



## Lazers Team Handbook

5/1/2021

### **Mission Statement:**

“The mission of the Lenexa Lazers Swim & Dive Team is to provide an opportunity for children to build confidence, spirit and skill in a team environment.”

# Welcome to the Lenexa Lazers!

Welcome back all Lazers and their families and a big HELLO to all new families! Please read though the following information carefully: it contains a lot of information you will need this swim and dive season.

**Registration:** Please complete registration and Waiver Forms for each child joining the team. Registration is on a first come, first serve basis. If the roster is full, your athlete may be placed on a waiting list and will be allowed to join the team at the coach's discretion or as spots open.

Registration begins Thursday, April 1, 2021, online [www.lenexa.com](http://www.lenexa.com), at the Lenexa Community Center (13420 Oak Street), or at the Lenexa Rec Center (17201 W 87<sup>th</sup> St Pkwy). Registration and forms must be completed and returned, along with the registration fees, to the City of Lenexa on or before 5:00 p.m. on Friday, May 7.

## 2021 Fees:

Swim Team Only	\$110/resident, \$145/non-resident
Dive Team Only	\$110/resident, \$145/non-resident
Swim and Dive Team*	\$143/resident, \$185/non-resident

*\*(Must register in person)*

For families with three or more members involved in this program, there is a family discount of \$5.00 per child. The discount is available for immediate family members only. Registration must take place in person to receive the discount. All Swim and Dive team members will receive a team t-shirt; swimmers will receive a Lenexa Lazers swim cap and divers will receive a shammy towel as part of registration.

**Refunds:** if you require a refund, please contact the Lenexa Rec Center. Any refunds requested will be issued by the City according to their refund policies. *There will be no refunds beyond Friday, May 28, 2020.* All refunds will be charged a service fee of \$5.00.

**Late Registration:** Registration deadline is May 7. Registration submitted between May 8 and May 21, 2021 will incur a late fee of \$15.00. Any registration on or after May 22, 2021 will be charged a \$25.00 late fee.

## Contact Information

**Whom to Contact:** Team management questions should be directed to the appropriate coordinators. Any specific skill, practices, meets, and/or team question should be directed to the appropriate coach. General administrative questions should be directed to Kaitlyn Keck.

### City of Lenexa Representative

Kaitlyn Keck, Aquatic Specialist 913-477-7473 [kkeck@lenexa.com](mailto:kkeck@lenexa.com)

### Rainout Line:

Rainout Line is Lenexa Parks & Recreation's notification system. This service is easy to use and allows you to receive event and program cancellations, facility closures and notifications instantly via emails, text alerts, a free app or online status updates. Please use this to find information such as practice and meet cancellations or rescheduling. Swim and Dive Teams are listed separately.

### **Notification Options**

- **Free mobile app:** Download the Rainout Line app from your app store. Once installed, search for "Lenexa" and favorite the ones that apply: Lenexa Outdoor Pools, Lenexa Parks & Rec, Lenexa Rec Center.
- **Email/Text:** Visit [Rainoutline.com](http://Rainoutline.com) and search for "Lenexa." Select the program for which you would like to receive notifications, and choose the "Email & Text Alerts" option. Enter your email address or 10-digit phone number and subscribe to the program area.
- **Website:** Visit [Lenexa.com/Park](http://Lenexa.com/Park) to see current status list.
- **Phone:** 913-477-7170 and follow the extension for your program.

### Team Unify:

Team Unify is an online resource for team business and information. It will serve as your portal to the season, and will assist in scheduling and communication with athletes, families, and coaches. It will be used to sign your athlete up for meets and to sign up to help volunteer throughout the season. More communication will be sent as we approach the season, and details regarding Team Unify will be updated here as it is available.

## General Information

**Pre-Competitive Swim Program:** Your swimmer must be between the ages of 5 and 13 years of age as of June 1 to be eligible to swim in this program. This program is not a substitute for swimming lessons. Your swimmer will be coached in stroke technique, but he or she should already have general knowledge of three strokes: Freestyle, Backstroke and Breaststroke. Athletes should have completed swim lessons and be able to swim free-style competently for 25 yards with their face in the water, and without touching the bottom of the pool. Children will not be allowed to swim if they do not meet these requirements. Team participation does not replace swimming lessons; it is intended to teach competitive swimming strokes and prepare swimmers for the competitive team. Participation in this program is at the coaches' discretion. The first few practices will be used to evaluate your child's swimming ability. There are three placement possibilities (*please respect coaches' evaluation of your swimmer's skill level*):

- Promotion to the competitive team
- Remain on the pre-competitive team
- Request to transfer to swim lessons if unable to swim without assistance (*this will be done at the completion of the first week if applicable*)

**Competitive Swim Program:** The competitive team consists of swimmers between the ages of 7 – 18 years of age who are proficient at swimming the length of a 50-meter pool. Younger swimmers may be accepted upon the approval of the Aquatics Specialist.

**Competitive Dive Program:** The competitive team consists of divers between the ages of 5 – 18 years of age. Divers must be able to enter the water headfirst and need to perform three (3) competitive dives in order to compete in the league.

**Age Groups/Eligibility:** Placement in age groups will be determined as of June 1. Competitive swimmers are grouped according to the following: 9&U, 11&U, 13&U, 15&U, 18&U. Divers are grouped the same as swimmers, but also include the 7&U age group. The Lenexa Lazers teams are open to any swimmer/diver who has not reached his/her 19<sup>th</sup> birthday before June 1.

**Practice & Meet Attendance Policy:** If your athlete is unable to attend practices during the week, he or she may not be able to participate in the meet that week. Please keep in mind that practice attendance plays a role in meet participation. If an athlete is unable to attend practice or a meet for any reason, please send an email to the appropriate coach. Please make sure your athlete has transportation to and from practices; although coaches are present slightly before and after scheduled practices, they have a schedule to maintain. Please make sure you arrive promptly to pick up your athlete and/or they are aware of how they are getting home.

**Behavior Policy:** The coaches will talk with the Lazars about appropriate behavior during practice and meets. If a swimmer or diver has received a verbal reprimand about inappropriate behavior, the coach will send a reflections page home and an email will be sent to the parent/guardian. We want the swim & dive team to be a safe and fun activity for everyone. If your child has received a reprimand, please review and sign the reflections page and discuss this with your child. Each athlete's behavior affects the entire team. The pool is closed to the general public during practice times; siblings, parents, friends, etc. are not permitted to utilize the pool during this time.

**Mail Boxes:** Every family will have a file in the file boxes. These mailboxes will be used to distribute ribbons after the swim and dive meets, along with any other important pieces of communication from coach, parents, or administration.

**Correspondence with Coaches:** Due to the large number of athletes, please notify coaches of any scheduling problems in writing, via email. Any conversation you wish to conduct with the coaches should be done at an arranged time or after practice is completed for the day, not during the scheduled practice or meet.

**Inclement Weather:** Do not leave your athlete at the pool without transportation if there is any question of threatening weather. Thunder and/or lightning will require the coaches to cancel practice; no exceptions. Please make plans to have your swimmer picked up immediately in the event of dangerous or bad weather.

**Volunteers:** Please sign-up to volunteer through the Team Unify website; you will be able to register for jobs under each meet. If you have not already volunteered your time, please do so! The only way the Lenexa Lazer Swim and Dive Team can function is with the consistent help from parent volunteers.

**General Communication:** There are several ways to receive information about the Lenexa Lazars:

1. On Facebook: Like us on Facebook. Join the Lenexa Lazars Swim and Dive Team (group)
2. Team Unify
3. Rainout

## Important Dates

- Thursday, April 1<sup>st</sup>
  - Friday, May 7<sup>th</sup>
  - May 20<sup>th</sup> @ 6pm
  - Tuesday, June 1<sup>st</sup>
  - Friday, June 11<sup>th</sup>
  - Wednesday, July 14<sup>th</sup>
  - Friday & Saturday, July 16<sup>th</sup> & 17<sup>th</sup>
- Registration Opens  
Last Day to register without late fees  
\*Parent Meeting @ Community Forum  
First day of practice @ Ad Astra  
Team Pictures @ Ad Astra  
(Dive Team: 8 a.m., Competitive Swimmers: 8:30 a.m., Pre-Competitive Swimmers: 9 a.m.)  
All City Swim Meet @ Overland Park  
All City Dive Meet @ Shawnee

**\*Parent Meeting:** Please bring your questions, comments, and kids to the Lenexa Lazars Swim and Dive team meeting. Chat with the coaches and meet each other! Important information will be discussed at this meeting, and you are strongly encouraged to attend. We'll be happy to answer any questions.

**\*\*Team Pictures:** The team is expected to wear their team t-shirts for pictures. The picture will be taken during practice. Rainout Date: Monday, June 14<sup>th</sup> (may change). We will need a volunteer to help coordinate picture day, starting at 7:45 a.m.

## Practice Times (Ad Astra Pool)

**Pre-Competitive Swim Team:** Monday, Tuesday, Thursday & Friday 8:30 a.m. - 9:15 a.m., 9:15 a.m. - 10 a.m., OR 10 a.m. - 10:45a.m.

### **Competitive Swim Team:**

- 9U & 11U: Monday through Thursday 9:45 a.m. - 11:15 a.m., Friday 9:45 a.m. - 11 a.m.
- 13U, 15U & 18U: Monday through Thursday 8 a.m. - 10 a.m., Friday 8:30 a.m. - 10 a.m.

### **Dive Team:**

- 7U, 9U & 11U (Swimmer & Diver): Monday through Thursday 8 a.m. - 9:15 a.m., Friday 8:30 a.m. - 9:30 a.m.
- 7U, 9U & 11U (Diver Only): Monday through Thursday 9 a.m. - 10:15 a.m., Friday 9:15 a.m. - 10:15 a.m.
- 13U, 15U & 18U: Monday through Thursday 10 a.m. - 11:30 a.m., Friday 10 a.m. - 11 a.m.

## Meet Information

Sign-ups to attend and participate in meets will be completed through Team Unify three (3) business days prior to the meet. Athletes will only be allowed to participate in meets if they have signed up for the meet ahead of time and are eligible to participate.

- Pre-Competitive swim meet sign-ups will be due the Wednesday before
- Competitive Swim meet sign-ups will be due the Monday before
- Dive meet sign-ups will be due the Thursday before

**Pre-Competitive Swim Meets:** Pre-competitive swim meets will be conducted Saturday mornings from 9 a.m. - 11:30 a.m. on June 12, 19, 26, & 28. Warm-ups begin at 8 a.m. and the meet starts at 8:30 a.m. The time for June 28<sup>th</sup> is TBD.

**Competitive Swim Meets:** There are five competitive swim meets during the summer on Thursday nights. Those dates are June 10, 17 and 24 & July 1, & 8. Swimmer should check in with the coaches from 5 p.m. - 5:15 p.m. Stretching begins at 5:15 p.m. and warm-ups at 5:30 p.m. Meet start at 6 p.m. Swimmers who have not checked in by 5:15 p.m. will be scratched from the meet at 5:30 p.m. If you have been caught in traffic and are running late, you must call the head coach by 5:15 p.m. to be sure your swimmer is not scratched. Heat sheets will be available for purchase for home meets the night of the meet for \$1 each.

*All-City Swim Meet:* This is the final meet of the season and will be held at Overland Park on Wednesday, July 14. The swimmers who qualify for this meet will be those with the three fastest times in each stroke by age group. If your swimmer has one of the five top times, be aware that they might be heading to All-City. Warm-ups will begin at 7 a.m. at the Overland Park Pool. The meet starts at 8:15 a.m. Medals are given out after the completion of the meet TBD.

**Dive Meets:** There are five competitive dive meets during the summer on Tuesday nights. Those dates are June 15, 22 and 29 & July 6 and 13. For meets, divers in the 7U, 9U and 11U groups should check in with the coaches between 5:15 p.m. - 5:30 p.m. at the hosting pool. Warm-ups begin at 5:30 p.m. Meet starts at 6 p.m. with the order of events moving from youngest to oldest age groups. Divers in the 13U, 15U, and 18U age groups should plan to arrive to the hosting pool around 6:15 p.m. and will have a separate 30-minute warm-up after the completion of the 11U events. Please do your best to arrive to warm-ups on time as it is in the divers' best interest to properly warm-up before competition. Divers will be scratched from the meet if they have not arrived prior to the beginning of their event.

*All-City Dive Meet:* This is the final dive meet of the season and will be held on Friday and Saturday, July 16 & 17, at Shawnee. All-City divers are selected based on the average of their top highest meet scores throughout the season. Divers must dive in at least two regular season meets to be eligible to be selected to dive in the All City Dive Meet. Some coaches' discretion may be used, and younger divers may be given the opportunity to "dive up." Divers at this meet dive in reverse order, with the older divers going first. Divers in the 7U, 9U, and 11U age groups dive on Friday, July 16. Warm-ups are at 4:00 p.m. and the meet starts at 5:00 p. m. Divers in the 13U, 15U, and 18U age groups dive Saturday, July 17. Warm-ups are at 7:00 a.m. and the meet begins at 8:00 a.m. Medals are handed out after the completion of events.

**Ribbons:** Ribbons are awarded to all pre-competitive swimmers for participation, and ranking times/scores for the competitive Swim and Dive teams. Ribbons are placed in the family folders at Ad Astra within 1-2 business days of the meet.

## Equipment and Supplies

**T-shirts:** This year's t-shirt will be distributed during the first several days of practice, and is included in the registration fee. Extra t-shirts for this season are available for \$10.00 each at home meets. Some previous years' shirts will also be available for purchase at \$1 each. The shirt will be worn for picture day and at all meets. Please mark it with your child's name.

**Goggles:** Goggles are not required but are very useful for your swimmer. Don't ask if your child needs goggles: just get them a pair because they *will* use them.

**Shammy Towels:** Are included with the registration fee for dive team. A shammy towel will be handed out with the team t-shirts in the first couple of days of practice. Additional towels are not available for purchase.

**Swim Bags:** Please have your athlete store their belongings in a swim bag, clearly marked with their name. *Mark all belongings with your athlete's name.* A lost & found box is located at Ad Astra swimming pool; lost items will be kept for a period of one week.

**Swim Caps:** Are included with the registration fee for swim team. Swim caps are optional at practices. However, swimmers should plan to wear a Lenexa Lazars swim cap at all swim meets. It helps the coaches and the spectators to identify their swimmers. A Lazars swim cap will be handed out with the team t-shirts in the first couple of days of practice. Additional caps may be purchased during home meets for \$10.00.

**Swim Suits:** The team will wear plain, one-piece black swimsuits. Girls can purchase two different styles; fly back or racer-back. Boys can purchase either traditional black briefs or



jammers (long legs, similar to bicycle shorts). Boy divers may wear regular black swim trunks (above the knee).

**Heat Sheets:** Competitive Swim heat sheets will be available for purchase for \$1 for all home meets.

## Volunteers

**Volunteers:** The Lenexa Swim and Dive Team operate through a multitude of volunteer positions. Even if the task you would most like to help with is filled, go ahead and sign-up for it to provide additional help, or to provide backup assistance. No prior experience required. This team requires volunteers to help run it – please volunteer even if you have never volunteered or helped with swim team before.

### **How to Sign-Up to Volunteer:**

1. Sign-up in Team Unify when you sign your athlete up for the meet
2. Sign- up to become a volunteer at [www.lenexa.com/volunteer](http://www.lenexa.com/volunteer)

### **Swim Meet Volunteer Opportunities**

- **Swim Meet Coordinator:** Responsible for finding and coordinating volunteers.
- **Meet Starter:** Starts home meets.
- **Announcers:** Announces at home meets.
- **Clerk of the Course:** Coordinates swimmer's heats and lanes at home meets.
- **Head Timer:** Secure timers for Lasers at home and away meets and coordinates times of all teams at home meets.
- **Timers:** Times at meets. No experience required and best view at the meets!
- **Runners:** Takes cards from times to the score table at home meets.
- **Computer Operator:** Responsible for inputting swim times during home meets. Computer experience needed.
- **Table Workers:** Records time or scores heat results. Assist Computer Operator.
- **Hospitality:** Responsible for distributing drinks for meet volunteers at home meets.

- **Ribbons Chair:** Responsible for making out and delivering ribbons to mailboxes after meets.
- **Stroke Judges:** Judges swimmers' starts, strokes, turns, and touches at meets (training session is required).
- **Head Stroke Judge:** Responsible for finding Lazars stroke judges for each meet, coordinating all stroke judges for home meets and arranging for training of new judges.

#### **Dive Meet Volunteer Opportunities**

- **Dive Meet/Table Coordinator:** Responsible for finding dive judges and volunteers for dive meets, distribution of drinks to workers.
- **Announcer:** Announces diver's name, dive number, dive and degree of difficulty for home meets.
- **Dive Ribbons Chair:** Responsible for making out and delivering ribbons to mailboxes after meets (usually Fridays).
- **Dive Judges:** Judges dives at meets (training session required – will train).

## Facilities & Team Schedules

**Fairway:** Fairway Pool 913-722-3161 6136 Mission Road, Fairway, KS 66205

**Leawood:** Leawood Pool 913-327-3977 10601 Lee Blvd., Leawood, KS 66206

**Lenexa:** Ad Astra Pool 913-492-7946 8265 Maurer Rd, Lenexa, KS 66215

**Merriam:** Merriam Pool 913-322-5550 9001 W. 62nd St. Merriam, KS 66202

### Olathe:

*Competitive Swim, Dive* Black Bob Bay Pool 913-971-5345 14570 W. 151<sup>st</sup> St. Olathe, KS 66062

*Pre-Comp Swim* Oregon Trail Pool 913-971-5348 1800 W. Dennis, Olathe, KS 66061

**OP:** Young's Pool 913-327-5676 8421 W. 77<sup>th</sup>, OP, KS 66204

**PV:** Prairie Village Pool 913-385-4650 7711 Delmar, Prairie Village, KS 66208

**RP:** Roeland Park Pool 913-432-1377 4843 Rosewood Dr. Roeland Park, KS 66205

**Shawnee:** Thomas A. Soetaert 913-631-0054 13805 Johnson Drive, Shawnee, KS 66216

**Note:** On the schedules, the host team is the team/location that will be hosting the meet.

<b>Johnson County Swim &amp; Dive League</b>
<b>Pre-Competitive Swim Schedule 2021</b>
All Pre-Competitive Meets Held On Saturday Warm-ups 8:00 a.m. --- Meet Starts 8:30 a.m.

Meet Date	Host		Visitor(s)
<b>12-Jun</b>			
	Olathe	vs.	Lenexa, Overland Park
	Prairie Village	vs.	Merriam, Fairway
	Leawood	vs.	Shawnee
<b>19-Jun</b>			
	Olathe	vs.	Merriam
	Shawnee	vs.	Prairie Village, Lenexa
	Overland Park	vs.	Leawood, Fairway
<b>26-Jun</b>			
	Olathe	vs.	Overland Park, Shawnee
	Leawood	vs.	Lenexa
	Fairway	vs.	Merriam, Prairie Village
5-Jul	Olathe	vs.	Prairie Village, Leawood
28-Jun	Fairway	vs.	Lenexa
5-Jul	Overland Park	vs.	Shawnee, Merriam

**Johnson County Swim & Dive League  
Competitive Swim Schedule 2021**

All Competitive Meets Held On Thursdays, except All City  
Warm-ups 5:30 p.m. --- Meet Starts 6:00 p.m.

Meet Date	Host		Visitor(s)
<b>10-Jun</b>	Fairway	vs.	Merriam
	Lenexa	vs.	Olathe
	Leawood	vs.	Prairie Village
	Shawnee	vs.	Overland Park, Roeland Park
<b>17-Jun</b>	Olathe	vs.	Leawood
	Roeland Park	vs.	Fairway
	Lenexa	vs.	Overland Park, Merriam
	Prairie Village	vs.	Shawnee
<b>24-Jun</b>	Shawnee	vs.	Olathe
	Overland Park	vs.	Fairway
	Leawood	vs.	Lenexa
	Prairie Village	vs.	Merriam, Roeland Park
<b>1-Jul</b>	Olathe	vs.	Prairie Village
	Merriam	vs.	Overland Park, Leawood
	Roeland Park	vs.	Lenexa
	Fairway	vs.	Shawnee
<b>8-Jul</b>	Lenexa	vs.	Fairway
	Shawnee	vs.	Leawood
	Prairie Village	vs.	Overland Park
	Olathe	vs.	Roeland Park, Merriam
<b>14-Jul</b>			ALL CITY

**All City Championship Meet**

Wednesday, July 14

Overland Park

Warm-ups 7:00 a.m. --- Meet Starts 8:15a.m.

Rain Make-up Date - Thursday July 15

## Johnson County Swim & Dive League

### Dive Schedule 2021

All Dive Meets Are Held On Tuesday

Warm-ups 5:30 Meet Starts 6:00

Meet Date	Host		Visitor(s)
<b>15-Jun</b>			
	Olathe	vs.	Overland Park
	Leawood	vs.	Merriam, Lenexa
	Prairie Village	vs.	Shawnee

<b>22-Jun</b>			
	Shawnee	vs.	Lenexa
	Leawood	vs.	Olathe
	Overland Park	vs.	Prairie Village, Merriam

<b>29-Jun</b>			
	Merriam	vs.	Shawnee, Olathe
	Overland Park	vs.	Leawood
	Lenexa	vs.	Prairie Village

<b>6-Jul</b>			
	Shawnee	vs.	Leawood
	Lenexa	vs.	Overland Park, Merriam
	Prairie Village	vs.	Olathe

<b>13-Jul</b>			
	Olathe	vs.	Lenexa
	Merriam	vs.	Prairie Village, Leawood
	Overland Park	vs.	Shawnee

### All City Championship Meet

Friday & Saturday July 16 & 17 (Rain Date - Sunday, July 18)

Shawnee

Friday July 16 (7&U, 9&U, 11&U)

Warm-ups :4:00 p.m. --- Meet Starts 5:00 p.m.

Saturday July 17 (13&U, 15&U, 18&U)

Warm-ups :7:00 a.m. --- Meet Starts 8:00 a.m.