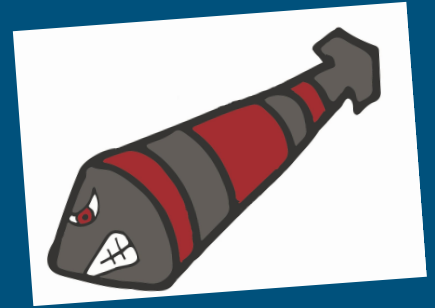
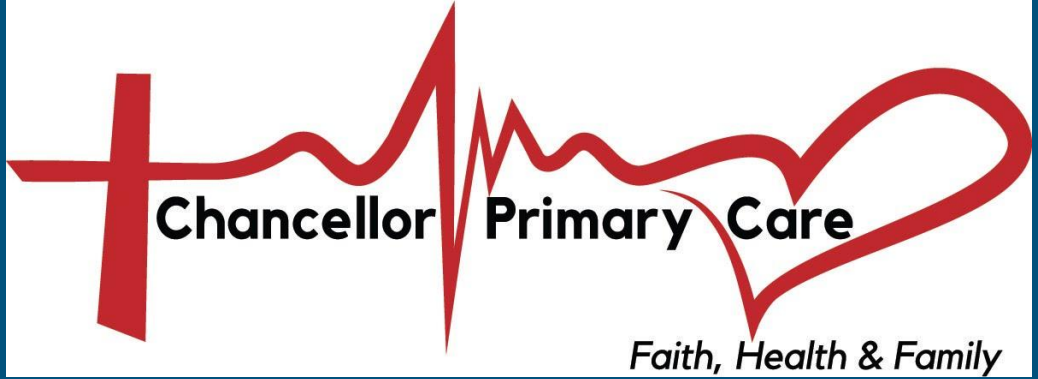


PARENT MEETING 2025
May 12 @ 7pm via Zoom



LAKE WILDERNESS SWIM TEAM

2025 SPONSORS



Go to:

<https://lwst.swimtopia.com/sponsors>

for more information

RSL - Rappahannock Swim League

The Rappahannock Swim League (RSL) is made up of 25 summer swim teams from the City of Fredericksburg and the counties of Stafford, Spotsylvania, King George, Caroline and Orange, Virginia. The purpose of the league is to provide safe, fun and organized summer swim league that promotes sportsmanship, team unity, and instill the life-long love of swimming. There are 4 divisions with 6-7 teams in each division. Teams participate in 6 regular season swim meets. The season culminates with a divisional championship meet.

Go to <https://rsl.swimtopia.com/> for more information.

LWST BOARD

- JOHN STROFFOLINO - LWPOA Committee Liason
- TISH FREY - Communications, Website & Registration
- JESSICA HITT - RSL Representative, Food Trucks & Apparel
- SHELLY RAMSEY - Volunteer Coordinator
- JENNIFER ALEXANDER - Social Events Coordinator
- JOEL BERNARDO - Treasurer

Go to <https://lwst.swimtopia.com/board> for more information.

LWST COACHES

HEAD COACH

- Marissa Ross

ASSISTANT COACHES

- Conner Henriques
- Will Stroffolino

Go to

<https://lwst.swimtopia.com/coaches>

for more information.

LWST COMMUNICATION

- SwimTopia website & application
- Team email: swimlw@live.com
- Social media - Facebook
- File folder box

Website: <https://lwst.swimtopia.com/>

News: <https://lwst.swimtopia.com/news>

Facebook:

<https://www.facebook.com/LWTorpedoes>

Marissa Ross (Head Coach)

- Email: marissa.ross.03@gmail.com
- Phone: (540) 940-4267

Conner Henriques (Assistant Coach)

- Email: conner.henriques@gmail.com
- Phone: (540) 259-2964

Will Stroffolino (Assistant Coach)

- Email: wjstroff@gmail.com
- Phone: (540) 422-5946

SwimTopia TEAM WEBSITE & APP

LWST WEBSITE - <https://lwst.swimtopia.com/>

- REGISTRATION
- EMAIL
- TEXT ALERTS
- CALENDAR - meet sign up, volunteer sign up
- APP - events, times, weather alerts, etc.
 - See more info on the app here: <https://www.youtube.com/watch?v=ZsVnIVXiEYI>



RSL WEBSITE - <HTTP://RSLSWIMMING.COM/>

RSL CHANGES FOR 2025

- SafeSport Training is now required for all RSL & LWST Board Members, Coaches and the Safety Marshall volunteer position - go to <https://uscenterforsafesport.org/> for more information
- We are in the new division this year (National) - there are now 6 teams in our division
 - College Heights Gators
 - Eden Estates Eels
 - Grafton Dolphins
 - Idlewild Tidal Waves
 - Salem Fields Sunfish
- Go to <https://rsl.swimtopia.com/teams> for more information on the RSL Divisions.
- Last dual meet will be on a WEDNESDAY vs MONDAY in past years
- Finals will be on a FRIDAY this year - beginning in the afternoon at Jeff Rouse Swim & Sport Center in Stafford, VA)
- New timing system: TimeDrops - go to <https://lwst.swimtopia.com/training> for more information

TimeDrops

The RSL has purchased the TimeDrops system for all teams in the league to use. This will be a timing system that will be started by the starter and ending with each time. The data will be uploaded automatically via and tablet into SwimTopia. This will reduce the need to collecting time cards after each event. There will still be stopwatches used for backup and a print out of all events in case the manual stopwatch times need to be used.

Hampton Oaks did a trial with this system last year and we will be having our first meet at their pool so we will have the opportunity to see it in action.

The starter, head scorekeeper & referee need to attend a webinar to learn more about this. Dates & times noted here: <https://lwst.swimtopia.com/training>

We will be sure to try this out during practices ahead of our first home meet. We may need some WiFi help here.

General Information: <https://time-drops.com/>

How this system integrates with SwimTopia:

<https://help.swimtopia.com/hc/en-us/articles/4408980022299-Time-Drops-Integration-Overview-Setup>

LWST PRACTICE SCHEDULE

Monday to Friday from Tuesday, May 27th through Friday, July 25th

PRACTICE GROUPS

- 8:00am-9:00am (7-10)
- 9:00am-9:30am (6 & Under)
- 9:30am-10:30am (11 & Up)
 - *age assignments (based on age on June 1)*

EVENING PRACTICES:

Evening practices will only be the first 2 weeks of the season:

- Tuesday, May 27th, Thursday, May 29th, Tuesday, June 3rd & Thursday, June 5th
 - 7pm-8pm (7-10)
 - 8pm-9pm (11 & up)

Schedule Notes:

- No practice the day after a meet
- No Practice On Friday, July 4
- No practice the day after the Swim-a-Thon

Go to

<https://lwst.swimtopia.com/practice-schedule>

for the practice schedule.

MEET SCHEDULE

Go to https://lwst.swimtopia.com/swim_meets for more information.

Wednesday, June 11th – Meet 1 (LW @ Hampton Oaks) - EXHIBITION MEET

Wednesday, June 18th – Meet 2 (LW @ Salem Fields)

Wednesday, June 25th – Meet 3 (Grafton @ LW) - 1st HOME MEET

Wednesday, July 2nd – Meet 4 (LW @ Idlewild)

Wednesday, July 9th – Meet 5 (Eden Estates @ LW) - 2nd HOME MEET

Wednesday, July 16th – Meet 6 (College Heights @ LW) - 3rd HOME MEET

Friday, July 25th – Finals - 3 sessions (Session 1: 10 and under, ;Session 2: all ages & Session 3: 11 and older)

Team Events

- Team photos - Thursday, June 19th @ 7pm (before the Swim-a-thon)
- Swim-a-thon - Thursday, June 19th @ 8pm
 - 10 & under - 8pm-9pm
 - 11 & older - 9pm-10pm
- Pancake Breakfast - Friday, July 11th after each practice
- RSL @ FredNats game - Friday, July 18th
- Pasta & Posters - Thursday, July 24th @ 7pm
- Awards Banquet - Saturday, July 27th @ TBD

Go to <https://lwst.swimtopia.com/calendar-and-meets> for more information.

PICTURES

We invite parents who take pictures during any of our LWST events to share them with us. We would love to use them for the slide show and website. They can be emailed to swimlw@live.com.

We will also be taking team pictures before the Swim-a-Thon on Thursday, June 19th @ 7pm

OPERATING BUDGET

A majority of the budget goes toward coach salaries.

Other items include the following:

- Lifeguards for home meets
- Insurance through the RSL for each swimmer
- Team Apparel
- Trophies and other prizes
- General supplies (office supplies as well as swim supplies like kickboards and lane markers)

FUNDRAISING

To provide a quality summer swim season, our operating budget is approximately \$15,000. This can change depending on the number of swimmers and also the need to replace equipment (lane lines, blocks, etc.). Most of our budget comes from registration fees. We try hard to keep these fees down and keep swimming affordable to everyone. We find ourselves among the most reasonably priced teams in the RSL.

Go to <https://lwst.swimtopia.com/shop> for more information.

FUNDRAISING (CONT)

Other revenue comes from fundraising, concessions sales (percentage of sales from our food trucks), and sponsorship.

- **swim-a-thon** - this has evolved into a fun night over the past few seasons. Swimmers have an hour to swim as many laps as they can and secure sponsors. For the swimmers who participate, we have food (usually pizza, ice cream, and hot dogs) along with karaoke - this year's date is Thursday, June 19th
 - Go to https://d1nmxxg9d5tdo.cloudfront.net/4464/files/LWST_Swim-A-Thon_PledgeSheets.pdf?1747086059 for pledge sheet.
- **apparel** - all swimmers will receive one t-shirt and a latex cap with registration - additional shirts, silicone caps, and LWST car magnets are available for purchase
 - Go to <https://www.swimoutlet.com/collections/lwst?ref=SWIMTOPIA> for more information on ordering a team swim suit.
 - Go to <https://lwst.swimtopia.com/shop> for more information on other fundraising items.
- Food trucks:
 - Go to https://lwst.swimtopia.com/swim_meets for more information.

FAMILY COMMITMENT

- \$20 registration discount for trained positions (“25TRAIN”)
- Each family will be committed to working at least 1 shift per meet that has a swimmer participating
- Sign up changes:
 - As part of the registration process, you will note what what positions you are interested in.
 - Once you are registered, you need to click on each meet to let us know your availability - learn how by going to <https://help.swimtopia.com/hc/en-us/articles/200783598-Calendar-Sign-up-Meet-Declarations-RSVPs-and-Jobs-Shifts> or watching this video https://youtu.be/_qqry8YQsE?si=Um7M450MV0Rj8xVd
 - You will be assigned a position for each meet by the volunteer coordinator
 - If you are unable to work a shift, you need to find a replacement. If you do not fulfill your obligation, LWST has the right to deny your swimmer’s participation in that meet.
 - Be sure to communicate any availability changes with the volunteer coordinator - Shelley Ramsey at jwr1259@gmail.com

MEET VOLUNTEERS & TRAINING

In order to run a smooth and successful meet, we need 34 volunteer shifts filled for a home meet and 15 for an away meet. Not all volunteer positions require training.

Positions that requiring training are: referee, starter, stroke & turn, scorekeeper, clerk of course and head timer. Training is required each year for these positions.

Training is offered online. It usually takes about 1-3 hours (depending on the position) to watch the video and answer questions. Training can be done at anytime throughout the season but must be completed at least 1 week before your first shift.

New for 2025: in-person training for Stroke & Turn and Referee positions. One session will be held at the LW Clubhouse at 2pm on Sunday, June 8th

All trained positions have a “shadow” option for those who have completed the training and would like to shadow someone for their first shift.

If you are a USA Swimming and/or VHSL trained official, you may fill out a waiver.

For more information go to: <https://lwst.swimtopia.com/training> or <https://rsl.swimtopia.com/training>

WHAT WE EXPECT FROM THE SWIMMERS

- While swimmers may not be able to attend all practices, we expect swimmers to attend the morning practice on the day of a meet, unless otherwise approved by the coach
- Exhibit sportsmanship, team unity, respect, and conduct themselves in a proper manner at all times.
- Cheer on your swim buddy.
 - Buddies will be paired up taking into account both age and experience.
- We expect swimmers to show team spirit by wearing their team t-shirts, swimsuits, and caps to all meets.
- All swimmers must wear a red and/or black swimsuit.
 - We ask that you support our team buy buying a suit through our vendor <https://www.swimoutlet.com/collections/lwst?ref=SWIMTOPIA> - this is also a fundraiser for the team, as we receive a percentage at the end of the season. We also suggest a good pair of goggles.
- Most importantly, we expect swimmers to swim their best

WHAT IS EXPECTED FROM THE PARENTS

- Coaches are working during practice times and discussions regarding a child's performance should take place before or after practice, or a time otherwise convenient for both parties.
- There will be no smoking at the pool during any team function.
- Parents/guardians/responsible adults will refrain from aggression, harassment or violence of any type. Any parent or guardian found to be in violation of this policy will be subject to prosecution.
- There will be no cursing or use of abusive language towards anyone. This, of course, includes members of the opposing team. Any violation will subject the offender (child or adult) to removal from that function and/or suspension from the team.
- Ensuring that the swimmers have the appropriate LWST uniform for all swim meets. This includes a red and/or black swimsuit and the LWST cap.
- Children 12 years old and under must be supervised at any team practice, meet, or function. Another responsible adult will need to supervise the behaviors of the child, and look after his/her safety.

WHAT TO EXPECT FROM THE COACHES

- All coaches are lifeguard certified, including current first aid and cpr
- All coaches are SafeSport trained (go to <https://uscenterforsafesport.org/> for more information)
- Demonstrate and encourage team spirit and respect for all team members
- Instruction of starts, turns, dives, all four strokes as ability allows, and breathing techniques
- Disqualifications (DQ's) will be discussed with each swimmer, and instruction will be give on how to correct the DQ.
 - You may also discuss questions/concerns with a coach before or after practice

COACHES NOTES

SWIM PRACTICE

- NO parents on the pool deck during practice. Distracts coach attention , is unsafe, and takes away from focus on swimmer development
- Boys - Jammers, swim trunks, or speedo
- Girls - One piece swim suits
- Goggles, towel, water, and sunscreen
- Please fill out the parent questionnaire - go to <https://forms.gle/u7dSdqoTP4XESw6J6>
- Go to <https://lwst.swimtopia.com/practice-policies> for more information.

COACHES NOTES (continued)

ATTENDANCE AT MEETS

- Declaration needs to be done a week prior to each meet
 - Go to https://lwst.swimtopia.com/swim_meets for more information
 - How to guide: <https://help.swimtopia.com/hc/en-us/articles/200783598-Calendar-Sign-up-Meet-Declarations-RSVPs-and-Jobs-Shifts>
 - How to video: https://youtu.be/_qqqry8YQsE?si=kRo_AJ6I50iUGJYY
- All events are due by 6 pm the day before a meet to the RSL
- Coaches spend the week leading up to each meet determining events for each declared swimmer
- Difficult to seed a meet with last minute changes

COACHES NOTES (continued)

SEEDING A MEET

- Individual swimmers can be placed in no more than 3 individual events and 2 relays**.
 - **Some swimmers will be placed in a third relay – the graduated relay.
- Swimmers may be placed in events based on performance, not necessarily the events they want
- The focus is on fun but this is a competitive sport
- If there are any concerns with children swimming different events, please feel free to contact coaches.

COACHES CONTACT INFORMATION

- Preferred method for contacting coaches (email or phone/text)
 - Before or after practices
 - Email through the website
- Marissa Ross (Head Coach)
 - Email: marissa.ross.03@gmail.com
 - Phone: (540) 940-4267
- Conner Henriques (Assistant Coach)
 - Email: conner.henriques@gmail.com
 - Phone: (540) 259-2964
- Will Stroffolino (Assistant Coach)
 - Email: wjstroff@gmail.com
 - Phone: (540) 422-5946

WHAT TO EXPECT AT A MEET

Arrive early for parent check in, swimmer check in and swimmer warm up.

- 4:00 set up for home meets
- check in by 4:30 for home meets
- check in by 4:45 for away meets

There will be a timers meeting and stroke and turn meeting around 5:30pm

Dual meets begin at 6pm and typically last until at least 9:30pm (depending on team sizes)

WHAT TO EXPECT AT A MEET (continued)

EVENTS

- Swimmers will receive their events at practice the morning of the meet
- Events/Meet information will be emailed out ahead of time
- Heat sheets should also be provided in the SwimTopia app (go to <https://www.swimtopia.com/products/swim-meet-app/> for more information)
 - More information about the app here: <https://www.youtube.com/watch?v=ZsVnIVXiEYI>

CLERK OF COURSE

- Swimmer will check in with clerk of course when their event # is announced
- **This is where buddies will be very helpful, especially for 10 and under swimmers.

WHAT TO EXPECT AT A MEET (continued)

WORK COMMITMENT

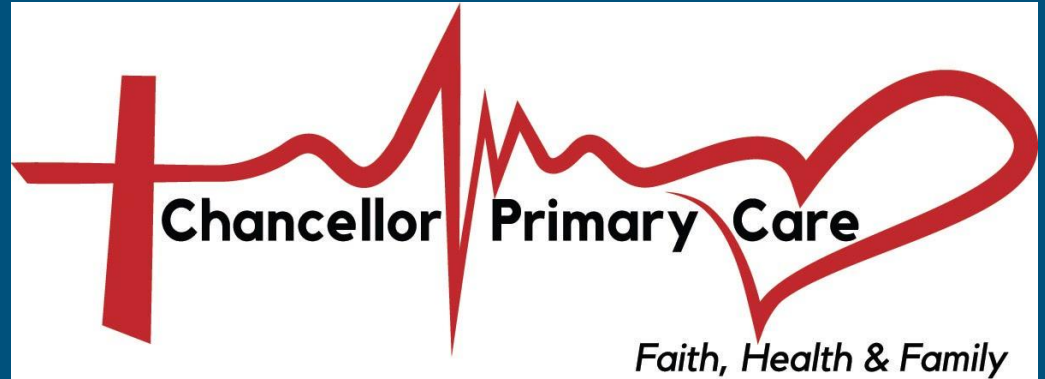
- Volunteer assignments will be emailed out ahead of the meet
 - It will also be listed in the SwimTopia app (go to <https://www.swimtopia.com/products/swim-meet-app/> for more information)
 - Video on how to view in the app: <https://www.youtube.com/watch?v=ZsVnIVXiEYI>
- Volunteers who are working the meet will need to report to their spot at their scheduled time
- Depending on the pace of the meet, the time commitment may change a bit as it is typically dictated by the event number
 - the first half is from event 1 to 34
 - the second half is from event 35 to the end 68

HOW TO GET READY FOR SUMMER SWIM?

SUMMER PREP PROGRAMS

- The RAYS swim team has a new month to month program (MANTA) - see more information <https://www.swimrays.org/page/about-us/programs>.
- The Tsunami Swim Team has a Swim & Stay Fit program - see more information <https://tsunamiswimming.org/programs/swim-and-stay-fit>.
- Little Fish Swimming has a variety of programs - see more information <https://littlefishswimming.com/>.

2025 SPONSORS



Click <https://lwst.swimtopia.com/sponsors>
for more information