

Hi Everyone:

Please read the entire email carefully...

• ***We Need Your Help!!***: Reps and Coaches are struggling in many instances to find volunteers to work our dual meets. There are several positions that need filling. ***Please, please, please take a moment to look over the volunteer sheets on the LMAC bulletin board as you walk up the steps to the balcony at Maguire.*** I realize that several of you already volunteer at almost all the meets and I thank you for that—it is a tremendous help. The meet cannot begin without our 9 timers, 2 stroke and turn officials, place judge, etc... but there are also internal positions to fill such as marshalling the swimmers and keeping order behind our competition lanes. If anyone has questions about certain positions please feel free to ask me or any of the team reps (Pam, Patti, Kathy, Liz). ***Together we can find the volunteer role that works best for you and make these meets run as smoothly as possible for the swimmers!!***

• **Practice Schedule, week of November 29th:**

- ***Developmental***: Tuesday, Wednesday & Friday 5:30-6:15
- ***Diving***: Monday 5:30-6:50; Sunday 4:00- 5:00
- ***Silver***: Tuesday & Thursday 6:15-7:15, **Friday 6:15-7:00****, Sunday 12:00-1:00
- ***Gold***: Mon 7:00-8:30, Wed 6:15-7:30, **Friday 6:15-7:00****, Sunday 1:00-2:00
- ***Senior White***: Mon 5:30-7:10, Tues 7:00-9:00, Wed 7:15-9:00, Thurs 7:00-9:00, Sun 2:00-4:00
- ***Senior Blue***: Mon 5:30-7:10, **Tues 7:00-9:00****, Wed 7:15-9:00, Thurs 7:00-9:00, Sun 2:00-5:00
- ***Dry Land***: Monday 7:20-8:10, Wednesday 6:15-7:00 (swimmers)

13 & older

- ****Senior Blue has a Team Meeting on Tuesday (Nov 30th) at 7:00pm, please make every effort to attend!**

- ****Gold and Silver will have a combined practice on Friday, December 3rd due to a home diving meet on Friday evening.**

- **Training Reminders:**

- **Practice Attendance:** The LMAC program is designed to give swimmers the correct amount of practices/water time each week. In order to get the full benefit of our training program (or any training program), you need to commit to the process. ***In short, this means getting to practice as much as possible each week is the best way to see your times drop.***

- **Practice Etiquette/Behavior:** The coaches have seen some improvement in this area, but there is still progress to be made. Stopping during sets (other than for a previously discussed medical concern), going to the bathroom at almost every practice, talking while coaches are talking, etc... are all still happening with certain swimmers very frequently. ***Please remind your children (as we do) that our pool time is very valuable and is not to be wasted!***

- **Hydrate:** As we move into December, please remember to send your child to practice with a drink (preferably water, maybe sports drink once per week). Training has been picking up in intensity and will continue to do so at times (particularly over winter break). ***We are asking swimmers to stick with sets and stay in the water, but we also want to make sure they have the hydration they need to be able to train at their highest possible level.***

- **LMAC v UMAC: This coming Friday & Saturday we swim Upper Merion Aquatic Club.** Diving will take place at Maguire on Friday evening (12/3), the boys swim Saturday (12/4) morning at Maguire and the girls are away at Upper Merion High School on Saturday (12/4) afternoon.

▪ **Online Sign Ups (the only way your child can be added to the line up) for the LMAC v UMAC meet open Monday morning close at 11:00pm on Tuesday, November 30th.** Directions are listed below, any problems signing up please email Katie Orange at orangek@comcast.net.

▪ **NOTE OF CAUTION: IF YOU DO NOT SIGN UP (or contact Katie so she can help you work through any issues you may have logging on/signing up) YOUR CHILD WILL NOT BE PLACED IN THE LINE UP.** I apologize for the harsh tone, but 85% of the swimmers and families are doing this correctly and the 15% who are not cause fairly severe internal problems for the coaches who are creating the line up and getting it processed by Friday afternoon so it can be copied for Saturday morning.

§ **Boys & Girls DIVING HOME (Friday 12/3)**

- **On Deck at Maguire:** 7:00pm
- **Warm Up:** 7:00pm
- **Meet Start:** 7:30pm

§ **GIRLS Swim Meet AWAY (Saturday 12/4)**

- **Be at Bus (at Merion Elementary School):** 12:05pm
- **Bus Departs Merion Elementary:** 12:15pm
- **Warm Up:** 1:00pm
- **Meet Start:** 1:30pm

§ **BOYS Swim Meet HOME (Saturday 12/4)**

- **On Deck at Maguire:** 9:20am
- **Warm Up:** 9:25am
- **Meet Start:** 10:00am

• **How to Sign Up for Dual Meets:** *All swimmers in Silver, Gold, Senior White and Senior Blue are expected to participate in dual meets.* You must sign up for dual meets online on our LMAC website.

- On the home page, click on Meet Sign Up under Coach's Quick Links. You will be prompted to enter a username and password. Once logged on, you will be prompted to give your child's name and age and say whether or not they will participate.

- This will be the case for all dual meets, you will always need to sign up by the Tuesday prior to the meet. This is the only way to sign up, if you do not sign up then your child will not be entered into the line up.

- **Dual Meet Line Ups/Protocol:**

- **Swimmers Ride the Bus to Away Meets:** LMAC swimmers are strongly encouraged to travel to away meets on the bus. Lower Merion School District provides our bus transportation to all away meets. If your swimmer does not take the bus, please have them on deck at 10 minutes prior to the scheduled warm up time. **We leave from Merion Elementary School (address 549 South Bowman Ave, Merion PA 19066-1499).**

- * **Directions to Merion Elementary from SJU's Maguire Pool:**

1. Left on Latches Lane
2. Right on Merion Road
3. At traffic light, left on S. Bowman Ave. Merion Elementary is on the right.

- The following coaches take primary responsibility for putting the line up together for dual meets. If there is a last minute emergency or an unusual request, please email the coach for your age group and feel free to cc me on any correspondence. As head coach I take full responsibility for the final line up.

- * **8 & Under:** Songja Shore, songja.shore@gmail.com

- * **9-10:** Jordan Orange, orange@mail.med.upenn.edu

- * **11-12 Girls:** Jordan Orange, orange@mail.med.upenn.edu

- * **11-12 Boys:** Kathryn McKeone, lepster04@verizon.net

- * **13-14:** Sally Wolfe, sswlax22@verizon.net
- * **15 & O:** Kathryn McKeone, lepster04@verizon.net

Thanks very much and enjoy the rest of your holiday weekend...

GO PIRANHAS!!!