



2011 LJCC Summer MCAL JSSC Summer Swim Team Information



Welcome to the Levite Jewish Community/MCAL Summer Swim Team. We welcome the families and children of our club and look forward to providing a competitive, fun and safe learning environment. Swimming is a unique sport, because it is an individual sport but ultimately a team sport. The sum of the individual performances of your children determines a win or loss as a team, so let's encourage all of our swimmers to do their very best and go LJCC.

LJCC is a member of the Jefferson Shelby County Swim Council, www.swimjssc.org. We encourage parents to check this website on a regular basis for standings and updates. The JSSC consists of four divisions and a number of teams citywide, we are in Division One. The JSSC is the governing body that determines our meet schedule, sets time standards and establishes the rules governing our meets. Our league follows the U.S.S. Swim Association guidelines to ensure safe and equitable competition for all swimmers.

2011 Swim Team Coaching Staff
(Subject to Change with additions)
Cal Elder, Dena Richards, Liz Elder, Jennifer Campbell, Tara Robertson, John Besse
and various Senior MCAL swimmers

Please hold questions and comments until the end of practice. If you need to speak directly to a coach, please come before or after practice. Feel free to contact Cal Elder- LJCC Summer swim team program director) 541-4737 or coachcal@mcalswim.com if you have further questions. You may also go to WWW.MCALSWIM.COM for more information. There is a separate page for LJCC summer Swim Team. Welcome to the swim team. The information in this guide contains some of the more frequently asked questions you may have and will give you a little more knowledge for your swim team experience.

2011 Swim Team Schedule

Assessment Week:

Monday, May 16: First Placement workout @ 5:30 PM in Indoor Pool
Tuesday, May 17: Second Placement workout @ 5:30 PM in Indoor Pool
Wednesday, May 18: Third Placement workout @ 5:30 PM in Indoor Pool
Thursday, May 19: Fourth Placement workout @ 5:30 PM in Indoor Pool
You only need to come one day and be assessed.

Early Bird Week:

Monday, May 23th: First Day of Afternoon Practice @ 5:30 PM
Parents Meeting on Pool Patio (or suitable alternative) @ 6:00 PM

Special Dates:

Thursday, June 16th: LJCC Team Pictures @ 4:00 PM
Sunday, August 14th: LJCC Swim/ Banquet 5:00 PM

Meet Schedule (To be determined later)

Practice Schedule & Information

There are morning practices Monday through Friday as well as afternoon practices when there is no meet or weather permitting. Attending all practice times is not mandatory but is encouraged.

WEATHER POLICY:

Occasionally a practice start time will be delayed due to inclement weather may be cancelled due to weather. If you are in doubt, please call 879-0411 or check the MCAL website at www.mcalswim.com

Tentative Schedule

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Captains 6:30-8:30 AM	Captains 6:30-8:30 AM	Captains 7:30-9:30 AM	Captains 6:30-8:30 AM	Captains 6:30-8:30 AM
Lieutenants2 7:00-8:30 AM	Lieutenants2 7:00-8:30 AM	Lieutenants2 8:00-9:30 AM	Lieutenants2 7:00-8:30 AM	Lieutenants2 7:00-8:30 AM
Lieutenants 7:15-8:30 AM	Lieutenants 7:15-8:30 AM	Lieutenants 8:15-9:30 AM	Lieutenants 7:15-8:30 AM	Lieutenants 7:15-8:30 AM
Sergeants 8:30-9:30 AM	Sergeants 8:30-9:30 AM	Sergeants None	Sergeants 8:30-9:30 AM	Sergeants 8:30-9:30 AM
Recruits 8:45-9:30 AM	Recruits 8:45-9:30 AM	Recruits None	Recruits 8:45-9:30 AM	Recruits 8:45-9:30 AM
Basic Training 1 8:30 – 9:00 AM	Basic Training 1 8:30 – 9:00 AM	Basic Training 1 None	Basic Training 1 8:30 – 9:00 AM	Basic Training 1 8:30 – 9:00 AM
Basic Training 2 9:00 – 9:30 AM	Basic Training 2 9:00 – 9:30 AM	Basic Training 2 none	Basic Training 2 9:00 – 9:30 AM	Basic Training 2 9:00 – 9:30 AM
	When No Meet			
Recruits 3:20-4:00 PM	Recruits 3:20-4:00 PM	Recruits 3:20-4:00 PM	Recruits 3:20-4:00 PM	Recruits 3:20-4:00 PM
Sergeants 3:15-4:00 PM	Sergeants 3:15-4:00 PM	Sergeants 3:15-4:00 PM	Sergeants 3:15-4:00 PM	Sergeants 3:15-4:00 PM
Lieutenants 4:00-5:00 PM	Lieutenants 4:00-5:00 PM	Lieutenants 4:00-5:00 PM	Lieutenants 4:00-5:00 PM	Lieutenants 4:00-5:00 PM
Lieutenants2 4:00-5:15 PM	Lieutenants2 4:00-5:15 PM	Lieutenants2 4:00-5:15 PM	Lieutenants2 4:00-5:15 PM	Lieutenants2 4:00-5:15 PM
Captains 4:00-5:30 PM	Captains 4:00-5:30 PM	Captains 4:00-5:30 PM	Captains 4:00-5:30 PM	Captains 4:00-5:30 PM
Capt /Lieut 6:00-7:30 PM Rain Make up (If possible)	Capt /Lieut 6:00-7:30 PM Rain Make up (If possible)	Capt /Lieut 6:00-7:30 PM Rain Make up (If possible)	Capt /Lieut 6:00-7:30 PM Rain Make up (If possible)	

Group Description

Basic Training – (Ages 4-7) Beginning swimmers learning the basics of competitive stroke techniques. Participants must be able to swim the width of the Outdoor pool while breathing on their own with no float devices. Swimmers not meeting this requirement will be encouraged to do private or group lessons at the LJCC.

Recruits - (Ages 5-9) Swimmers learn the basics of competitive stroke techniques. Must have 2 strokes legal and swim 25 yards less than 40 seconds

Sergeants - (Ages 6-11) A higher level of stroke and turn awareness is taught with emphasis on educating both parents and swimmers about competitive swimming. Must have 3 strokes legal and swim 25 yards under 30 seconds

Lieutenants - (Ages 7-13) for the more committed swimmers, a challenging, endurance-building level with continued emphasis on technique and personal improvement. Swimmers 7 and 8 must have 6 JSSC Championship time standards. Must have 4 strokes legal and swim 50 yards free less than 40 seconds

Lieutenants II - (Ages 9-15) for a more committed swimmer in transition to the Captain's group. Swimmers 9 and 10 must have 6 JSSC Championship time standards

Captains - (Ages 11 and up) for the most competitive swimmers. Swimmers 11 and 12 must have 6 JSSC Championship time standards. Emphasis is on achievement through personal improvement and self-discipline. Training focuses on endurance, stroke/turn technique and speed.

General Swim Team Information

1) Values & Philosophy:

The LJCC/MCAL summer league team will pursue learning the four competitive strokes. The methods used have been very successful in teaching and training swimmers to perfect each stroke. Each summer, the team consists of all levels of swimmers. The coaches will focus on each individual by helping him/her to work on perfecting each stroke. With that in mind, the swimmers will be encouraged to swim different strokes at the summer meets. Positive motivation and improvement will be emphasized above all else. Swimming is a very motivating sport because it emphasizes both team and individual. Each swimmer will be motivated to work hard when success in a certain stroke is achieved. Therefore, the coaches will focus on each swimmer receiving our maximum attention in order that he/she may work hard to "meet the challenge".

Integrity and Fairness - We will operate all of our programs, services, and relations at the highest level of integrity and fairness.

Positive environment - We provide programs, competitions, and working environments that are healthy, safe, and rewarding.

Leadership - We will demonstrate personal and organizational leadership in all that we do.

Excellence - We expect the best in all aspects of our sport.

Innovation and Creativity - We will continually develop and maintain programs and services that are innovative and creative

2) Practice and Cancellations

There are many times offered to practice. Your goals should dictate the number of workouts you will attend each week. Please stay within your specific group's work out time unless specified. You may swim down in another group (you will do their practice, not your own), if there is a scheduling conflict, but you cannot swim up. I do ask that each child arrive at least 5 minutes early so we may start on time. Parents, if your child has to leave early, you need to let us know personally before practice or with a note. We will not let children leave the deck early without prior notification. Any child misbehaving will be sat out of practice, and you will be notified at the time, or the night of the problem. Please let your child know this. Children will not be let go unattended during practice time. Also, if there are any severe weather warnings for times that fall during practice, you may assume that there will be no work out. LJCC pool is closed when there is thunder in the area. If there is a passing storm we will exit the pool and do dry-land exercises until practice is called off or we can re-enter the pool.

3) Registration

Every child must fill out the following forms: LJCC/MCAL Registration, and Medical History. Also, please turn in to me a list of your child's fastest times if you are new to this team. If you swam somewhere else over the winter, and improved your times since last year, please update the times I have from last year.

4) Information Updates

Parents, if your child misses practice for an extended amount of time, you need to check your E-mail. You will receive any news or last minute changes.

5) Improvement Awards

We will be giving out improvement ribbons for best times achieved at swim meets. These will be handed out the Thursday following the dual meet.

6) Team Picture

To be taken at the club and will be professionally done. We will have Team, Individual and Family photo options available to purchase.

7) LJCC/MCAL End of Season Awards

Trophies – All LJCC/MCAL summer swimmers will be awarded a trophy at the “End of the summer” party. Special recognition will be given to the overall Team High Point winners, Senior County Meet Qualifiers, etc. Each swimmer will receive one trophy for the highest level achieved.

Participation-	No Meets and Practice Only
Team Trophy-	10 points or 2 Dual meets
County Qualifier	Make the SC county time standard And compete in 2 dual meets
All Club Trophy-	30 points or Compete in 4 Dual meets and compete in VSA Inv or Div Champ or Compete Individually at JSCS County Meet
All Star Trophy-	70 Points or 5 Dual meets and VSA participation or Div Championships or Individual Placing at County Championships or 6 Sr Co qualifying times age group or Your relay places top 3 at County Championships
Most Valuable	Male and Female total LJCC points scored in any JCSC competition during the 2011 season

8) JCSC End of season Awards

You will be notified by the JCSC Board if you receive one of the three awards:

Merit

All County

All Stars

General Meet Information

There are afternoon dual meets and other invitational's to attend. There are extra fees for the invitational meets, Guppy meets and some intra-squad meets, but not Tuesday night Dual Meets. This schedule is set by the JSSC and will be determined later and sent to you as information becomes available.

-Dual meets:

Parents are required to help run the meets. They last about four hours and are held on Tuesday nights. Rain date is typically the following Thursday night. Check the schedule to see when and where. Remember that warm ups start around 1 hour before the meet begins. Parents please return the "Meet Participation" form. It lets the coaches know not to enter kids who will not be at meets and helps in making relays for the meet. The meets are long enough and this small form can make meets run more quickly. At all meets, the coach will need relay helpers to help manage the kids.

Age Groups - Swimmers compete within their age group as follows:

6&U, 7/8 years, 9/10 years, 11/12 years, 13/14 years, and 15-18 years.

Relays are grouped 18 and under, 14 and under, 12 and under, 10 and under, and 8 and under. Relays will be formed using the fastest possible 4 swimmers available at the swim meet. Fastest times from the individual 50 free (25 free for 8 and under) are a major factor in deciding the relays, but an individual performance on the relay will be considered. This will be the coaching staff's decision. If you are not sure about relays for the meet, see Cal, or the other coach, before you leave the pool. We may have multiple relays.

Awards given at meets are heat winners and ribbons for the top 6 placers overall in the event. In most age groups there will be a couple of heats. Parents please work with the coach's to help get the kids to be aware of this so they will have some sense that they may not get a meet ribbon. Also, make them aware of the Best Time Awards so they will continue to try and improve.

General Home Dual Meet: Warm Ups 3:00 p.m.
(Cost-free) Meet Starts 4:00 p.m.

Away Dual Meet: Warm Ups 4:00 p.m.
(Cost-free) Meet Starts 5:00 p.m.

Invitational Meet: 10 and under in Morning: Warm Ups-7:00 a.m. Meet Starts 8:00 a.m.
(Cost vary) 11 and older in Afternoon Warm Ups-not before 11:00 a.m. Meet Starts 12 noon.
There will be an additional charge for these. You will need to register by the deadline or your child will not be entered. Please make all the checks for meet entry fees out to MCAL. Once entries have been turned in, there will be no refunds. If your child (ren) do not swim in the meet, you are still responsible for paying the meet entry fees. Parents, if you register for a meet by mistake and do not catch it and your child is entered in the meet, you will be responsible for any fees incurred.

Guppy Meet: For 10 and under swimmers who have not achieved a County
(Cost around 10.00) Qualifying Time in a particular stroke or event. Warm up times vary by host pool.

There will be an additional charge for these. You will need to register by the deadline or your child will not be entered. Please make all the checks for meet entry fees out to MCAL. Once entries have been turned in, there will be no refunds. If your child (ren) do not swim in the meet, you are still responsible for paying the meet entry fees. Parents, if you register for a meet by mistake and do not catch it and your child is entered in the meet, you will be responsible for any fees incurred.

Intra squad meets Open to all LJCC swimmers. We will host 2 to 3 over the course of the
(Cost around 10.00) season. All events including distance free and IM will be contested at these meets and should last no longer than 2 hours in the Indoor Pool.

Directions and start information to away meets and will be sent via email and website.

MEET WEATHER POLICY:

Occasionally a meet start time will be delayed due to inclement weather and a meet may be temporarily delayed during the competition due to weather. If you are in doubt the afternoon of the meet, please call 879-0411 or check the MCAL website at www.mcalswim.com

What to do:

Arrive on time for warm ups. If late check with coach.
Listen for the Clerk of Course to call your swimmer's event to line up for his or her events.
Check with coach and see if your swimmer is in a relay, this is really important!
Do not leave the swim meet without notifying the coaching staff.

What to bring:

Money for a Heat Sheet (\$2 - \$5) – tells you who is swimming which events
Two towels per swimmer
Folding chairs
Healthy snacks and plenty of water (Gatorade for over one hour of competition) for your swimmer to enjoy between events
Games and books

Fee Payment:

Should be paid at time of registration. Please attach check(s) to forms. Meet fees and other payments can be dropped off at the indoor pool MCAL mail box located in the deep end on the wall. You may also send payments to:

MCAL

4759 Quarter Staff Rd

Birmingham, AL 35223

Please make all checks payable to MCAL.

2011 LJCC SUMMER SWIM TEAM PARENT VOLUNTEER OPPORTUNITIES

It takes you, the parents, to operate the Home Meets, so **we need your help!** It is a fun way to take part, meet other LJCC parents and watch your children swim up close. These are some of the volunteer opportunities which are available. Each Home meet you need to volunteer for a job of your choosing when option is given. If you have not volunteered, one will be assigned. If that job is not performed, there will be a 25.00 fine added to your MCAL Account.

Meet Director: Individual responsible for physical set-up and conducting of meet and assigning workers. I would like to have 3 knowledgeable persons

MEET OFFICIALS: Parents take a JSSC sponsored class (dates to be set) to obtain the certification to either be a stroke and turn, Starter, or Meet Referee. I would like to have 10 certified officials. Class is normally 3 hours.

Referee (1): This position has jurisdiction over all other deck officials. He or she is the final authority on all rules discrepancies. This position may be combined with the Starter.

Starter: Must assure a fair start for all swimmers. Must call false start on any swimmer who leaves the starting blocks early, or delays the race in any way. Dual confirmation with the Referee is required for a false start disqualification if not combined.

Stroke and Turn Judges: Each team in a dual meet supplies one or 2 stroke and turn judges. Each judge is generally assigned the three lanes nearest him. The Stroke and Turn Judge must see that each swimmer in his lanes swims the stroke according to the rules, including the entry, stroke, kick, touch, turns and finish.

Meet Volunteer Coordinator: Responsible for checking that parents do the assigned job the day of the meet.

TIMERS: Timers operate the stop watches and back up timing system at each lane. This is a great spot for watching your children swim. (13 volunteers each shift; 6 for the first shift, 6 for the second shift, 1 head timer)

CLERK OF COURSE: (2 Sets for each- 8 and under and 9 and over. These workers help organize the swimmers line up for their heats, which is necessary for the youngest members of our team. When their event is called, swimmers go to the Clerk of Course. 8 and under swimmers will receive a "lane card" which tells their event, heat and lane assignment.

Assistant Clerk of Course: Helps Clerk of Course by assuring that all swimmers, especially young swimmers, have correct lane cards. In addition, the Assistant Clerk of Course leads swimmers to the area behind the starting blocks and checks to be sure each swimmer is behind the correct starting block

These are crucial jobs to run a quick meet, but can be learned very easily.

RUNNERS: Runners deliver the time sheets from the Timers to the computer workers so the times can be entered. Also pick up DQ slips from Meet officials. If you can walk fast, you can be a Runner. (2-3 each shift)

PLACE JUDGE: One of two people working together to judge and record the swimmers' order of finish for each heat. (2 each shift)- We will also be asked to supply these at away meets as well.

AWARDS: Awards volunteers work during the meet with the computer operators to attach labels to the ribbons the swimmers earn in each of their events (2 total). Generally this person(s) has to stay at the meet after it is done for 15 or 20 minutes. A second heat winner person will also hand out Heat Winner ribbons for each race(1).

COMPUTER OPERATORS: Please let us know if you have worked with Meet Manager or would like to learn it. (3 total)-1 would like to have 6 knowledgeable operators on team.