



SUMMER 2015 TEAM INFORMATION

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:

USA Swimming <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 |
| Tim Hampton, Vice President | tjhampton@bresnan.net |
| Ellen Brinda, Treasurer | ellen.brinda@gmail.com |
| Susan Gray Gose, Secretary | susangraygose@wyoming.com |
| Mike Lilygren | mike@lilygren.com |
| Shana Tarter | shana_tarter@nols.edu |
| Mark Roy | rachaelmarkroy@gmail.com |
| Rachael Richards | rkrichards1@gmail.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
Erik DeClue

ASSISTANT COACHES

| | | | | |
|---------------------------|---------------|----------------|-----------------|----------------|
| Dillon Hedges Anderson | Halle O'Neal | Mike Trewartha | Candice Hudson | Greg |
| Chance Nelson | Kelsey Garcia | Drew Gramlich | Flynn Guerrieri | Sammy Crawford |

REGISTRATION AND ATTENDANCE POLICY

Swimmers must sign-up for specific practices, according to their swim group. Swimmers may only attend practices included in their group. If a desired group is full, a family may add their swimmer to the waiting list. If a swimmer wants to make changes to their practice schedule, their family must contact Lander Swim Club via email. When a swimmer intends to take a break for a month or more, the family must contact [Norma](#) via email by the 20th of the month about the following month, so billing can be paused, and the practice spots can be made available for other swimmers. If LSC is not notified and a swimmer does not swim at all during a given month, dues for that month will not be refunded. When a swimmer wants to return to practice after taking a break, they must contact Lander Swim Club via email to sign-up for an available practice time.

LEARN TO SWIM

Learn to Swim (LTS) 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. To be eligible to participate in the LTS program, 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.

LTS is in high demand, so there is a waiting list for the program. To add your child to the waiting list, email landerswimclub@gmail.com. Potential swimmers are placed on the waiting list according to their priority level. For more information regarding the LTS waiting list, please refer to the policy on the website, under "Documents". Once your swimmer has a spot in LTS, they must swim at least one time per month in order to keep their spot. If your swimmer is not going to swim during a given month or is going to take a break for a few months or more, please contact us as soon as possible, so we can put their name back on the waiting list and fill the spot.

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

SWIM GROUPS

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| Learn-to-Swim | |
| <p>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.</p> <p>Swimmers are encouraged to attend practice 2 times per week.</p> | <p>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.</p> |
| Lane 1 | |
| <p>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.</p> <p>Practice yardage is generally 300-600 meters.</p> <p>Swimmers are encouraged to attend practice 2 times per week and swim in local meets (Lander or Riverton) with coach's recommendation and permission.</p> | <p>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.</p> |
| White Group | |
| <p>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.</p> <p>Practice yardage is generally 500-1,000 meters.</p> <p>Swimmers are encouraged to attend practice 2 times per week and swim in local meets (Lander or Riverton).</p> | <p>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.</p> |
| Red Group | Meet 2 of 3 requirements: |
| <p>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.</p> <p>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.</p> <p>Swimmers are encouraged to attend a minimum of three practices per week and are encouraged to swim one meet/month.</p> | <p>4 x 50 Freestyle on 1:30.00</p> <p>Break</p> <p>4 x 100 Freestyle on 2:20.00</p> <p>Break</p> <p>4 x 100 I.M. on 2:40.00</p> |
| Blue Group | Meet both requirements: |
| <p>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.</p> <p>Blue Group practices include 1,500 to 2,500 yards per session. This group 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</p> | <p>4 x 100 Freestyle on 2:10.00</p> <p>Break</p> <p>4 x 100 I.M. on 2:25.00</p> |

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| of the athletes. Swimmers are encouraged to attend a minimum three practices per week and are encouraged to swim one meet per month. | |
| Green Group | Meet all requirements: |
| 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. Positive interaction with peers, and goal-oriented behavior will be stressed and required to achieve qualifying times for Age-Group Sectionals or Western Zones. 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. Swimmers in this practice group must demonstrate the ability to train at a level averaging 2,000 to 3,500 yards per practice session. Swimmers are encouraged to maintain an attendance of at least 3 to 4 practices per week and one meet per month. This group is well suited for swimmers 14-18 years old. | 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 5 x 100 Freestyle on 1:50.00 Break 5 x 100 IM on 2:05.00 (each stroke legal) |
| Masters | |
| 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. | 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. |

SUMMER 2015 PRACTICE SCHEDULE

| | Monday | Tuesday | Wednesday | Thursday |
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| Learn to Swim | 4:00- 5:00 pm M/W only | 4:00- 5:00 pm T/TH only | 4:00- 5:00 pm M/W only | 4:00- 5:00 pm T/TH only |
| Lane 1 | 4:00- 5:00 pm M/W only | 4:00- 5:00 pm T/TH only | 4:00- 5:00 pm M/W only | 4:00- 5:00 pm T/TH only |
| White, Red, Blue, Green Groups & Masters | 4:00- 5:00 pm, 5:00- 6:00 pm or 4:00- 6:00 pm | 4:00- 5:00 pm, 5:00- 6:00 pm or 4:00- 6:00 pm | 4:00- 5:00 pm, 5:00- 6:00 pm or 4:00- 6:00 pm | 4:00- 5:00 pm, 5:00- 6:00 pm or 4:00- 6:00 pm |

DUES/FEES

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| 1-8 practices/mo | \$45.00/swimmer |
| 9-12 practices/mo | \$60.00/swimmer |
| Unlimited/mo | \$70.00/swimmer |
| Family/mo | \$130.00/family |

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| Annual USA Swimming Fee | \$52.00/swimmer |
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| Seasonal USA Swimming Fee (Apr-Aug only) | \$30.00/swimmer |
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| Annual WSI Fee | \$5.00/swimmer |
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| Annual Reg. Fee | \$5.00/swimmer |
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****USA Swimming athlete membership is required for all Lander Swim Club swimmers. Lander Swim Club is a USA Swimming club and according to rule 302.1 Registration-- "All swimmers practicing with a member club or competing in events sanctioned by USA Swimming must be registered as athlete members of USA Swimming."**

PAYMENT

When you register, you will have the option to electronically pay with your credit card or e-check. Accounts will be checked on the first of each month, and if payment is not received, your swimmer will not be allowed to swim until payment is submitted.

If you choose to pay offline with cash or check, you may drop off payment in the LSC box in the pool lobby. Make payments to Lander Swim Club (LSC) and please make sure you label your payment with your name. Offline pre-payment is still due by the 20th of the month for the following month.

Swimmers will be billed unless Norma has been notified via email (ddufek@bresnan.net) by the 20th of the month that the swimmer will not be participating during the following month. The attendance roster will be checked at the end of the month to determine how many practices the swimmer has attended. At that time, billing will be adjusted and the difference will be due with the following month's billing. To check account balances, update your information, or access your swim portal, go to www.landersistimclub.org and click on "Login". For more information, go to www.landersistimclub.org and refer to the LSC Billing Policy under "Documents".

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

SCHOLARSHIPS

Lander Swim Club 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 dues and LSC Team Meet fees. The LSC Scholarship Committee awards funds based on financial need and demonstration of commitment to swimming. Families must complete a separate application for each swimmer requesting scholarship money. In completing this application, please only request what you think that you need. Scholarship awards are applied as a credit to your LSC account.

While there is no specific application deadline, LSC scholarship funds are limited and are awarded on a first come, first serve basis. Applications will be reviewed within two weeks of receipt of the completed application, and all applicants will be notified by email as soon as possible. Awarded scholarships are valid for one year.

Misconduct, as defined by the LSC Code of Conduct, is grounds for loss of scholarship.

How to Apply

All applicants must submit:

1. Lander Swim Club Scholarship Application
2. Fremont County School District #1 Free and Reduced Lunch application or the most recent completed parent(s) 1040 tax return form

Online registration with Lander Swim Club, including the required USA Swimming membership must be completed. Free and Reduced Lunch qualified recipients receive a discounted USA Registration fee.

Drop required documents in the LSC black box in the pool lobby or mail to the LSC Scholarship Committee, PO Box 27, Lander, WY 82520.

CLUB SOCIALS/MEETINGS

Club socials are planned to celebrate swimmer and team successes, to meet other swimmers and their families, and to conduct business and are scheduled throughout the year. Check the website, calendar and bulletin board for upcoming events.

SWIM MEETS

Meet information will be shared via email, posted on the LSC website on the "Events" page, and posted on the LSC table 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 update any changes. You can update your contact information by going to www.landersistimclub.org and click on, "Login". Lander Swim Club's email address is 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 emailed and on the website.

Calendar – The 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.

Welcome to Lander Swim Club!