

# THE RED AND WHITE -- Special September Edition

**THERE IS A MEETING** for all new LESD parents on Sunday, Sept 21 at 6 PM at Hawken Lower School. New parents, please attend! It should only last 60 minutes tops. You'll be able to ask questions of the coaches after!



**GET ON THAT WEB!** There are three swimming websites I want everyone to bookmark on their computer:

**LESD.org** -- this is our team website and lists when our meets are DUE TO LESD. It also has copies of numerous forms, our newsletter, and other info.

**lakeeriewimming.com** -- this is our DISTRICT'S website and lists the meet schedule along with all meet information. The meet info comes out on this site BEFORE it comes out on LESD.org, BUT the meet info lists the due date for TEAM entries, not for INDIVIDUALS. For your individual swimmer's entry due date, you MUST check LESD.ORG

**usaswimming.org** -- this is the national website of USA swimming, and lists national and international events, along with having the National Age Group

(NAG) times for each age group listed here.

Please bookmark all of these websites!



**FUTURE MEETS** The coaches ask that Red/White swimmers attend no more than one meet a month (attending meets is voluntary, not mandatory). The meets we have selected are developmental meets as follows:

**Oct 11-12 Strongsville Sprint Mt**

**Nov 21-23 LESD Mark Braun**

**Dec 13 LESD Intrasquad meet**

**Jan 10-11 New Year's Meet**

**Feb 22 Eight & U Champs**

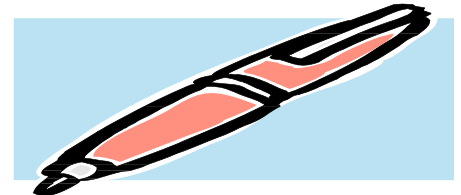
**Mar 1 Bronze Champs**

**Feb28-Mar 1 Barbara K. Minimeet (8&U Trophy Meet!)**

The Strongsville meet info is out and has been due -- you may still enter it by contacting Marie Salibra at home. The Mark Braun meet info is out and due Oct. 1. The Intrasquad meet info is not out yet.

The Mark Braun states that you

must have cutoff times to enter the meet, but this isn't true for the **HOSTING TEAM** -- which is us! Red group swimmers, please enter all 50's for which you are legal, and any 100 that you are within ten seconds of the cutoff time.



**ENTERING SWIM MEETS** To enter a USA swim meet you need to fill out a Swim Meet Entry Form (SMEF) which can be found at the back of each mailbox at the pool. Please fill it out as completely as you can, including your swimmer's middle initial and an email we can contact you for in case of problems with the entry.

For all Red and White swimmers, please DON'T enter them in a meet in a stroke they aren't legal in. We want competition to be a GOOD experience, not a frustrating one.

Talk with your swimmer's coach about specific events if you need to. Then write out the check for the events (payable to LESD), seal everything in an envelop, and place the envelop in the folder that is marked with that meet's name at the practice pool. You need to do this all BEFORE the LESD deadline for entries! Since we only ask Red and White swimmers to go to ONE swim meet a month, hopefully everyone will be able to stay on top of things.



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Participation in the swimathon and the laps you do that day will take the place of an official structured practice. Remember, swimmers, you need to have someone count your laps!



## **THE POSTMAN COMETH!**

Every swimmer's family now has a folder in one of three plastic boxes known as "the mailbox" that's at the deep end of Hawken Lower's pool. **(If there are both a Red and White swimmer in the family, the folder is in the RED mailbox.)** Swimmers should check their folder in the mailbox every day! Meet information, club info and events, and swimming materials are placed in this box periodically. Every swimmer is responsible for his or her folder ONLY! In the back of each mailbox is a folder marked "Extras". This folder holds extra copies of anything that's gone out, and if you are missing info or want extra, take one copy from THIS place. DO NOT TAKE STUFF FROM ANOTHER SWIMMER'S FOLDER! EVER!!

Finally, the mailbox is for OUTGOING mail only. If you wish to give a coach any forms, **HAND IT TO HIM/HER.**