

2024 LSL Sea Lions Parent /Swimmer Meeting--April 21

4 - pm Stations for T-shirts, volunteers, App signup.

4:00 pm Whole Team Meeting

4:45 pm New Members Meeting--Questions/answer period

Welcome / Intro of the Swim Team Board

Chelsea Renfro

Lake Saint Louis Sea Lions Swim 2024 Parent Board

Swim Board Co-Presidents	Chelsea Renfro	LSLswimming2@gmail.com
St. Charles Summer Swim League Representatives	Kerry Schindler/Leslie Pauley	LSLSwimmingLeagueRep@gmail.com
Aquatics Director	Kathy Cumbie	board@lslswimteam.com
Treasurer	Amanda Norvell (Tami Sanker)	LSLSwimmingTreasurer@gmail.com
Secretary	Luis Diaz	
Web Masters	Kerry Schindler & Leslie Pauley	LSLSwimmingWebmaster@gmail.com
Volunteer Coordinators	David Peterson and Stacey Kratz	LSLSwimmingVolunteers@gmail.com
Concession Coordinator	Anna Alt	LSLSwimmingConcessions@gmail.com
Apparel Coordinator	Stephanie Diestelkamp	LSLSwimmingApparel@gmail.com
Party Coordinators	Jen Deberge and Stacey Kratz	
Meet Announcer	Luis Diaz	
Bull Pen Coordinator	Shalom Shoaf	
PR & web communications	Keely Manne	

2024 Coaching Staff

Head Coaches	Maggie Tiemeyer
Assistant Coaches	Katie Taylor, Dagen Tiemeyer, Maddie Taylor, Evan Sanker

Swim Lesson Coordinator	Katie Taylor lslswimlessons@gmail.com

II. Intro of the Swim Coaches

Chelsea Renfro

- a. Head Coaches – Maggie Tiemeyer
- b. Asst. Coaches:
Katie Taylor, Dagen Tiemeyer, Maddie Taylor, Evan Sanker

**III. Comments from Head Coach
Head Coach's behalf)**

(Assist Coach: Dagen T. to speak on

- 1. Welcome and Coaching philosophy

Parent's Meeting

Chelsea

Rules and communication

- . Review of the 2024 LSL Swim Team Parent Handbook--on website
- o Website – www.LSLSwim.com
- o E-mails – from Swimtopia and email addresses on the website
- o Facebook closed group - Request to be a member. The group is [LSL Sea Lions Swim Team](#)
- o Rainout – texting if practice is canceled or a meet is rain delayed. Sign up from our website. Enter your cell number, verify it and then you will get updates.
- o Folders/mailboxes – out at most every practice. Mostly for ribbons

Expectations for Practice

- Come to as many practices as you can--this is how you will improve
- Come prepared to swim--bring your goggles, caps and good attitude
- Come to the correct age group practice
- Do not approach coaches while they are running practice. Feel free to contact them after or by email. They are there for you but need to get the full time in for practices with your children.
- Do not expect individual attention for 200 swimmers--coaches will do their best but cannot work with each child individually. If you would like private lessons, contact a coach. Even a few 30 minute sessions can help with stroke techniques, starts, turns, confidence!
- Do not drop off your little ones and leave without designating someone to watch out for your child--especially if the weather is questionable.

Expectations for Swim Meet

- Swimmer check in required prior to warmups in the check in tent-if you have not checked your swimmer in prior to warmups, they will be substituted out of relays and will not be added to any additional individual events. We recommend showing up no later than 15-30 minutes prior to warmups.
- Please look at all 3 sections under the swim meets menu on our website-to be prepared for the meet. The address and times of the away meets are on the declarations page.

- If there is a last minute change and your swimmer is unable to attend the meet, please go to the homepage on the website and click “Help I can’t make it” button, which will alert the coaches and the people running the meets..
- Swim meets are long and usually hot! Bring chairs, blankets, water, stuff to do for the kids,
- Please sign up on time and honor your commitment--We can not switch around or add swimmers this year due to electronic meet requirements.
- Be on time for your volunteer commitments- check in at the check in tent prior to the meet.
- Be a parent, not a coach. Give the swimmers love and hugs and be encouraging.
- LSL Swim caps required for meets. Team suit or racing suit for meets.
- For younger kids or new swimmers parents sometime say a DQ (disqualified) means a trip to Dairy Queen for their first time- then coaches can explain what happened so they can improve next time. Totally up to you.
- Buy food from our concessions! This is how we pay our lifeguards and the food is GREAT!
- Cheer for everyone! Timers are great for this. ·
- If any concerns, approach league reps or a board member.

Meet Signups

Kerry Schindler and Leslie

Deadlines

- Same as last year - For a Monday night meet, signup by the previous Tuesday @ midnight. For a Saturday meet, signup by the previous Sunday @ midnight.

How to confirm you’ve signed up

Volunteer Schedule/Expectations

David Peterson & Stacey Kratz

Everyone does 4 half meets

You have to find an alternative if you can’t work.

Concessions

Anna Alt

Apparel

Stepahie Diestelkamp

Next order for shirts

Caps

Parties and Fun stuff!

Jen Deberge & Stacey Kratz

Swim Theory Clinic (No practice -must register)--June 7 8:00-9:30am/9:30-11am

Team pictures --June 10 & Kick off Party 5pm (pix will line up before)

Christmas in July--July 8 5pm

Parent swim relay- July 15

Senior night--July 22 during halftime of the meet

Awards party--July 28 5pm

Below is the set practice schedule for the 2024 Season:

First Practice (New Swimmers Only): May 29

6:00p - 6:45p: 8 & Under

- 7:00p - 7:45p: 9 & Over

First Practice (All swimmers): June 3

- Follows the Standard Weekday Practice Schedule

Weekday Practices:

- 8 & Under: M/W/F 8a-9a, Tu/Th 10a-11a
- 9-12 year olds: M/W/F 10a-11a, Tu/Th 8a-9a
- 13 & Over: M-F 9a-10a

Monday Evening Practices (Only if there is no meet)

- 6:00p - 6:45p: 10 & Under
- 6:45p - 7:30p: 11 & Over

Wednesday Evening Practices:

- 7:00p - 7:45p: 10 & Under
- 7:45p - 8:30p: 11 & Over

Saturday Morning Practices:

- 10:00a - 10:45a: 10 & Under
- 10:45a - 11:30a: 11 & Over

Swim Meet Schedule:

June 17th

[2024 LP Dolphins at LSL Sea Lions](#)

5:30 PM

Lake St. Louis Sea Lions

June 24th	2024 LSL Sea Lions at Torpedoes
5:30 PM	O'Fallon Torpedoes
July 1st	2024 LSL Sea Lions at Blanchette Barra
6:00 PM	Blanchette Barracudas
July 15th	2024 TC Tidal Waves at LSL Sea Lions
5:30 PM	Lake St. Louis Sea Lions
July 22nd	2024 Torpedoes at LSL Sea Lions
5:30 PM	Lake St. Louis Sea Lions
July 27th	2024 LSL Sea Lions at Wentzville Sea D
7:00 AM	Wentzville Sea Dragons

New Swim Parents and Swimmers –4:45pm

- . Coaching Philosophy Coaches
- . Swim Practice Expectations
- . Requirements for Practice – Be there at least three per week

Swim Meets:

6 meets

Don't have to make all of them--just be sure to decline meet and we will know you're not coming.

Sign Up Process –Swimtopia, App, (Kerry/Leslie)

Meets are long – bring chairs, blankets, sweatshirts for the first few meets, extra towels, something to do, cards, or books or games. Sunscreen and bug spray!

Arrive early and settle in--chairs, find cards and relay board, check in for volunteer assignments.

Cards--list events for your child. Please pick them up--it's how we tell if kids are there.

Relay Board – check as soon as you get to the meet.

Bullpen --swimmer's responsibility to get to the bullpen on time. Watch the board for the events that are in the bullpen

Behavior--no horseplay. Kids get hurt. Be respectful at away meets.

DQs – Disqualified. It's how kids learn if they are doing something incorrectly. Free and back--hard to DQ just have to not pull on the lane lines or touch the bottom of the pool. On Backstroke – stay on your back. 6 and unders do not get DQ unless they win while not doing the stroke. Sometimes a trip to DQ (Dairy Queen) helps after receiving a DQ.

Lessons - Available. Three levels. Level Three stroke development if your swimmer is interested. See the website for dates.

Overall, swimming is fun and a sport people can do for the rest of their lives! This team has a lot of fun together. If confused, please ask anyone! There are many parents who have been doing this for years but we were all new at one point. We are happy to help!!