet to swim in that night's meet.
- All swimmers must attend a minimum of 3 days practice (includes the day of the meet) each week.
- Swimmers with attendance of less than 60% will only swim one event (relay or individual).
- Any extended absence (2 days or more) must be accompanied by a note stating time to be missed and the reason.
- Intended absence from a meet must be marked in the meet sign-out book by the Thursday prior to the meet. Failure to do so will result in your not swimming in the next meet. ALL SIGN-OUTS WILL BE CONSIDERED FINAL! The sign-out book will be located at the check-in counter.
- Swimmers participating on other summer teams must attend the equivalent of the minimum of 3 days practice with either or both teams. Swimmers practicing with YMCA or USS teams are asked to make every effort to attend Lakota Hills on meet days. If this is not possible, these swimmers can still compete in the Lakota Hills meet provided they have practiced that day with their club team, and the Lakota Hills coaches are notified prior to the meet day.

PRACTICE CANCELLATION

- Practice WILL continue in the rain.
- Practice WILL NOT continue in water during thunder, lightening, or heavy rain with strong winds.
- Practice WILL NOT continue if the temperature falls below 55 degrees.
- If weather conditions are questionable, call 777-9121, mailbox 4, for the recorded message.

PARENTS

- Parents are welcomed to watch practice but are requested to observe from the pavilion. Parents are requested to refrain from speaking with the coaches during practice, as this takes their attention away from the children. If you wish to discuss your child's progress, etc., please schedule a time to meet with one of the coaches and they will be happy to talk to you. During practice it is important that they focus on coaching your children.
- Parents must refrain from speaking with officials and coaches during meets. Swimmers will get information from the coaches. If you have questions/concerns about DQ's, please wait to talk to the coaches AFTER the meet.

PARKING

Parking for Home Meets can be a challenge, especially when larger teams come to our pool. Please observe the following rules, as well as all posted signs, when parking:

- Please follow directions from the parking attendants when parking in the Swim Club lot, as well as the grass in front of the pool.
- DO NOT block access to the grass area for cars that need to enter or leave that area.
- For street parking, park ONLY ON THE POOL SIDE of the road.
- Observe all posted NO PARKING signs.
- DO NOT block neighbor's driveways. DO NOT park on neighbor's grass.
- Be careful while driving and walking the streets around the pool before and after the meet.

SCORING

Individual Events:

1ST Place.....5 Points

2ND Place.....3 Points

3RD Place.....1 Point

Relay Events:

1ST Place.....7 Points

No team can sweep an event. Third place points are awarded to the opposing team.



2010

Contents of Packet

- Team Rules Page 2
- Team Staff Page 3
- Committee Chairs Page 3
- Participation Opportunities Pages 4-5
- Meet Schedule Page 6
- Practice Schedule Page 7
- Chick-Fil-A Order Form Page 8
- Championship Form Page 9
- Sequence of Events Page 10
- Calendar Pages 12-14

Enclosed Documents That Need to be Returned

1. Intrasquad Meet: Chick-Fil-A Order Form
Deadline: Tuesday, June 1, 2010
2. Championship: Sign-Up Form
Deadline: Friday, July 9, 2010

General Notes

- ❖ Please make sure you have turned in a waiver form. This is required for **EACH** swimmer before he/she is eligible to participate in practices or meets.
- ❖ June 9th is the **LAST DAY** to drop the team and receive a refund. This request must be in writing and in the swim team box by 6/9/2010.
- ❖ Swimmers are expected to swim in Championships. The entry fees are included in your registration.
- ❖ Please check the bulletin board and the website www.wavemakers.org regularly for updated information.