

TEAM INFORMATION 2013

MISSION STATEMENT

The mission of the Lander Swim Club (LSC) is to empower athletes of all ages to achieve their personal best and grow as people through excellence in swimming.

WHO WE ARE

The LSC Tiger Sharks are a competitive, developmental swimming team registered with:

US Swimming Association <http://www.usaswimming.org/>
Wyoming Swimming Inc <http://www.wyomingswimming.org/>

Swimmers are taught the four competitive swimming strokes: freestyle, breast stroke, backstroke, and butterfly. Our program is designed to enable swimmers to grow from minimal swimming ability (Learn to Swim) into Stroke Development (White Group) through Competitive Development (Red, Blue, Green, & Masters Groups). Swimmers compete at the local, state, regional, and national levels according to the swimmer's desire and ability. We are committed to fun, family, exercise, team spirit, and achieving your personal best.

STRUCTURE

The LSC is a non-profit organization managed by a volunteer board of directors composed of parents and adult swimmers. Meetings are open to all membership and participation is welcome. The coaching staff, board, and parents work as a team in the best interest of the swimmers. The success of our club is based on volunteers!

BOARD MEMBERS

| | |
|-----------------------------|--|
| Joan Kulow, President | kjkulow@msn.com |
| Dawn Lehnen, Vice President | lehnen34@yahoo.com |
| Mike Lilygren, Treasurer | mike@lilygren.com |
| Therese Fowler | mountain_rose@wyoming.com |
| Tracey Smithbaker | tms1218@bresnan.net |
| Susan Gray Gose | susangraygose@wyoming.com |
| Sam Hartpence | shartpence@trihydro.com |

BOOKKEEPER

Norma Dufek ddufek@bresnan.net

TEAM ADMINISTRATOR

Jen Huelskamp landerswimclub@gmail.com

SENIOR COACHES

| | |
|------------------------------------|--|
| Jennifer Hudson Schaff, Head Coach | landerswimclub@gmail.com |
| Richard Cook | jrcook@wyoming.com |
| Lantien "L.T." Chu | gladyslantien@yahoo.com |

ASSISTANT COACHES

Mike Trewartha
Dillon Hedges

VOLUNTEERS NEEDED

LSC exists for the swimmers and we need you on the team. Many parents helped throughout last season. Thank you for your support. We need more and continued help from a greater percentage of our parent population. Many clubs have chosen to initiate volunteer incentive plans by which families pay a fee they recoup throughout the year via volunteering. Lander Swim Club has chosen not to implement a volunteer incentive plan. We are seeking your

assistance in maintaining our current honor system. Parents are asked to volunteer throughout the year. Categories include: Swim Meet Timing at Middle School and High School Meets (a primary fundraiser for LSC); Concessions (at Spook Splash and other meets we host); Event Support (at BBQs, parties or special events); Apparel orders and distribution (suits, t-shirts).

PRACTICE

Pool Location:

Lander Community Swimming Pool
 450 South 9th Street Lander, WY 82520
 (307) 332-2272 (Club contact 332-9903)

SWIM GROUPS

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|---|---|
| Learn-to-Swim | |
| This class is designed for children who do not have previous experience in a structured class setting or being away from their parents/guardians in the water. Children will work on basic swimming skills to become comfortable in the water in both the baby pool and the big pool. Skills will be learned through play and incidental learning to encourage a fun and enjoyable experience in the water. Swimmers are encouraged to attend practice 2 times per week. | Swimmers must be 3 years old, potty-trained and able to listen and follow directions for at least 35 minutes. Swimmers must also be able to tolerate cold (84°F) water. |
| Lane 1 | |
| Swimmers in this practice group will continue to improve swimming freestyle and backstroke and be able to swim 25 meters without stopping. They will be introduced to dolphin kick and whip kick, kneeling dives, and fully submerge themselves to 5 feet depth of pool. Practice yardage is generally 300-600 meters. Swimmers are encouraged to attend practice 2 times per week and swim in local meets (Lander or Riverton) with coach's recommendation and permission. | Swimmers need to be able to follow directions and be comfortable swimming in the 13ft-deep section of the pool. Swimmers must be able to swim freestyle with rhythmic breathing as well as backstroke for at least 15 meters. |
| White Group | |
| Swimmers in this practice group will be oriented to the world of competitive swimming. The swimmers will be introduced to and receive instruction in the fundamentals of the four competitive strokes, along with basic introduction to starts and turns. Practice yardage is generally 500-1,000 meters. Swimmers are encouraged to attend practice 2 times per week and swim in local meets (Lander or Riverton). | Swimmers must be at least 5 years old to enter this group, and be able to swim freestyle with rhythmic breathing as well as backstroke for 50 meters. |
| Red Group | Meet 2 of 3 requirements: |
| This practice group places more emphasis upon lap production/conditioning, and stresses individual development and improvement of the four competitive strokes, as well as starts and turns. Red Group practices include 1,500 to 2,500 yards per session. This group consists primarily of 7-10 year olds. This group will achieve Wyoming State qualifying standards and set goals to achieve Age Group Sectional times. Swimmers are encouraged to attend a minimum of three practices per week and are encouraged to swim one meet/month. | 4 x 50 Freestyle on 1:30.00 Break 4 x 100 Freestyle on 2:20.00 Break 4 x 100 I.M. on 2:40.00 |
| Blue Group | Meet both requirements: |
| This practice group places more emphasis upon lap production/conditioning, and stresses individual development and improvement four competitive strokes, as well as starts and turns. Blue Group practices include 1,500 to 2,500 yards per session. This group | 4 x 100 Freestyle on 2:10.00 Break 4 x 100 I.M. on 2:25.00 |

| | |
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| <p>consists primarily of 11-14 year olds. This group will achieve Wyoming State qualifying standards and set goals to achieve Age Group Sectional times.</p> <p>Blue Group swimmers often choose to participate in other extra-curricular activities and are encouraged to swim for the Lander Middle School programs. However, it is important for swimmers in the Blue Group to communicate goals and schedules to coaches so that practices are designed to best meet the needs of the athletes.</p> <p>Swimmers are encouraged to attend a minimum three practices per week and are encouraged to swim one meet per month.</p> | |
| <p>Green Group</p> | <p>Meet all requirements:</p> |
| <p>Swimmers in this group will have as a goal the ability to demonstrate mechanically efficient technique in each of the four competitive strokes. This group will focus on further refinement of the four competitive strokes in an effort to reach a higher order of efficiency and effectiveness.</p> <p>Positive interaction with peers, and goal-oriented behavior will be stressed and required to achieve qualifying times for Age-Group Sectionals or Western Zones.</p> <p>Green Group swimmers often swim for the Lander Valley High School teams and are highly encouraged to swim for Lander Swim Club when their high school seasons culminate in order to maintain skills, endurance, and speed. Green Group swimmers are highly encouraged to attend Wyoming Winter State Championships as team leaders and role models for younger swimmers.</p> <p>Swimmers in this practice group must demonstrate the ability to train at a level averaging 2,000 to 3,500 yards per practice session.</p> <p>Swimmers are encouraged to maintain an attendance of at least 3 to 4 practices per week and one meet per month.</p> <p>This group is well suited for swimmers 14-18 years old.</p> | <p>A swimmer must be at least 10 years old (or at the discretion of the coach), have 3 WSI State qualifying times, and perform the following criteria to enter the Green Group</p> <p>5 x 100 Freestyle on 1:50.00</p> <p>Break</p> <p>5 x 100 IM on 2:05.00 (each stroke legal)</p> |
| <p>Masters</p> | |
| <p>Swimmers in this group are 18 years of age and older. This group receives cutting-edge instruction in stroke technique with emphasis upon lap production/conditioning, and stresses individual development and improvement of the four competitive strokes, as well as starts and turns.</p> <p>Masters swimmers are encouraged to register with US Masters Swimming in addition to USA Swimming, though it is not required.</p> | <p>Priority is given to the age-group swimmers with regard to lane space and instruction. Therefore, swimmers in this group must also be able to follow workouts with limited assistance if needed.</p> |

PRACTICE SESSIONS

| | Mon | Tue | Wed | Thu |
|---|-----------|-----------|-----------|-----------|
| Learn to Swim or *Lane 1 | 3:30-4:30 | None | None | 3:30-4:30 |
| *Lane 1 athlete determined by coaches only. | 4:30-5:30 | None | None | 4:30-5:30 |
| White Group (Stroke Development & Non-competitive) | 3:30-4:30 | None | None | 3:30-4:30 |
| Red Group (Competitive Development ages 10 & under) | 4:30-5:30 | 6:00-7:30 | 6:00-7:30 | 4:30-5:30 |
| Blue Group (Competitive Development ages 11-14) | 3:30-5:30 | 6:00-7:30 | 6:00-7:30 | 3:30-5:30 |
| Green Group (Competitive Development ages 15-18) | 3:30-5:30 | 6:00-7:30 | 6:00-7:30 | 3:30-5:30 |
| Masters Group (ages 19 & over) | 4:30-5:30 | 6:00-7:30 | 6:00-7:30 | 4:30-5:30 |

FEES

1-8 Sessions/mo \$40.00/swimmer
 9-12 Sessions/mo \$55.00/swimmer
 Unlimited/mo \$65.00/swimmer
 Family/mo \$120.00/family

USA Swimming \$55.00/swimmer*
 Membership

*USA Swimming Membership is required for all swimmers. Annual dues are valid through December 2014.

Online Registration
 Fee \$5.00/swimmer

PAYMENT

Make payments to Lander Swim Club (LSC). Place payments in the black mailbox located in the pool lobby or mail payments to:

Lander Swim Club
 P.O. Box 27
 Lander, WY 82520

Payments in advance are appreciated. Billing will be sent the first week of the month. Late fees will accrue starting the 20th of the month.

The LSC contact for billing is: Norma Dufek @332-3220 or ddufek@bresnan.net

SCHOLARSHIPS

Lander Swim Club Scholarship financial aid is available to applicants who show willingness and commitment to participate as an active member of the Lander Swim Club (LSC), and who would be unable to participate without financial aid.

These scholarship dollars are made available through the support of the Lander Recreation Board and the generosity of alumni and friends of the Lander Swim Club. Our supporters realize the many benefits of the LSC to our community. They volunteer both time and money to expand the LSC Mission.

Scholarships will be awarded to offset the cost of LSC Club dues and LSC Team Swim Meet fees. The LSC Scholarship Committee awards funds based on financial need, demonstration of commitment to swimming, competitive focus, teamwork, and active parents as volunteers with LSC. Scholarship amounts are requested per swimmer by completing the application online at www.landersistimclub.org, under "Documents". Families must complete a separate application for each swimmer requesting scholarship money. When completing this application, please only request what you think you need. Scholarship awards are applied as a scholarship credit to your LSC account.

For more information, please see scholarship application.

How to apply

All applicants must submit:

1. USA Registration form (available at the pool during LSC practice or at www.landersistimclub.org) with USA registration fee attached or copy of current USA card. (Free and Reduced Lunch qualified recipients receive a discounted USA Registration)
2. Lander Swim Club Scholarship Application
3. Fremont County SD #1 Free and Reduced Lunch application or the most recent completed parent or parents' 1040 tax return form
4. Mail to or drop at:

LSC Scholarship Committee
P.O. Box 27
Lander, WY 82520

CLUB SOCIALS/MEETINGS

The annual Club Social/Meeting will be held in September. The date, time, and location will be announced. Club socials are planned to celebrate swimmer and team successes, to meet other swimmers and their families, and to conduct Club business. Social events are scheduled throughout the year. Check the website, calendar and bulletin board for any upcoming events.

SWIM MEETS

Meet information will be posted on the LSC tables in the pool lobby. We encourage all competitive development swimmers to target competing in each of the 5 events (freestyle, backstroke, breaststroke, butterfly and IM) dispersed over at least 3 meets this year. Team meets are designated by the coaching staff. Coaches attend team meets when there are 7 or more athletes participating or at the discretion of the board of directors. Meets are fun, team spirited events and support our goals. Swimmers achieving qualifying times for Wyoming State Championships Meet(s), Age Group or Senior Sectionals, and Western Zones are encouraged to participate in these events. For a full listing of meets being offered in Wyoming refer to the Wyoming Swimming Inc website at <http://www.wyomingswimming.org/>

COMMUNICATION

E-mail - LSC relies heavily on e-mail to communicate with LSC membership. Please be sure to give us your most updated information and inform us of any changes. landersistimclub@gmail.com

Website – <http://www.landersistimclub.org> The website contains a calendar of practices, events and re-schedules, parent information, pictures of the swimmers and coaches, and more.

Newsletters - Newsletters will be available on the LSC bulletin board at the pool and on the website.

Calendar – The Club's calendar will be available on the website. It includes practices, reschedules, swim meets, special events, and board meetings.

Bulletin Board - The bulletin board is located just inside the bleacher section by the stairwell and includes swimming news, membership activities, upcoming events, swim meet information, swimmer goals, and qualifying times.

Welcome to the Lander Swim Club!