

## **SPRING CREEK SWIM TEAM PARENT MANUAL**

### **THE SPRING CREEK SWIM TEAM MISSION**

Provide children with the opportunity to learn to swim in a fun and exciting environment. Participation teaches a variety of strokes for meet competition while fostering neighborhood pride and friendships.

### **COACHING STAFF**

We are thrilled about having Kolbe Ledgerwood joining the Hurricanes coaching staff this summer. Kolbe is currently co-coaching the swim team at the Pat Jones YMCA where he has been working to rebuild their team. Kolbe grew up in Mountain View, a small town east of Springfield where his 15 year swimming career took hold. Having a swim coach as a parent, Kolbe started swimming at a young age, first as a summer swim team kid and later joining the SPA swim team and his High School team. Today, along with working towards his EMT certification, Kolbe is passionate about helping kids become the best swimmers they can be. Kolbe is excited about the opportunity to share his swimming knowledge and coaching techniques with the Hurricane swim team and is looking forward to meeting all the Hurricane swimmers!

Also joining us this summer is the one and only Taylor Lowry. Many of you may already know her as her sparkling personality tends to draw people in. Taylor has been swimming for 9 years and she has just wrapped up her final season at Kickapoo High School. In the fall, Taylor will be attending Southeast Missouri State University to pursue a career in behavioral education. She loves coaching and working with kids and is super excited for the summer season with the Hurricanes!

### **SWIMMER ASSESSMENT DATE: Friday, May 24th (tentative)**

10am-11am for ages 10 and under

11am -12pm for ages 11 and up

### **SWIM PRACTICE: Start Date: Tuesday, May 28th**

To give each swimmer as much personal attention as possible, Spring Creek has broken its practices into three sessions based on skill level.

MONDAY thru FRIDAY    Platinum: 8:00-9:30    Gold: 9:00-10:15    Silver: 10:15-11:00

If you will miss a series of practices due to vacation, camp, etc. please notify your coach.

Only those swimmers designated to each practice time will be allowed into the main pool. If younger siblings need a place to cool down they may use the baby pool under adult supervision.

Please be mindful that practice time is limited. If you have anything to discuss with the coaches, please do so outside of practice time. Contact information is provided on the bottom of last page.

### **INCLEMENT WEATHER**

Always assume we will have practice/meet. Practices will be held unless it is thundering and lightning without hope of clearing. To receive text messages when cancellations or last minutes changes are needed please text "@springcree" to 81010.

## EQUIPMENT

**Team suits** are optional, but encouraged. We are ordering custom suits again this year! Girl suits cost \$40 and Boy suits cost \$25 (if ordered prior to April 30<sup>th</sup>). Please contact Kolbe Ledgerwood to order your suit. Actual cost of suits are approximately \$56 for girls and \$39 for boys plus shipping and handling. If you desire a suit after the deadline, you will be required to pay full cost plus shipping.

**Goggles** are necessary. You may purchase any style you choose. From personal experience, I caution you that cheap goggles don't always work/last. I would encourage you to purchase quality goggles, my children all like the vanquisher jr. goggles.

**Caps:** One team swim cap will be provided to each swimmer registered prior to April 28th. Additional caps may be purchased for \$5 each.

## PARENT INVOLVEMENT

Parental involvement is essential to the success of Spring Creek Swim Team. We will only be hosting one or two meets this season. Please plan to help in one of the following capacities:

**Timer:** Responsible for operating the stop watches and recording the race times for each swimmer in the timer's designated lane (five timers needed – one per lane and one back up timer)

**Ribbons:** Marking the ribbons with the swimmer's name and time and separating them by teams (four volunteers needed each meet)

**Runner:** Responsible for taking the marked cards from the timers to the ribbon volunteers at the end of each heat.

**Announcer:** Responsible for making announcements and starting the races

**Bullpen:** Responsible for getting swimmers into correct heats/lanes

**Concessions:** Thanks to Eventful Rental, we do plan on having a concession stand at our meet this year and we will need a couple volunteers to help run it.

**Stroke Judges:** Watch specified lanes to make sure swimmers are complying with individual stroke guidelines. Training clinic will be provided. Our team must provide a stroke judge for all meets (home and away), so it is important that we have more than one parent receive training. Please let the coach know if you are willing to attend the stroke judge training.

No experience is necessary and on-the-job training is provided ☺

## SWIM MEETS

Swim meets are a great time for swimmers to showcase their swimming skills to family and friends. Below are some guidelines to help you through your first couple of swim meets.

- 1) Arrive at the pool at least 15 minutes prior to the scheduled warm-up time
- 2) Upon arrival, find the designated team area and unpack your swimmer's towel and bag
- 3) Check in with your coach
- 4) Write each event number with a sharpie on your swimmer's arm if you so desire
- 5) Swimmer now gets cap and goggles and reports to coach for warm-up instructions
- 6) After warm-up, your swimmer will go back to the area where his/her towels are and sit there with team until swimmers event is called

- 7) When swimmer's event is called, swimmer reports to the bullpen and hands swim card to designated person who will mark card with their heat and lane numbers
- 8) Swimmer will hand their card to the timers when it is their turn to swim.

### **BEHAVIOR**

Swimmers are expected to be well mannered and sit in the team's designated area when they are not swimming an event. STAYING IN DESIGNATED AREA IS VERY IMPORTANT as swimmers will receive event cards for each event they swim. Swimmers must have event card in order to compete.

### **MEET ATTENDANCE**

It will be required to sign up for each meet you wish to participate in. Sign-ups will be posted and announced at least 3 days prior to scheduled meets.

### **TIME TRIALS**

This "meet" gives swimmers an opportunity to swim in meet like conditions prior to first scheduled competition. It will give swimmers a benchmark and allow coaches to assess our team's strengths and area's for improvement. Time trials will also provide parents an opportunity to see how a meet is run with hands-on practice before we host our meet.

### **CHAMPIONSHIP MEET**

This is a big meet and is very exciting for our swimmers. Diving blocks and electronic touch pads are used, meet shirts and concessions are available. The Championship Meet will be held at Drury tentatively scheduled for Thursday, July 11<sup>th</sup>. All Spring Creek swimmers are encouraged to participate. Last year Spring Creek finished 2nd at the Championship Meet and continued to narrow the gap to the coveted first place!

### **PERSONAL RECORDS**

It is a goal of Spring Creek Swim Team to help all swimmers improve their swimming abilities. Time improvements should be rewarding. Whether your swimmer took home the blue ribbon or no ribbon at all, if swimmer shaved a second or two from previous best time, it is a victory. Swimmers will be recognized each time they achieve a new "PR" personal record.

### **T-SHIRTS/TEAM SPIRIT**

We encourage all swimmers to wear their team shirts to each meet to show team spirit. Swimmers should support all teammates through cheering, pats on the back, words of congratulations, etc. Team shirts are also available to fans for \$12 each. GO SPRING CREEK HURRICANES!!

## **Welcome to the 2019 season of the Spring Creek Swim Team!**

### **IMPORTANT PHONE NUMBERS**

Kolbe Ledgerwood, Head Coach (417) 247-0002, kolbe.l.9@gmail.com  
Taylor Lowry, Assistant Coach (417) 350-3955, tml2900@yahoo.com  
Mindy Witte, Manager (573) 489-3549, mindywitte@gmail.com