



# LAKE CAMELOT SWIM TEAM

2023 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 should serve as a comprehensive guide to the summer swim team and help answer many of your questions. However, if there is anything we have missed do not hesitate to reach out to one of us or a seasoned swim team family member.

The swim team is completely run by family volunteers. This means families are responsible for every aspect of the team (minus coaching!). We run home meets, we schedule activities, we manage fundraisers, we pay fees & expenses, and we take care of everything needed to provide a rewarding and memorable experience for our kids. 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 most of all having fun. We are excited to provide this opportunity for our community - please let us know if we can help you in any way.

### **2023 Aqua Knights Parent Committee**

Kara Hahn, Co-Chair  
[Klh1280@gmail.com](mailto:Klh1280@gmail.com)

Brenda Bleichner, Co-Chair  
Molly Dickinson, Celebrations & Awards  
Holli Green, Fundraising  
Kristin Hedge, Treasurer  
Ashley Hutton, Volunteer Coordinator

## **From the Coaches**

Congratulations on your decision to be an Aqua Knight! It is our goal that each swimmer grows and develops 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 be a role model 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 in sportsmanship for our swimmers.
- 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 as a teammate. Please do not hesitate to reach out to us with any questions about swim instruction and training.

### **Terry Depew, Head Coach**

630.542.2428 (cell) or [aquaknightsswim@gmail.com](mailto:aquaknightsswim@gmail.com)

### **Assistant Coaches,**

**Heather Roberts, Alana Robertson, Grace Ledeboard & Anna Karmenzind**

<b>2023 Lake Camelot Swim Team Meet Schedule</b>			
<b>Date</b>	<b>Day</b>	<b>Versus</b>	<b>Location</b>
June 15	Thursday	Greater Peoria YMCA	Home
June 20	Tuesday	Tremont	Away 101 N James St / Cullinan St Tremont, IL 61568
June 22	Thursday	Ivy Club & Pearce	Home
June 27	Tuesday	Lakeside Makos & Pekin	Home
June 29	Thursday	Metamora	Away 116 N Douglas St Metamora, IL 61548
July 6	Thursday	Washington	Home
July 11	Tuesday	Olympia & Arrowhead	Home
July 13	Thursday	Tentative Open Water Swim	Lower Lake
July 13	Tuesday	Morton	Home
July 20	Thursday	Rain Date for Open Water Swim	Lower Lake

**Home Meet Schedule:**

- Pool closes to public @ 4:30 pm & set up begins.
- Aqua Knights warmups begin @ 5:00 pm
- Opposing team warmups begin @ 5:30 pm
- Meets begin @ 6:00 pm
- Teardown immediately following the last event.

## Eligibility, Fees & Registration

**The minimum requirement for participation** is the ability to swim the full length of the pool (25 yards) freestyle and backstroke without stopping and using proper breathing. **First-time team members** are eligible for a free trial period of one week. Upon completion of the free trial week, payment will be refunded 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 are used to cover the cost of coaching, and equipment and meet related fees and expenses. Fees are collected at the time of registration. As part of registration, your swimmer will receive a team swim cap. **Checks should be made payable to *Lake Camelot Swim Team*.**

Lake Camelot Member: \$85 for the first child, \$10 discount for every additional child.

Non-Member: \$95 for the first child, \$10 discount for every additional child.

Contact for Fees & Payment: Kara Hahn @ [klh1280@gmail.com](mailto:klh1280@gmail.com)

## 2023 Practice Schedule

Daily (Monday – Friday) including days where swim meets are also scheduled - beginning on Tuesday, May 30<sup>th</sup> and ending Friday, July 21<sup>st</sup> **Please arrive a few minutes early – it’s “toes in the water” at your start time!**

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

Swimming requires endurance, only gained through consistent practice. Swimmers are strongly encouraged to attend all practices. However, we do understand summer is a time for activities & vacations, and that your attendance may not be 100%. Practice schedule changes/cancellations will be communicated via Remind.

- Please do not send your swimmer to practice/meet if they are feeling ill.
- Please notify the coaches if your swimmer will be absent from practice/meet.
- Please be dressed & ready upon arrival (suit, cap, goggles, towel & water bottle).
  - Long hair needs to 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/siblings must wait outside in the grassy area, picnic tables, or playground.

## Team Communication

**Remind:** Remind 101 will be used to send text alerts for practice reminders, schedule changes, or cancellations. Account: **Aqua Knights2023@ge69hfk**

**Facebook Team Page:** **Aqua Knights 2023** will be used to share updates about meets, fundraisers, and social events.

**Email:** Direct to the coaches @ [aquaknightsswim@gmail.com](mailto: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 before/after you are in the water.

### For Meets:

- ALL OF THE ABOVE
- 2-3 towels [you will dry off after warmups, and again after you compete. You may also sit on one 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 clearly label your belongings – swim caps, team shirts, etc. to avoid loss or confusion.

A team swim cap is provided as part of registration – it is recommended to purchase an additional swim cap for practices (available at Wal\*Mart, Target, and Amazon).

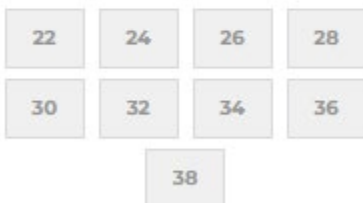
## Team Suits

To purchase, please visit Kiefer Aquatics online at:

<https://theswimteamstore.net/catalog/category/view/s/lake-camelot-swim-team/id/1684/>

USER: lcst

Password: Camelot



**RISE Sandies Female Blueprint  
Poly Swimsuit**

SKU: LTLGS47-17

**\$35.00**



**RISE Sandies Blueprint Poly  
Jammer**

SKU: LTLGS49-17

**\$25.00**



## Volunteers & Home Meets

Lake Camelot Swim Team's only paid positions are those of the coaches. The registration fees help to cover these wages as well as the cost of ribbons, supplies, and pool equipment and meet expenses. Providing a positive experience for both our swimmers and competing teams is something we take great pride in! 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 2 home meets this season.**

**The week before each home 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 turn the card into 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):** Responsible for collecting event timecards from the timers on deck and delivering 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):** Announce swimmers/lane assignments & other information/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. Volunteers will organize ribbons and attach labels which are printed after times are entered (Meet Manager).

**Set Up (2 per meet) Tear Down (4 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.

## **2023 Fundraising Events**

July 1<sup>st</sup> the Aqua Knights will host the Lake Camelot 4<sup>th</sup> of July Pancake Breakfast. Volunteers will be needed for cooking, taking money, bussing tables, serving drinks, and set up / clean up. This is a fantastic event for the community, a great way for the team to give back and help boost our funds for the season.

July 15<sup>th</sup> is the date for our annual Car Wash fundraiser at the Lake Camelot Fire Station. All swimmers and families are asked to participate by working the car wash or donating any needed supplies. (Soap, sponges, shammies, etc.). Look for information to be shared on the team's Facebook page!

2<sup>nd</sup> Annual Duck Race – swimmers will sell tickets for a chance to win cash prizes of up to \$500! Tickets are \$10 each, and we will host a “duck race” at one of the final meets of the season. More details to come!

### **SAVE the DATE – Sunday, July 23<sup>rd</sup> Year End Party**

The culminating event of the season is our team party & awards ceremony. This is scheduled for Sunday, July 23<sup>rd</sup> from 7:00 pm – 9:30 pm. This is a fun event for the whole family to include an evening pool party. We recognize our swimmers, and our 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, 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 ears, and reduce drag (to help you swim faster!). Caps should be worn by those with medium-long hair. A team swim cap is provided as part of registration. Swim caps can be purchased at various retailers (Wal\*Mart, Target, Dunham's, etc.).
- 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. At a meet, wearing the team suit and cap helps the coaches quickly identify swimmers on the blocks and helps represents the Aqua Knights as a team.
- 4. Are parents allowed to attend practice?** No, parents and siblings are not allowed on the pool deck during practice. Coaches will be happy to talk with parents before/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. Swimmers are supervised by parent volunteers 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 a practice Monday – Friday to include meet days.
- 8. What should my swimmer pack for a swim meet?** Team suit, team cap, goggles, 2-3 towels, slides/flip flops, water, healthy snacks, money for concessions, Sharpie marker to write event #'s on your arm/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 6:00 pm. Meets typically last 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' (list of event #'s & swimmers) will be shared via Remind & 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 Event # Order.

## 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 other swimmers finish.

**Blocks:** starting platforms located behind each lane.

**Bullpen:** Holding area for swimmers; bullpen volunteers use ‘heat sheets’ to round up swimmers for their assigned races and heat send 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 because of a false start, or not performing a stroke correctly 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 is the swimmer who 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 is how a swimmer ends the race by legally touching the wall depending on the stroke.

**Flags:** these are suspended over the width of each end of the pool, approximately 5 yards from the wall. They allow backstroke swimmers to determine where the end of the pool is.

**Heat:** When an event has more swimmers than available lanes, there will be multiple heats 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:** 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.

## Coach Bio's

### **Terry Depew - Head Coach**

Coach Terry or Coach T is thrilled to be on the deck for her fifth season as head coach of the Aqua Knights. A lifelong learner of the sport, she coached high school age group, and summer league before stepping away from the deck and becoming a spectator to watch her two sons compete in college swimming. She returned to the deck to help rebuild the Aqua Knights swim program.

She loves to help swimmers grow into the sport whether they're cross-training, competing, or learning new strokes and distances. She enjoys getting to know all her swimmers and helping them improve in and out of the pool. In Coach Terry's free time, you can spot her kayaking or stand-up paddle boarding around the lake. She has been a bridal seamstress for over 30 yrs. and is an avid gardener.

### **Heather Roberts - Assistant Coach**

Coach Heather lives in Glasford with her husband, Aaron, and two kids, Vance, and Ronee. She grew up in Lake Camelot swimming for the Aqua Knights! From 1999-2000 she returned as head coach for a few seasons and is now back for her 5th year with Coach Terry! When it's not swim season, she teaches 4th grade at Illini Bluffs. Coach Heather is so excited to see all the returning swimmers and anxious to meet new swimmers!!

### **Alana Robertson - Assistant Coach**

Coach Alana has been a part of the Aqua Knights Swim Team for six years and this will be her fifth year as a coach for the program. She is passionate about teaching and encouraging kids and watching them grow and thrive in each aspect of life. On top of coaching, she is also a lifeguard here in Lake Camelot. When she is not at the pool, she loves to play volleyball, spend time in nature, and go on adventures with her friends. Alana attends Monmouth College and is a member of the Scots volleyball team.

### **Anna Karmenzind Assistant Coach**

Coach Anna attends Limestone Community High School. This is her first year coaching and her third year on the swim team. When she is not swimming she is a color guard for the Limestone Community High School marching band and is also involved with the theater program. Coach Anna is very excited to work with everyone this summer!

### **Grace Ledeboer - Assistant Coach**

This is Coach Grace's first year coaching the Aqua Knights. However, she is no stranger to the swim team having swum for about 9 years. She attends Limestone Community High School and will be a senior this fall. Grace is involved in band, marching band, jazz band, and theater. She looks forward to coaching and getting to know everyone throughout the summer.