



LAKE CAMELOT SWIM TEAM

2025 Parent Handbook

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Welcome!

Dear Swimmers & Parents –

Welcome to the Lake Camelot Swim Team! We are so excited for this season and have many fun things planned. This handbook serves as a guide for the summer swim team, helping answer many of your questions. If you see something we missed, please do not hesitate to reach out to one of us or a seasoned swim team family member.

Family volunteers are responsible for every aspect of the team, minus coaching. We host home meets, schedule activities, manage fundraisers, cover fees and expenses, and oversee everything necessary to provide our kids with a rewarding and memorable experience. Volunteerism is a must—please be generous with your time—it's all for the swimmers!

Being part of the Aqua Knights is about more than just swimming. It's about teamwork, camaraderie, responsibility, volunteerism, respect, honesty, learning to set goals, a competitive spirit, family, and having fun. We are excited to provide this opportunity for our community. Please let us know if there's anything we can assist you with.

2025 Aqua Knights Parent Committee

Kara Hahn, Co-Chair

Klh1280@gmail.com

Brenda Bleichner, Co-Chair

Kristin Hedge, Treasurer

Molly Dickinson

Holli Green

From the Coaches

Congratulations on your decision to be an Aqua Knight! We aim for each swimmer to grow and develop while learning to swim competitively. We have high expectations of our swimmers and expect 100% effort at every practice and event.

To be an Aqua Knight, you must be committed to the team, motivated to work hard every day, and serve as a role model both in and out of the pool. We look forward to a fantastic season!

Swimmer Expectations:

- Come prepared for practice and meets with the necessary items (list provided in this book).
- Have a positive attitude.
- Follow directions from the coaching staff.
- Be respectful and kind to teammates, coaches, and parents.
- Sit with the team during meets and pick up after yourselves.
- Follow pool rules.
- Swimmers with chin-length hair or longer are required to wear a swim cap.
- Work hard!

Coaches Expectations:

- Provide stroke instruction.
- Encourage safe swimming habits.
- Provide discipline and supervision during practices and meets.
- Determine line-ups for competitions.
- Maintain open communication with parents, swimmers, and other coaches.
- Be a role model for positive behavior.

Parent expectations:

- Be encouraging and supportive.
- Help at meets as needed by the coaches and parent committee.
- Be a positive role model for our swimmers in sportsmanship.
- Address any issues with the coaching staff in private.
- Help ensure your swimmer is on time for practice and meets.
- Communicate with coaches regarding swimmer absences.

We are here to help your child grow as a swimmer and teammate. Please do not hesitate to me with any questions about swim instruction and training.

Terry Depew, Head Coach

630.542.2428 (cell) or aquaknightsswim@gmail.com

2025 Lake Camelot Swim Team Meet Schedule			
Date	Day	Versus	Location
June 12	Thursday	Metamora	Away 116 N. Douglas St. Metamora IL 61548
June 17	Tuesday	Washington	Home
June 26	Thursday	Arrowhead*	Home
July 1	Tuesday	Pekin	Away Pekin High School 320 Stadium Dr Pekin IL 61554
July 8	Tuesday	Morton	Away Idlewood Park 451 E Idlewood St Morton IL 61550
July 10	Thursday	Roanoke*	Home
July 15	Tuesday	Peoria Y / Mason City*	Home Senior Night Duck Race Fundraiser
July 17	Thursday	Open Water Swim (OWS)	Lower Lake
July 18	Friday	Rain Date for OWS	Lower Lake
July 25-26	Fri/Sat	Conference Swim Meet	Five Point Washington 360 N Wilmer Rd Washington IL 61571
July 27	Sunday	End of Season Celebration 7:00 PM – 9:30 PM	Lake Camelot Clubhouse And Pool

Home Meet Schedule:

- Pool closes to public @ 4:30 pm & set up begins.
- **Aqua Knights warmups begin @ 5:00 pm**
- Opposing team warmups begin @ 5:20 pm
- **Meets begin @ 5:45 pm**
- Teardown immediately following the last event.

Eligibility, Fees, & Registration

The minimum requirement for participation is the ability to swim the entire length of the pool (25 yards) freestyle and backstroke without stopping and using proper breathing. **First-time team members** are eligible for a one-week free trial period. After the free trial week, a refund will be issued for any child unable to meet the minimum requirement. Participating swimmers will receive instruction on four strokes: freestyle, backstroke, breaststroke, and butterfly.

Swim team registration dollars cover the costs of coaching, equipment, and any meet-related expenses.

- Lake Camelot Membership:
 - \$100 for the first child; a \$10 discount applies to each additional child.
- Non-Member:
 - \$110 for the first child; a \$10 discount applies to each additional child.
- Fees are due at registration and include a team swim cap and t-shirt.
- Contact for Fees & Payment: Kara Hahn @ klh1280@gmail.com
- **Checks should be made payable to:** *Lake Camelot Swim Team.*

2025 Practice Schedule

Daily (Monday – Friday) – this includes days where swim meets are also scheduled.

- First practice - Tuesday, May 27th
- Last practice - Friday, July 25th

Please arrive a few minutes early – it's "toes in the water" at your start time! Changes or cancellations due to weather will be communicated via Remind.

13 years and over:	8:00 am – 9:00 am
11 – 12's:	9:10 am – 10:10 am
10 and under:	10:15 am – 11:00 am

Attendance Policy & Guidelines

Swimmers are strongly encouraged to attend all practices. Swimming requires endurance, which is gained through consistent practice. However, we understand that summer is a time for activities and vacations and that your attendance may not be 100%.

- Please do not send your swimmer to practice or a meet if they are feeling ill.
- Please notify the coaches if your swimmer will be absent from practice or a meet.
- Please be dressed and ready upon arrival, wearing a suit, cap, goggles, a towel, and a water bottle.
 - Long hair must be pulled back in a ponytail if not wearing a cap.
 - Lounge chairs will not be used – items will be left at the tables near the snack shack.
- Please note that only swimmers are allowed inside the pool area. Parents and siblings must wait outside in the grassy area, picnic tables, or playground.

Team Communication

Remind: Remind 101 will be used for practice reminders, schedule changes, or cancellations.

Account: **Aqua Knights2025@ck964b**

To join Remind, send a text to 81010.

Text this message: @7dkhhe2

Facebook Team Page: The Aqua Knights 2025 team page will share updates about meets, fundraisers, and social events.

Email: Direct to the coaches to discuss individual swimmers @ aquaknightsswim@gmail.com

Equipment & Clothing Requirements

For Practices:

- Swimsuit
- Swim Cap – required for all swimmers with chin-length hair or longer.
- Slides or Flip Flops
- Goggles
- Towel(s)
- Water bottle
- Warm clothes (sweatshirts, sweatpants) for use before and after you are in the water.

For Meets:

- ALL OF THE ABOVE
- 2-3 towels recommended for drying off and sitting on in between events.
- Sharpie Marker – to write your event numbers on your arm or leg.
- Healthy Snacks – fruit, granola bars, Gatorade, etc.
- Cash for concession stands.

Please label your belongings, such as swim caps and team shirts, to avoid loss or confusion.

It is recommended that you purchase an additional swim cap for practices. These can be found at Walmart, Target, and Amazon.

Team Suits

You are not required to purchase a team suit. A blue or black one-piece suit / jammers of your choice are fine.

To purchase this suit, please visit Kiefer Aquatics online:

<https://theswimteamstore.net/lake-camelot-swim-team.html>

User: lcst

Password: Camelot



Quick
view

Arena Women's Crackle Lightdrop Back

SKU: LT007911

\$65.00



Arena Men's Crackle Jammer

SKU: LT007920

\$45.00



Volunteers & Home Meets

Lake Camelot Swim Team's only paid positions are those of the coaches. The registration fees help cover these wages, the costs of ribbons, supplies, and pool equipment, and meet other expenses. We take great pride in providing a positive experience for our swimmers and competing teams! We are grateful for the opportunity to showcase our pool and team as an asset to the community.

A smooth, well-organized meeting **requires ~30 volunteers. The committee asks each family (1 volunteer per meet) to commit to helping at two home meets this season.**

The week before each home swim meet, a volunteer sign-up will be posted via email and on the team's Facebook page. Within 48 hours of the meet, open slots will be assigned to family members based on the roster of participating swimmers.

Volunteer Positions:

Timers (12 per meet): Teams of 2 (2 timers per lane) will use a stopwatch to time each event in their assigned lane, record the time for the swimmer or relay on an event card, and then turn the card over to the assigned runner, who will collect them for meet entry. ****Timer Training is held 15 minutes before the start of every home meet****

Bullpen Manager (2 needed per meet): These volunteers will line up the swimmers for each event and direct them to their assigned lane.

Runner (1 per meet): Collects timecards from the timers on deck and delivers them to the scoring table.

Meet Manager (2 per meet): Responsible for entry of all event times into the computer system.

Announcer (1 per meet): Announces swimmers' lane assignments and other information and updates throughout the meet.

Starter (1 per meet): The starter will announce each event, notify the swimmers when to take their mark, and signal the start of the race.

Ribbon Table (2 per meet): Ribbons are awarded to swimmers who place first through sixth in each event. Once the meet manager completes the time entries, volunteers will organize ribbons and attach printed labels.

Set Up (2 per meet) Tear Down (2 per meet): Responsible for the setup of tables, equipment, and items needed for the Meet Manager & ribbon stations; trash removal on pool deck/locker rooms.

2025 Fundraising Events

On **Saturday, June 28th** the Aqua Knights will host the **Lake Camelot 4th of July Pancake Breakfast**. Volunteers are needed to set up the evening before, cook, bus tables, serve drinks, and help with tear down and clean up. This is a fantastic event for the community, an excellent way for the team to give back and help boost our funds for the season. Volunteer signups will be sent closer to the event date.

4th Annual Duck Race—Swimmers sell tickets for a chance to win cash prizes of up to \$500! Each family is asked to participate by selling 10 tickets (\$10 per ticket) per family, with the option to sell more. On Tuesday, July 15th we will host a “duck race” at the end of our home meet. More details to come!

SAVE the DATE – Sunday, July 27th End of Year Celebration

The culminating event of the season is our team party & awards ceremony. This is scheduled for Sunday, July 27th from 7:00 pm – 9:30 pm. This event is fun for the whole family and includes an evening pool party. We recognize our swimmers and coaches and celebrate the end of a busy & fun season. Detailed information will be shared closer to the event.

FAQ's

1. **What are the different age groups for the swimmers in a meet? (As of June 1)** The age groups are 8 & under, 9-10, 11-12, 13-14, and 15-18.
2. **Why does my child need to wear a swim cap?** Swim caps help protect swimmers' hair from chlorine damage, keep water out of their ears, and reduce drag, which can help them swim faster. Those with medium-length hair should wear caps to long hair. A team swim cap is provided as part of the registration. Swim caps can be purchased at various retailers, including Walmart, Target, and Dunham's.
3. **Does my child need to wear the team swimsuit during practice?** Not during practice. To reduce wear and tear on the team suit, we recommend wearing them just at meets.
4. **Are parents allowed to attend practice?** No parents and siblings are not permitted on the pool deck during practice. Coaches will be happy to speak with parents before or after practice.
5. **What are drylands?** Dryland workouts are a series of strength-training exercises done outside of the water. These days, swimmers should wear a T-shirt, shorts, and tennis shoes.
6. **What is an open-water swim?** Open-water swims take place in the lake. Parent volunteers supervise swimmers in kayaks – information will be communicated in advance of these practices.
7. **Is swim practice scheduled on the morning of a swim meet?** Yes, we hold practice Monday through Friday, including meet days.
8. **What should my swimmer pack for a swim meet include?** Team suit, team cap, goggles, 2-3 towels, slides or flip-flops, water, healthy snacks, money for concessions, a Sharpie marker to write event numbers on your arm or leg, and warm clothes to change into after the meet.
9. **How long does a swim meet last?** Warmups start at ~5:00 pm, and the meets start at 5:45 pm. A meet typically lasts 2.5 - 3.00 hours.
10. **Where do I sit to watch my swimmer at a meet?** Plan to bring a chair; most pools allow parents to sit in a designated area near the pool deck.
11. **How will I know when it's time for my swimmer to compete?** Before the meet, the 'heat sheet' (a list of event numbers and swimmers) will be shared via Remind and Facebook. At the meet, swimmers will be called to line up in the 'bullpen' by Event # ahead of their race. Races will be announced in the order of the event #.

Terminology

25: One length of the pool. **50:**
Two lengths of the pool. **100:**
Four lengths of the pool.

Best Time: Achieved when a swimmer exceeds their own previous “best time” in an event. It shows a swimmer’s improvement over their own time, regardless of how others finish.

Blocks: starting platforms located behind each lane.

Bullpen: This is a holding area for swimmers; bullpen volunteers use ‘heat sheets’ to round up swimmers for their assigned races, and heat sends swimmers to the block area.

Deck: the circulation area around the pool; typically, the only people allowed on deck are coaches, swimmers, timers, and officials.

Distances: Swimmers 8 years and under swim one lap (25 meters) in any stroke except for the Individual Medley (IM), which is 25 meters of each stroke or 100 total. Swimmers 9 years and older swim two laps (50) in any stroke, except for the Individual Medley (IM) where they swim 100.

DQ: Disqualify. This can occur due to a false start or incorrect stroke execution during the race.

Event: This is defined by age group, sex, and swimming stroke. For example, Girls 9-10 Backstroke. The number of events at each meeting varies.

Event Winner: This swimmer has the fastest time across all heats of the entire event.

False Start: When a swimmer leaves the starting block too early or moves when they should remain still, a false start will disqualify the swimmer or relay team from an event.

Finishes: This refers to how a swimmer completes the race by legally touching the wall, depending on the stroke used.

Flags: These are hung over the width of each end of the pool, approximately 5 yards from the wall. They allow backstroke swimmers to determine the end of the pool.

Heat: When an event has more swimmers than available lanes, multiple heats will be run for one event.

Heat Sheet: Official schedule of swimmers in their assigned events, heats, and lanes as assigned by coaches.

Heat Winner: This is the swimmer who comes in first in a particular heat of an event. If there is only one heat, this person is the event winner. If there are multiple heats, the event winner is declared the swimmer who has the best time across all heats in the event.

IM (Individual Medley): An event that encompasses all four swimming strokes: Butterfly, Backstroke, Breaststroke, and Freestyle. Lengths may vary from 100 yards/meters (one lap of each stroke) to 400 yards/meters (four laps of each stroke).

Lane: A lengthwise division of the pool; each swimmer is assigned a lane for his/her event.

Legal/DQ: These are terms to describe whether a stroke is being performed correctly. If found to be swimming or turning incorrectly, a swimmer may be disqualified (DQ) for the event they meet. It does not mean a swimmer can no longer participate – it is a learning tool so coaches can help swimmers correct their strokes & turns.

Medley Relay Order: Back, Breast, Fly, Free

Mark: The starting position a swimmer takes on the block or pool. The command is, "Swimmers, take your mark."

No Time (NT): abbreviation used on the heat sheet to designate that the swimmer had not swum that event before (or at least did not include a time when the entry was submitted).

Relay: Medley Relays feature 4 swimmers, each swimming a different stroke beginning with back, breast, fly, and freestyle. Free Relays feature 4 Freestyle swimmers.

Runner: A volunteer who picks up time slips, DQ slips, and other meet documentation and brings them to the computer table (Meet Manager) where times are entered & recorded.

SeedTime: A swimmer or relay's best recorded time; swimmers are arranged by best times with the slowest swimmer in Heat 1, and so on. The fastest swimmers are seeded in the middle of the pool outward.

Starts: This is the entry into the water (generally a dive) or the beginning of the backstroke (push-off back dive) at the sound of the starting buzzer/horn.

Streamline: Position a swimmer assumes at the start of the lap in which their body & arms are straight with the elbow behind the ears and arm squeezing the back of the head.

Turns: Each stroke has its turn requirement which is taught in practice; used when swimming a distance longer than one length of the pool.

Warmups: Each meet begins with a warm-up period. This is very important, so swimmers do not pull muscles and allow swimmers to get used to the pool.