

# Lindmoor Woods Swim Team Handbook

Welcome to the Lindmoor Woods Swim Team which is part of the Atlanta Swim Association (ASA).

We are focused on good sportsmanship, teamwork, and most importantly a fun experience for swimmers who are new to the sport.

**We follow ASA Guidelines:** *The ASA is a grass roots program that introduces children to the sport of competitive swimming.*

[ASA Rules Link](#)

## **Swim Team Committee Responsibilities**

- Liaison between the team and the ASA
- Representatives at ASA meetings
- Preseason planning and arrangements
- Event planning
- Swim Meet planning and organizing
- Championship Meet preparation

## **Coaching Responsibilities**

- Ensure a safe, fun, and positive environment
- Fill practice time with meaningful swim instruction and/or training
- Prepare kids for events at meets
- Prepare meet lineup
- Emcee awards banquet

## **Parent Responsibilities**

- Notify Head and Assistant Coach if swimmers will be missing a meet or a portion of meet
- Get kids to practice and meets on time
- Promote atmosphere of good sportsmanship, teamwork, positivity, and respect
- Pay attention to important communications from the team
- Provide water and healthful snacks for your swimmers
- Volunteer during swim meets and events
- Parents should refrain from asking coaches questions during practices and meets, using scheduled times or email instead
- Parents should not communicate or ask questions of any swim officials during meets

## **Swimmer Responsibilities**

- Display good sportsmanship at all times
- Show respect for all teammates, coaches, officials, and parents
- Be on time for practice with swimsuit on and goggles ready
- Bring sneakers to practice for dry land training
- Cheer for teammates
- Follow pool rules

## **Fundraising & Sponsorships**

Fundraising and sponsorships are crucial to a program because they:

- Provide essential financial support for equipment and operational costs
- Enable the program to offer scholarships for seniors
- Fund special events and awards that enhance the participant experience
- Help maintain and improve program quality and sustainability
- Build community engagement and support through partnerships with local businesses and organizations

To continue our end-of-season event, we need to raise at least \$7000 in sponsorships each swim season. Your help in finding sponsors is greatly appreciated.

## **Guidelines for Swimmer of the Week**

- Swimmer of the Week shall be voted on by the Coaches based on improved times, hard work, trying new events, etc.
- A male and female swimmer in each age group will be chosen after every swim meet
- Once you have been awarded Swimmer of the Week you are not eligible to win again in the same season

## **Guidelines for Swimmer of the Season**

- Swimmer of the Season will be awarded at the end of the season at the Team Banquet
- A male and female swimmer from each age group will be selected
- This award is based solely on the high point scorers in each age group

## **Guidelines for Coaches Award**

- The Coaches Award will be awarded at the end of the season at the Team Banquet
- Each Coach will select a swimmer for this award
- This award is based on attendance, sportsmanship, respectfulness, and improvement

## **Guidelines for Most Improved Award** *(beginning 2025)*

- The Most Improved Award will be awarded at the end of the season at the Team Banquet
- A male and female swimmer from each age group will be selected
- This award is based solely on improved time from the swim meets within the season