



Lafayette Seals Swim Team Handbook

Welcome to the Lafayette Seals!

We are excited to have you as part of our team. Our program is designed to promote swimming skills, teamwork, and a love for the sport. We look forward to a fun and rewarding season!

The Lafayette Swim Team (The Seals) is sponsored by the City of Lafayette Recreation Department and participates in the Boulder Valley Summer Swim League (BVSSL).

Our mission is to provide a safe, supportive, and competitive environment for youth swimmers (ages 5 to 18) to develop their skills, foster teamwork, and achieve their personal best.

Team Structure

League: Boulder Valley Summer Swim League (BVSSL)

- **Head Coach:** Carolyn Jewett
Email: Carolyn.Jewett@lafayetteco.gov
- **Co-Head Coach:** Kollin Monahan
Email: Kollin.Monahan@lafayetteco.gov
- **Aquatics Supervisor:** Ethan Ragatz
Email: Ethan.Ragatz@lafayetteco.gov | Phone: 303-604-3632
- **Aquatics Operations Manager:** Morgan Skalla
Email: Morgan.Skalla@lafayetteco.gov | Phone: 303-661-1462
- **Volunteer Coordinator:** Alexa Bennett
Email: Alexa.Bennett@lafayetteco.gov

Practice Schedule

Location: Great Outdoors Waterpark, 500 E. South Boulder Road

Optional Preseason Practices: May 18 – 21

Ages 5-8 | 4 - 4:45pm

Ages 9-12 | 4:45 - 5:45pm

Ages 13-18 | 5:45 - 7pm

**Swimmers are required to swim with their age group, no exceptions*

Regular Season Practices: May 26 - July 17, Monday - Friday

Ages 8 and under | 9:45-10:30am

Ages 9-10 | 8:45 - 9:45am

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Ages 11-12 | 7:45 - 8:45am

Ages 13-18 | 6:30 - 7:45am

**Swimmers are required to swim with their age group, no exceptions*

Swimmers should arrive 5 minutes early and be ready for a 15-minute dryland warm-up

Optional Stroke Clinics

Tuesdays & Thursdays: 6:00 – 7:00 PM

- Cost: \$5 Residents / \$6 Non-Residents
- Register at the Bob Burger Recreation Center or online: [Seals Stroke Clinic](#)

Meet Schedule & Expectations

Dual Meets

Date	Opponent	Location	Pool Type
June 06	LSVL	Home @ GOWP	25m
June 13	BYE WEEK	---	---
June 20	WW	Home @ GOWP	25m
June 27	Flyers	1650 Indiana Street, Westminster	25m
July 04	BYE WEEK	—	—
July 11	Fox Hill	1400 East Highway 119, Longmont	25y
July 18	Meadows	3975 28th St, Boulder	25y

Optional Meets

- **June 22** – Pentathlon @ Fox Hill, 1400 E Highway 119, Longmont 25y
- **June 30** – Hot Shot/Long Shot @ TBD

Championship Meets

- **July 22** – 8–12 Prelims @ VMAC, 5310 E. 136th Ave, Thornton 25 Yards
- **July 23** – 13 & Up Prelims @ VMAC, 5310 E. 136th Ave, Thornton 25 Yards
- **July 25** – League Finals @ VMAC, 5310 E. 136th Ave, Thornton 25 Yards

Meet Day Expectations

- **Arrival Time:** 6:30 AM
- **Warm-ups Begin:** 7:00 AM
- **Meet Start:** 8:00 AM
- **Check-in:** All swimmers must check in at the team tent and participate in the team warm-up. At check-in, swimmers will be given their events for the day.
- **Departure:** Swimmers must stay for the full meet unless prior arrangements are made with the Head Coach.

***Note:** Meet declarations are due by the Wednesday before each Saturday meet via SwimTopia. We understand that emergencies do come up, so please let your Head Coach know as soon as possible if your swimmer will not be in attendance.*

Basic Code of Conduct

Practice Expectations

- Always follow the coach's directions. If swimmers choose to disregard coaching or demonstrate disruptive behavior during practice, they lose valuable coaching time, quality of practice, and conditioning.
- Parents are welcome to watch from the pool deck but should not interfere with practice. Please ensure the pool deck furniture stays in its original place.
- We welcome all family members supporting our swimmers. If families must bring younger children to practice, please bring activities that they can do on a blanket in the grass away from the pools.
- Absolutely no glass allowed on the pool deck. Broken glass on a pool deck will result in extended pool closures and could end the season early.

Meet Conduct

- Show good sportsmanship to all teams and officials.
 - When we are the visiting team, we are guests at the pool. Please act accordingly. Negative remarks should never be made to officials, swimmers, coaches, or parents of our team or another team.
- All judge decisions are final; negative comments will not be tolerated.
 - No judge wants to DQ a swimmer. These are difficult calls to make. The judge's decision is final and cannot be overruled by a parent or coach.

- Parents should direct officiating concerns to Recreation Staff.

Swim Meet days rely on teamwork, communication, and thoughtful planning. Coaches carefully create lineups that reflect each swimmer's strengths while balancing the needs of the entire team. To support this process, we ask families to stay in close communication and meet all deadlines. While coaches will try to place swimmers in their requested events, this isn't always possible. Decisions are made with the best interest of both the team and the swimmer in mind. We ask for your support in these decisions and encourage you to help your swimmer approach new or unfamiliar events with a positive attitude. Maintaining a supportive environment is essential to strong team morale.

Prelims and Finals

- All swimmers are expected to participate in prelims
- Swimmers who place in the top 20 for an individual event will qualify for the League Finals Swim Meet. This includes relay events as well.

Note: The BVSSL requires each team to provide volunteers for both prelims and finals. Once the league finalizes each team's assignments, an additional volunteer sign-up will be available on the SwimTopia site.

Volunteer Participation

Running home swim meets and events successfully depends heavily on parent involvement. We encourage all families to help in any way they can! Volunteer opportunities and sign-ups will be available through SwimTopia, we are grateful for your support in making each meet and event run smoothly.

Roles include:

- Heating
- Prize Distribution
- Runners
- Scoring Teams
- Sign In
- Starters/Announcers
- Stroke Judges
- Substitutes
- Timers
- Clean Up

Prelims and Finals require additional volunteers as assigned by BVSSL.

Lafayette Seals Booster Club

The Lafayette Seals Booster Club is a 501c3 non-profit organization that supports the team by assisting with planning special team social events and raising funds to support these operations.

Communication Guidelines

- To ensure coaches are fully focused on swimmer safety and instruction, please do not speak with the coaches while they are on deck actively coaching.
 - This includes during practices and swim meets.
 - If you need to speak with a coach, please do so before or after practice. Contact information for all of the coaches is available on our SwimTopia site.
- Please email our Aquatic Supervisor or Head Coach with questions or concerns at any time.
- **Practice updates & weather cancellations:**
Check <https://lafayettecoseals.swimtopia.com/> or the SwimTopia app for alerts.
 - Practices will continue during light rain or cold weather unless extreme conditions occur. Families may choose whether attendance is appropriate for their child on these days.
 - We will always attempt to post cancellations in a timely manner, but with Colorado weather, last-minute changes, cancellations, and mid-practice cancellations could occur.

Safety Guidelines

- No scooters, rollerblades, bikes, or swimming in other pools during team practice times.
- Bring quiet activities for siblings attending practice.
- Swimmers must be supervised by parents or caregivers when not in the pool.

Equipment List

We want every swimmer to feel confident, comfortable, and included. While participation on a swim team does require some basic equipment, we are mindful of keeping costs reasonable and want to ensure no child is priced out of this meaningful experience. Most equipment below is recommended, not required, unless noted otherwise by league rules.

Required Equipment

- **Competition Suit (per BVSSL):**
 - No bonded seams, zippers, fasteners, tech suits, or double-suiting.

- Suit must be well-fitted and in good condition.

Recommended Equipment

- **Practice Suit:** Durable fabric for daily wear that is designed to withstand frequent use
- **Swim Cap:** One team cap is provided at registration and can help swimmers keep long hair out of their face and reduce drag
- **Goggles:** Highly recommended to protect swimmers' eyes from pool chemicals and improve visibility in the water, especially mirrored for outdoor use
- **Warm-Up Gear:** Warm, loose, comfortable, dry clothes for before/after practice (can be sweatpants, hoodies, or parkas)
- **Sunscreen:** Apply before each session and bring extra
- **Team Spirit Wear:** Optional, available via the team SwimTopia/Swim Outlet site

Team Suit Fitting

Team suits are available for optional purchase through MI Sports. Date will be coordinated by the Aquatic Supervisor and communicated to the families.

Please note: While many families choose to purchase a team suit, owning one is not required. Any plain, properly fitting suit that meets BVSSL rules is acceptable for competition. Team suits will be available for optional purchase through MI Sports during our scheduled suit fitting. Swimmers will have the opportunity to try on suits to find their best fit.

2026 Suit Fitting: TBD



Frequently Asked Questions (FAQ)

1. What is the age range for the Lafayette Seals Swim Team?

Swimmers generally range in age from 5 to 18. Age group placement is determined by the swimmer's age as of May 15th of the current season.

2. Does my child need to know how to swim to join?

Swimmers should have basic water comfort and be able to swim at least one length of the pool unassisted. If you're unsure whether your swimmer is ready, reach out to the Aquatics staff to schedule an evaluation.

3. Are practices mandatory?

Practice attendance supports skill development and team cohesion. If a swimmer is unable to attend, please communicate with the coaching staff.

4. How do I declare for swim meets?

All meet declarations must be made through SwimTopia by the Wednesday before each Saturday meet. You must mark your swimmer as either "attending" or "not attending" for every meet.

5. Can my swimmer leave early from a meet?

Swimmers are expected to stay for the entire meet to support their teammates and participate in all assigned events. Early departures should be discussed in advance with the Head Coach.

6. What equipment does my swimmer need?

A BVSSL-compliant competition suit is required. Recommended items include a practice suit, goggles, swim cap (provided), sunscreen, water bottle, towel, and warm clothes. A full list is provided in the handbook.

7. What if we can't afford equipment or fees?

We want all swimmers to feel included. Please contact the Aquatics Program Coordinator if you need assistance acquiring required equipment. We're here to help.

8. What happens if there is bad weather?

Practice is held rain or shine unless there is extreme weather, such as lightning, heavy winds, etc. Weather updates will be posted on the Lafayette Seals website and sent through the SwimTopia app.

9. How can I get involved as a parent?

We rely heavily on volunteers! You can help with timing, meet setup, stroke judging (training provided), and more. Opportunities are posted in SwimTopia.

10. What are Stroke Clinics, and how do I sign up?

Stroke clinics are optional, skill-specific practices held Tuesday and Thursday evenings. They cost \$5 per session and focus on stroke refinement, starts, and turns. You can register online through WebTrac or at the Bob Burger Recreation Center.

11. Where can I find meet schedules and updates?

The full meet schedule is listed in the handbook and updated on www.lafayettecoseals.SwimTopia.com

2026 Season
