

Lindmoor Woods Swim Team Handbook (2024)

Welcome to the Lindmoor Woods Tiger Sharks Swim Team, part of the Atlanta Swim Association (ASA). We adhere to ASA Guidelines, focusing on introducing children to competitive swimming, emphasizing sportsmanship, teamwork, and ensuring a fun experience.

[ASA Rules Link Here](#)

Swim Team Committee Responsibilities

- Liaison with ASA and parents
- Representatives at meetings
- Preseason and event planning
- Meet organizing
- ASA Championship preparation

Coaching Responsibilities

- Provide a safe environment
- Fill practice time with meaningful swim instruction and/or training
- Prepare swimmers for meets
- Manage meet lineup

Parent Responsibilities

- Ensure timely attendance
- Register for meets on time
- Cancel meet registration with Head Coach
- Promote sportsmanship
- Provide water and snacks for your swimmers
- Volunteer
- Read team communication

Swimmer Responsibilities

- Display sportsmanship
- Show respect for all teammates, coaches and parents
- Be punctual
- Follow pool rules
- Bring sneakers to practice for dry land training
- Cheer for teammates

Guidelines for Swimmer of the Week

- Chosen by Head Coach with input from Assistant Coach and Junior Coaches based on improvement, effort, and trying new events
- One male and female swimmer per age group per meet

Guidelines for Swimmer of the Season (Banquet)

- Awarded at season-end banquet
- One male and female swimmer from each age group will be selected
- Based solely on the high point scorers in each age group

Guidelines for Coaches Award (Banquet)

- Awarded at season-end banquet
- A male and female swimmer from each age group will be selected
- Chosen by the Head Coach based on attendance, improvement, attitude, and helpfulness

Guidelines for Extra Awards (Banquet)

- Awarded at season-end banquet
- Random selection by coaches based on sportsmanship, character, participation and motivation