

# Lakeshore Swim Club New Parent Orientation

Thursday, September 5, 2024



# Agenda



- Welcome / Introductions
- Overview of LSC
- Equipment and Apparel
- Practices
- Swim Meets
- Volunteering
- Officiating
- Upcoming Events and Hosted Meets

# Overview of LSC



- Family-oriented club with a focus on community
- Founded nearly 100 years ago by Gus Ryder
- Not-for-profit corporation, governed by a Board of Directors elected from the membership
- Website: <https://www.lakeshoreswimclub.com>
- Primary method of communication is email

# Strategic Plan 2024-2030



## Our Vision:

Nationally recognized for **swimming excellence** and **strong community**.

## Our Mission:

To foster swimming excellence through a commitment to community and professionalism.

## Our Values:

**Effort:** We commit to giving our best effort to achieve our goals.

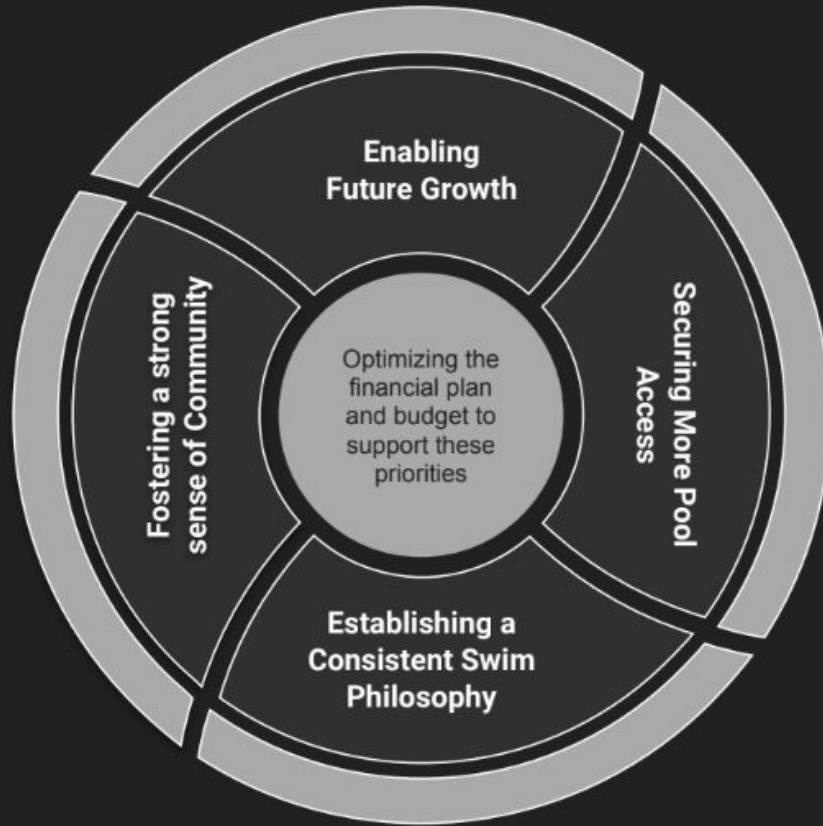
**Attitude:** We strive to maintain a positive attitude and growth mindset.

**Teamwork:** We help and support each other, especially through adversity.

**Professionalism:** We consistently act with integrity and accountability.



To achieve our vision, our multi-year strategy will focus on four key priorities:



Read more: [Lakeshore Swim Club | About LSC](#)

# Equipment & Apparel



## LAKESHORE SWIM CLUB

**TEAM CODE: LAKESHORESC**  
**TEAM PAGE LINK: LSC**

Minimum 20% off sitewide. Use your code to save an additional 2% AND earn a 5% kickback for your team.



 LYSPORTS

# Equipment & Apparel



<https://www.lysports.com/team/lakeshore-swim-club/>

New team deal includes Mizuno apparel

NEW SWIMMER KITS - Apparel Items for kit and Appliances will be acquired online through Ly Sports

EXISTING SWIMMER NEEDING NEW SIZE - Some items are still in our LSC storage. Please email [apparel@lakeshoreswimclub.com](mailto:apparel@lakeshoreswimclub.com). We have a stock of hoodies, a few replacement mesh bags as well as NON personalized caps. Once inventory is depleted you will be directed to LY Sports.



# Equipment & Apparel

- Registration includes a t-shirt and one LSC branded cap
  - Personalized Caps can be ordered through our online ordering portal with Ly Sports during 3 windows (Sept, Dec, March) to include swimmer's last name
- Basic kit package that all swimmers are required to purchase
  - Apparel/Gear: tshirt, hoodie, backpack, mesh bag, 2 black LSC branded caps
  - Equipment: snorkel, kickboard, pull buoy, fins
  - Group coach will advise of any additional equipment requirements
- Optional kit items can be purchased if desired, but not required
  - Parka
- Equipment Exchange Forum:  
<https://groups.google.com/a/lakeshoreswimclub.com/g/equipment-exchange>
- See Tara at the Equipment table later this evening for more information



# Equipment & Apparel



- Parent Wear and unique branded items will remain in our own store until inventory depleted:

Officials Branded Golf Shirts (Red or White)

Joggers

¼ Zip Pullovers

Long Sleeve Technical Tees

SoftSpun branded Tee and Legacy Tees

Ball Caps

# Practices



- Swimmers are expected to attend all practices (arrive 15 minutes prior to the start of practice)
- Family members are welcome to attend practices at pools with observation areas, but interactions with your swimmer or the coach should be held for outside of practice time
- Coaches can always be contacted by email for questions or to set up a time to meet
- Coaches will have more information on their specific practice requirements later this evening
- Carpooling is a big help
  - Forum: <https://groups.google.com/a/lakeshoreswimclub.com/g/carpools>

# Meets



- Expectation is that swimmers attend all meets for their group
- Swimmers are committed automatically, and the group coach must be notified prior to the entry deadline to opt out (otherwise, meet fees will be charged)
- Tristan, or your group coach, will cover swimmer expectations in depth
- There's a lot to being at a meet as a parent, and the best source of information and guidance is another parent that's been through it all!

# Volunteering



- Given its non-profit nature, the club operates mostly on volunteerism
- There are many opportunities to get involved in club operations, and there are sign-up sheets posted at the volunteering table
- Smaller roles: help at events, help with apparel, photography
- Larger roles: Swimathon Leadership, administration of officials, administration of non-competitive programs, serving on the board
- New parents are encouraged to take on a smaller role, and progress to the larger roles as they become more familiar with club operations
- See Tara at the volunteering table later this evening for more information

# Required Officiating



- Hosted meets are the biggest revenue generator (after fees) for our club
- It takes at least 50 to run a meet
- In addition to helping with club operations, families are required to officiate at our hosted meets, so put them on your calendar
- This year we are hosting four meets: Sept 21, Nov 15-17 , Feb 7-9 & Apr 24-27
- Each family must train at least one official, there are many clinic opportunities throughout the year to receive the required training
- See Krishpa at the officiating info table later this evening

# Number of Sessions required for Hosted Meets by Swim Families



**13**



# Required Sessions by Registration Dates

Swimmers in the competitive program from:

September onwards - 13 sessions

January onwards - 10 sessions

April onwards - 2 Sessions



When Joining LSC  
Competitive  
Program

Within the  
First Season

Within the  
2nd Season

3rd Season  
and above

4th Season  
and above

Introduction to  
Swimming  
Officiating  
clinic  
(includes  
Timekeeper)  
Safety  
Marshal Clinic

Two successful  
deck evaluations  
as Timekeeper  
  
Inspector of  
Turns (IT) and  
Judge of Stroke  
(JS) clinics

Two successful deck  
evaluations as IT One  
deck evaluation as JS  
One of following Level  
II clinics:  
- Chief Timekeeper  
- Administration Desk  
- Chief Finish Judge  
(CFJ); Chief Judge  
Electronics (CJE)  
- Meet Manager  
- Starter

Continue upskilling  
with further clinics  
and commence your  
deck evaluations for  
the following clinics :  
- Chief Timekeeper  
- Administration Desk  
Chief Finish Judge  
(CFJ); Chief Judge  
Electronics (CJE)  
- Meet Manager  
- Starter

Consider  
training for  
referee





# Events and Hosted Meets

- Blue versus Yellow Time Trial - September 21 @ Olympium
- Truth & Reconciliation Walk - September 30, details forthcoming
- Awards Banquet - October 8 @ Palais Royale
- AGM - early November, details to be confirmed
- Gus Ryder Memorial Cup - November 15-17 @ Olympium
- Holiday Banquet - December, details to be confirmed
- B-Champs, LSC Hosted - February 7-9 @Olympium
- Marilyn Bell Swim Classic - April 24-27 @ Olympium
- Swimathon - early April, details to be confirmed
- Spring Banquet - June, details to be confirmed

# THANKS!



Welcome to the Lakeshore competitive program!

