



2026 LTST Kickoff Meeting

Welcome to the 2026 Las Trampas Swim Season!

Directors: Heather Kellert, Amy Coombe & Erin Silva

Today's Big Topics

1. Overview of swim team & timeline
2. Parent Jobs!
3. Types of Events
4. Expectations of families



What makes swim team special?!

Individual, Team, and Family Sport

- POPS
- Relays and overall meet points
- Comraderie across age groups

Co-Op Style Program

- Many hands make light(er) work!
- Regular Parent Job Points vs. STAR Jobs

Community Building

- Spirit teams & kid socials
- Family socials
- Parent-only socials



Goal Times

- Standardized motivational times across the league:
Copper, Bronze, Silver, Gold (Swimtopia)
- Time improvement = “POP”
 - **12 pops** = a pop towel at Awards Night!
 - Thank you Dana Herman for keeping the pop chart updated as well as ordering and engraving ALL the pop towels!
- Gold times
 - Qualification for the County Meet
 - Swimmers may also qualify as part of a Relay Team, even if they don't qualify in an individual event



Swim Meets



- Wednesday evenings and Saturday mornings
- “Shepherds” for 8 & under swimmers, BUT please ensure your swimmer is ready and lined up when announced.
- Thank you head shepherds, Ayesha Dillon & Heather Eastwood
- Check if your swimmer is in a relay before leaving the meet!
- Snack Shack will be in full operation at our Home meets. Thank you Dana Nelson & Jenny McCarthy Redman for leading the Snack Shack, and Linh Seymour for being the team shopper
- Ribbons! Thank you to Sarah Chao for your work in awards, and arranging all of the end of season awards

Declaring for Swim Meets



SAT
MAY
24

🏊 🏠 Walnut Heights @ LTST

Start: 9:00 AM
Warm-up: 8:00 AM
End: 2:00 PM (estimated)

MEET ENTRY
OPEN

- General Meet Timelines
 - Saturdays, 8 AM – 1 PM (meets begin at 9 AM)
 - Wednesdays, 4:30 PM – 9 PM (meets begin at 5:30 PM)
- Declaration deadlines:
 - Wednesday night for Saturday meets
 - Saturday night for Wednesday meets
- We recommend declaring for meets all in one sitting...they're up now!
- **New for 2026 - google sheet for requests/updates after the meet closes (as opposed to emailing directors and/or the desk)**
- Thank you Marisa Canoles for your role as Meet Director and coordinating all of our meets!

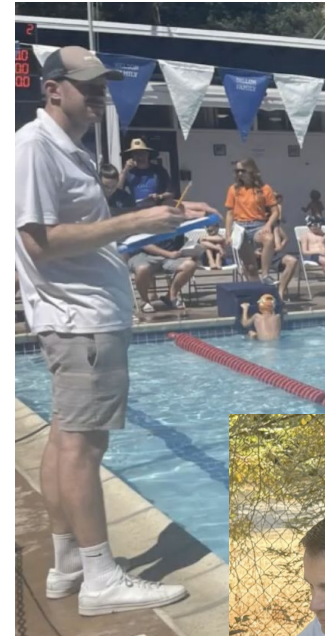
Time Trials



- Sunday, May 17th. **Please be there!**
- Longest single day “meet” of the season – swimmers swim every event
- Establish base times for pops
- **New families** , look for people wearing “Ask Me” buttons. Don’t be shy!
- Time Trials is our biggest Fundraising event of the year – please check out the tables by the gate

Time Trials Jobs

- **Experienced parents** , please sign up for jobs at Time Trials!
- Thank you to our Star Jobs folks for Time Trials and Swim Meets!
 - Stroke & Turn team: Matt Wakefield, Mark Edgington, Matt Pahnke, Paul Zaich, Greg Nichols, Jeff Stack, Adrienne Gilbertson
 - Head timers: Irene & Dave Henry
 - Announcer: Jordan Meyer
 - Timing Desk team: Laura Laporte, Mike Knudtsen, and Jasper Van Delft
 - Fundraising: Hannah and Scott Krepsky



DCSL League Championship Meet



- Saturday & Sunday, July 25-26 @ Acalanes HS
- A BIG swim meet showcasing 3,500+ entries with 1,100+ swimmers from 8 member teams
- Two-day meet with a trials and finals format
- Please plan to attend! Every swimmer matters
- Thank you Kelly Kierstead and Marisa Canoles for serving as our DCSL rep!
- Thank you Andi Brown & Amy Wood for woman-ing Clerk of the Course this year!



Invitationals



- **Devil Mountain Pentathlon** - Hosted by Dana Hills in Clayton - similar to DCSL, all families attending are required to work
 - Friday evening (6/12) - 7&8 and 9&10 IM events
 - Saturday (6/13) - 10&U events (other than IM + 6&U 50 free)
 - Sunday (6/14) - 11&up all events
- **Springbrook Pentathlon** (6/28) - Participation by invitation only - 5 swimmers in each age group (Coach Andrew will select) - all families attending are required to work
- **Blackhawk “HOX Last Chance” Meet** (7/19) - Another opportunity for pops and/or a gold time; no parent job requirement but parents are responsible for getting their swimmers to the blocks (very busy pool deck with no clerk of the course or shepherds)

Parent Jobs

- Thank You Parent Job Coordinators! Kaitlin Lewis, Lauren & Patrick Decker!
- Parent Jobs OPEN tomorrow (Monday) at 8pm!
 - If you have any last minute questions! ltst.parentjobs@gmail.com
 - **23 Job Points per family for the 2026 season**
 - Please read all the updated policies on the website— **Fines & Sub rules are important to understand!**
 - Returning families encouraged to sign up for Time Trial jobs
- Everyone works DCSL Championship and Invitational jobs in addition to regular season jobs (sign-ups will occur 1-2 weeks before each event)



Spirit Teams

This year's theme has a Wild West flavor

- Honky Tonk Family Line Dancing Outing
- Spirit Team shirt for all swimmers to be given out at Time Trials
- New: Intra Squad meet where Spirit Teams Compete! Weds 6/3
- And our Spirit Team are...



Sprinting Spurs



Diving Desperados



Frontier Freestylers



Kickin' Cowpokes:



Swimmer Social Events



- Thank you Michelle Maggio & Moira Roberts!
- Age group events at the pool on Tuesday afternoons
- Spirit Carnival on Friday 7/10 where Spirit Teams compete
- Spirit week activities (such as car decorating) leading up to DCSL

Family Social Events

30 MAY **OAKLAND ROOTS GAME** — \$40
Team outing to watch MLS soccer!

18 JUNE **MOM'S NIGHT IN** — \$50
Wine & Snacks at Casa Lupardus

26 JUNE **DAD GAMES** — \$40
At the Community Center Rink

27 JUNE **RANCHO MEET**
Saturday night, DJ & dancing!!

11 JULY **SEAHORSE HOEDOWN** — \$15
Line dancing at Balesreiri Farms

12 JULY **GIANTS GAME** — \$45
Swim team day out at Oracle

17 JULY **WATERPARK DAY OUT** — \$25
Team outing at the Wave in Dublin

18 JULY **TALENT SHOW**
Sign up early to book your act!



What to do now?

- Mark your calendar!
- Soon: Buy tickets for all ticketed events through SUG links
- Encourage your swimmer to start thinking about their talent show act! (and sign up on the pool deck in June)
- Follow us on Instagram: @ltseahorses & @lastrampaspool



Private Lessons

- Lesson sign-ups will open Monday, May 18th @ 8pm for swim team families only
- These lessons are an extra cost and are not-refundable
- 25 minutes per lesson
- **1 sign-up per swimmer for the first 48 hours**
- Assistant Coaches: Mon-Thurs 12:30pm – 3:30pm
 - Swimmers aged 5+
- Coach Andrew: Mon-Thurs 12:30pm - 2:00pm
 - Swimmers aged 9+



Suits, Caps & Apparel

- Apparel Coordinators – thank you Marisa Lynn & Meghan Curtis!
- Caps:
 - Personalized swim caps were ordered during registration and can be picked up at time trials
 - If you need another team cap during the season, please see Marisa & Meghan to purchase a non-personalized LT cap
- Team Suits: Elsmore in WC or our team website
- Spirit Wear can be found on the LT apparel store online
- 2026 LTST Spirit T-shirts for ALL swimmers at Time Trials
- Please label everything!
- **NEW: Swim Suit Donation and Exchange Box!**



Fundraising



- Fundraising Coordinators – thank you Hannah and Scott Krepsky!
- Swim team is not a revenue generating activity for the pool – all swim team registrations and fundraising is set with the goal of “breaking even” (thank you Carly Gatzert for volunteering as our team treasurer!)
- We fundraise for exciting pool improvements and team activities: This year it’s Snack Shack renovations!
- Pay-to-Play parties and activities – Please let us know if you are interested in hosting
- Time Trials is our biggest fundraising event

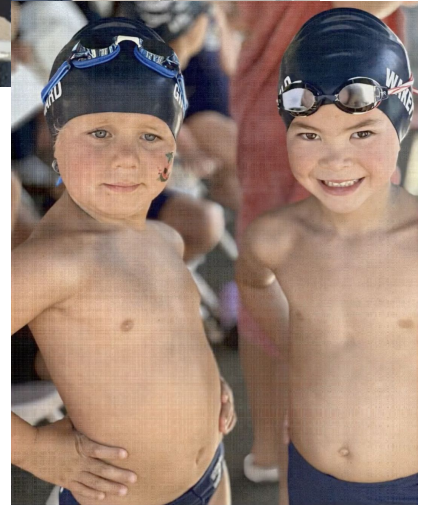
Expectations of Swimmers



- Attend practices and work hard
- Compete in swim meets
- Cheer for your teammates!
- Responsible behavior on deck (no rollerskates and/or sticks, NO climbing on equipment)
- Show respect for coaches, teammates, opponents, lifeguards and our club
- Attend social / spirit events and have fun!

Expectations of Parents

- Be informed! Read emails and check website for info
- Empower your child by enabling full participation
- Declare for meets early
- On the pool deck
 - LT opens for recreational use at 1:00 PM (summer)
 - Swimmers should be onsite for their practice time **only**
 - Swimmers 10 & under may not be at the pool without a chaperone
 - Coaches coach and Parents cheer ;-)



Thanks for joining!

**Please stay for the all-member
opening party!**

Please visit our apparel table!

Questions? We're here for ya!

