

Hi Everyone:

Please read the entire email carefully...

• **Practice Schedule, week of November 8th:**

- **Developmental:** Tuesday 5:15-6:00, Wednesday 5:00-5:45, Friday 5:00-5:45
- **Diving:** Thursday 5:00-6:00; Sunday 4:00- 5:00
- **Silver: Tuesday** & Thursday 6:00-7:00**, Friday 5:45-6:45, Sunday 12:00-1:00
- **Gold:** Mon 5:45-7:00, Wed 5:45-7:15**, Friday 6:45-8:00, Sunday 1:00-2:00
- **Senior White:** Mon & Thurs 7:00-8:30, Tues 7:00-9:00, Wed 7:15-9:00, Sun 2:00-4:00
- **Senior Blue:** Mon, Tues & Thurs 7:00-9:00, Wed 7:15-9:00, Sat 9:00-11:00, Sun 2:00-5:00
- **Dry Land:** Monday 6:00-6:45, Wednesday 6:15-7:00 (swimmers 13 & older)
- ****Silver practice on Tuesday will be featuring our second T-12 of the season**, please make every attempt to have your child attend practice this Tuesday, November 9th.

• **Training Focus for the Week:**

- **Silver and Gold:** Starts, turns and finishes will again be a major focus this week, although we will still get a fair amount of training in, particularly early in the week. Friday evening in both groups will be dedicated almost wholly to working on meet skills as our first dual meet takes place Saturday, November 13th at Maguire (both boys and girls are at home). **Gold, your T-15 results from last week are attached.**

- **Senior White/Blue:** We will continue with our weekly training cycle. Monday will be aerobic work, Tuesday lactate production, Wednesday stroke groups (fly, back or brst), Thursday distance free or IM training plus this weeks test will be timed turns. **Parents of freshman/new high school swimmers and those high schoolers new to LMAC, please remember there is a parents' meeting Monday evening (11-8) at 8:40pm in the balcony.**

- **First Dual Swimming and Diving Meets:** *For our first meet this season we face Methacton Aquatic Club* and they cannot host any of the meets. So, all 3 meets will be at Maguire on Saturday November 13th. The times are listed below.

- **Online Sign Ups (the only way your child can be added to the line up) for the LMAC v MAC meet close at 11:00pm on Tuesday, November 9th.** Directions are listed below, any problems signing up please email me at Lepster04@verizon.net.

§ **Boys & Girls DIVING (Saturday 11/13)**

- **On Deck at Maguire:** 8:00am
- **Warm Up:** 8:00am
- **Meet Start:** 8:30am

§ **GIRLS Swim Meet (Saturday 11/13)**

- **On Deck at Maguire:** 9:30am
- **Warm Up:** 9:40am
- **Meet Start:** 10:15am

§ **BOYS Swim Meet (Saturday 11/13)**

- **On Deck at Maguire:** 12:50pm
- **Warm Up:** 12:55pm
- **Meet Start:** 1:30pm

- **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. They are ***lmac*** and ***fish***, respectively (make sure it's all lower case). 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:**

- LMAC swims and dives in dual meets as part of the Suburban Aquatic League. There are 42 events at each boys and girls swim meet. This includes 3 diving events and 39 swimming events for each gender. The coaches put together a "line up", which means they choose the events in which the swimmers on the team compete in order to try and score the most points.

- As coaches who value the hard work and enthusiasm of all LMAC team members, we do our best to be fair to everyone on the team. We try to balance scoring points so the team can be victorious with the need to give all swimmers the opportunity to compete and better their times. Unfortunately, time constraints and limits on numbers of heats will at times limit the number of events in which each swimmer can participate and there is nothing we can do about this as our team grows. Certain age groups are more "crowded" than others and swimmers in those age groups will not be able to compete in four events (the maximum number) in every dual meet.

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

• **Team Suit On Deck Pick Up:** If your swimmer ordered a team suit or gear (in the first C & M order) and has not yet received their entire order, please come down on deck before or after your child's practice to pick up your suits/equipment. We expect caps to be in this week in time for our first meet on Saturday.

GO PIRANHAS!!!

kathryn