



Lazers Team Handbook

5/17/2022

Mission Statement:

“The mission of the Lenexa Lazers Swim & Dive Team is to provide an opportunity for children to build confidence, spirit and skill in a team environment.”

Welcome to the Lenexa Lazers!

Welcome back all Lazers and their families and a big HELLO to all new families! Please read through the following information carefully; it contains a lot of information you will need this swim and dive season.

Registration: Please complete registration and Waiver Forms for each child joining the team. Registration is on a first come, first serve basis. If the roster is full, your athlete may be placed on a waiting list and will be allowed to join the team at the coach's discretion or as spots open.

Registration begins Friday, April 1, 2022, online www.lenexa.com, at the Lenexa Community Center (13420 Oak Street), or at the Lenexa Rec Center (17201 W 87th St Pkwy). Registration and forms must be completed and returned, along with the registration fees, to the City of Lenexa on or before 5:00 p.m. on Friday, May 6.

2022 Fees:

Swim Team Only	\$110/resident, \$145/non-resident
Dive Team Only	\$110/resident, \$145/non-resident
Swim and Dive Team*	\$143/resident, \$185/non-resident

**(Must register in person)*

For families with three or more members involved in this program, there is a family discount of \$5.00 per child. The discount is available for immediate family members only. Registration must take place in person to receive the discount. All Swim and Dive team members will receive a team t-shirt; swimmers will receive a Lenexa Lazers swim cap and divers will receive a shammy towel as part of registration.

Refunds: if you require a refund, please contact the Lenexa Rec Center. Any refunds requested will be issued by the City according to their refund policies. *There will be no refunds beyond Friday, May 27, 2022.* All refunds will be charged a service fee of \$5.00.

Late Registration: Registration deadline is May 6. Registration submitted between May 7 and May 20, 2022 will incur a late fee of \$15.00. Any registration on or after May 21, 2022 will be charged a \$25.00 late fee.

Contact Information

Whom to Contact: Team management questions should be directed to the appropriate coordinators. Any specific skill, practices, meets, and/or team question should be directed to the appropriate coach. General administrative questions should be directed to Richard O'Dell (rodell@lenexa.com).

City of Lenexa Representative

Richard O'Dell, Head Coach rodell@lenexa.com

Rainout Line:

The Rainout Line is handled by Lenexa Parks & Recreation's notification system. This service is easy to use and allows you to receive event and program cancellations, facility closures and notifications instantly via emails, text alerts, a free app or online status updates. Please use this to find information such as practice and meet cancellations or rescheduling. Swim and Dive Teams are listed separately.

Notification Options

- **Free mobile app:** Download the Rainout Line app from your app store. Once installed, search for "Lenexa" and favorite the ones that apply: Lenexa Outdoor Pools, Lenexa Parks & Rec, Lenexa Rec Center.
- **Email/Text:** Visit Rainoutline.com and search for "Lenexa." Select the program for which you would like to receive notifications, and choose the "Email & Text Alerts" option. Enter your email address or 10-digit phone number and subscribe to the program area.
- **Website:** Visit Lenexa.com/Park to see current statue list.
- **Phone:** 913-477-7170 and follow the extension for your program.

Team Unify:

Team Unify is an online resource for team business and information. It will serve as your portal to the season, and will assist in scheduling and communication with athletes, families, and coaches. It will be used to sign your athlete up for meets and to sign up to help volunteer throughout the season. More communication will be sent as we approach the season, and details regarding Team Unify will be updated here as it is available.

General Information

Pre-Competitive Swim Program: Your swimmer must be between the ages of 5 and 13 years of age as of June 1 to be eligible to swim in this program. This program is not a substitute for swimming lessons. Your swimmer will be coached in stroke technique, but he or she should already have general knowledge of three strokes: Freestyle, Backstroke and Breaststroke.

Athletes should have completed swim lessons and be able to swim free-style competently for 25 yards with their face in the water, and without touching the bottom of the pool. Children will not be allowed to swim if they do not meet these requirements. Team participation does not replace swimming lessons; it is intended to teach competitive swimming strokes and prepare swimmers for the competitive team. Participation in this program is at the coaches' discretion. The first few practices will be used to evaluate your child's swimming ability. There are three placement possibilities (*please respect coaches' evaluation of your swimmer's skill level*):

- Promotion to the competitive team
- Remain on the pre-competitive team
- Request to transfer to swim lessons if unable to swim without assistance (*this will be done at the completion of the first week if applicable*)

Competitive Swim Program: The competitive team consists of swimmers between the ages of 7 – 18 years of age who are proficient at swimming the length of a 50-meter pool. Younger swimmers may be accepted upon the approval of the Aquatics Specialist.

Competitive Dive Program: The competitive team consists of divers between the ages of 5 – 18 years of age. Divers must be able to enter the water headfirst and need to perform three (3) competitive dives in order to compete in the league.

Age Groups/Eligibility: Placement in age groups will be determined as of June 1. Competitive swimmers are grouped according to the following: 9&U, 11&U, 13&U, 15&U, 18&U. Divers are grouped the same as swimmers, but also include the 7&U age group. The Lenexa Lazers teams are open to any swimmer/diver who has not reached his/her 19th birthday before June 1.

Practice & Meet Attendance Policy: If your athlete is unable to attend practices during the week, he or she may not be able to participate in the meet that week. Please keep in mind that practice attendance plays a role in meet participation. If an athlete is unable to attend practice or a meet for any reason, please send an email to the appropriate coach. Please make sure your athlete has transportation to and from practices; although coaches are present slightly before and after scheduled practices, they have a schedule to maintain. Please make sure you arrive promptly to pick up your athlete and/or they are aware of how they are getting home.

Behavior Policy: The coaches will talk with the Lazers about appropriate behavior during practice and meets. If a swimmer or diver has received a verbal reprimand about inappropriate behavior, the coach will talk to the parent in person and/or an email will be sent to the parent/guardian. We want the swim & dive team to be a safe and fun activity for everyone. If your child has received a reprimand, please review the email and discuss this with your child. Each athlete's behavior affects the entire team. The pool is closed to the general public during practice times; siblings, parents, friends, etc. are not permitted to utilize the pool during this time.

Mail Boxes: Every family will have a file in the file boxes. These mailboxes will be used to distribute ribbons after the swim and dive meets, along with any other important pieces of communication from coach, parents, or administration.

Correspondence with Coaches: Due to the large number of athletes, please notify coaches of any scheduling problems in writing, via email. Any conversation you wish to conduct with the coaches should be done at an arranged time or after practice is completed for the day, not during the scheduled practice or meet.

Inclement Weather: Do not leave your athlete at the pool without transportation if there is any question of threatening weather. Thunder and/or lightning will require the coaches to cancel practice; no exceptions. Please make plans to have your swimmer picked up immediately in the event of dangerous or bad weather.

Canceling Practice: Practices will be canceled at the Head Coach's discretion unless otherwise canceled by Lenexa Parks and Recreation. If the pool water is below 70 degrees, practice will be canceled.

Volunteers: Please sign-up to volunteer through the Team Unify website; you will be able to register for jobs under each meet. If you have not already volunteered your time, please do so! The only way the Lenexa Lazer Swim and Dive Team can function is with the consistent help from parent volunteers.

General Communication: There are several ways to receive information about the Lenexa Lazars:

1. On Facebook: Like us on Facebook. Join the Lenexa Lazars Swim and Dive Team (group)
2. Team Unify
3. Rainout

Important Dates

- Friday, April 1st
 - Friday, May 6th
 - May 19th @ 6pm
 - Tuesday, May 31st
 - Friday, June 10th
 - Wednesday, July 13th
- Registration Opens
Last Day to register without late fees
*Parent Meeting @ Community Forum
First day of practice @ Ad Astra
Team Pictures @ Ad Astra
(Dive Team: 8 a.m., Competitive Swimmers: 8:30 a.m., Pre-Competitive Swimmers: 9 a.m.)
All City Swim Meet @ Shawnee

- Friday & Saturday, July 15th and 16th

All City Dive Meet @ Olathe

***Parent Meeting:** Please bring your questions, comments, and kids to the Lenexa Lazars Swim and Dive team meeting where you can chat with the coaches and meet each other! Important information will be discussed at this meeting, and you are strongly encouraged to attend. We'll be happy to answer any questions.

****Team Pictures:** The team is expected to wear their team t-shirts for pictures. The picture will be taken during practice. Rainout Date: Monday, June 13th (may change). We will need a volunteer to help coordinate picture day, starting at 7:45 a.m.

Practice Times [\(Ad Astra Pool\)](#)

Pre-Competitive Swim Team: Monday, Tuesday, Thursday & Friday 8:30 a.m. - 9:15 a.m., 9:15 a.m. - 10 a.m., 10 a.m. - 10:45 a.m., 10:45 a.m. - 11:30 a.m.

Competitive Swim Team:

- 9U & 11U: Monday through Thursday 9:45 a.m. - 11:15 a.m., Friday 9:45 a.m. - 11 a.m.
- 13U, 15U & 18U: Monday through Thursday 8 a.m. - 10 a.m., Friday 8:30 a.m. - 10 a.m.

Dive Team:

- 7U, 9U & 11U (Swimmer & Diver): Monday through Thursday 8 a.m. - 9:15 a.m., Friday 8:30 a.m. - 9:30 a.m.
- 7U, 9U & 11U (Diver Only): Monday through Thursday 9 a.m. - 10:15 a.m., Friday 9:15 a.m. - 10:15 a.m.
- 13U, 15U & 18U: Monday through Thursday 10 a.m. - 11:30 a.m., Friday 10 a.m. - 11 a.m.

Meet Information

Sign-ups to attend and participate in meets will be completed through Team Unify three (3) business days prior to the meet. Athletes will only be allowed to participate in meets if they have signed up for the meet ahead of time and are eligible to participate.

- Pre-Competitive swim meet sign-ups will be due the Wednesday before
- Competitive Swim meet sign-ups will be due the Monday before
- Dive meet sign-ups will be due the Thursday before

Pre-Competitive Swim Meets: Pre-competitive swim meets will be conducted Saturday mornings from 9 a.m. - 11:30 a.m. on June 11, 18, and 25 & July 2. Warm-ups begin at 8 a.m. and the meet starts at 8:30 a.m.

Competitive Swim Meets: There are five competitive swim meets during the summer on Thursday nights. Those dates are June 9, 16, 23, and 30 & July 7. Swimmers should check in with the coaches from 5 p.m. - 5:15 p.m. Stretching begins at 5:15 p.m. and warm-ups at 5:30 p.m. The meet starts at 6 p.m. Swimmers who have not checked in by 5:15 p.m. will be scratched from the meet at 5:30 p.m. If you have been caught in traffic and are running late, you must call the head coach by 5:15 p.m. to be sure your swimmer is not scratched. Heat sheets will be available for purchase for home meets the night of the meet for \$1 each.

All-City Swim Meet: This is the final meet of the season and will be held at the Shawnee Aquatic Center on Wednesday, July 13th. The swimmers who qualify for this meet will be those with the three fastest times in each stroke by age group. If your swimmer has one of the five top times, be aware that they might be heading to All-City. Warm-ups will begin at 7 a.m. at the Shawnee Thomas A. Soetaert Pool. The meet starts at 8:15 a.m. Medals are given out after the completion of the meet.

Dive Meets: There are five competitive dive meets during the summer on Tuesday nights. Those dates are June 14, 21, and 28 & July 5 and 12. For meets, divers in the 7U, 9U and 11U groups should check in with the coaches between 5:15 p.m. - 5:30 p.m. at the hosting pool. Warm-ups begin at 5:30 p.m. The meet starts at 6 p.m. with the order of events moving from youngest to oldest age groups. Divers in the 13U, 15U, and 18U age groups should plan to arrive at the hosting pool around 6:15 p.m. and will have a separate 30-minute warm-up after the completion of the 11U events. Please do your best to arrive at warm-ups on time as it is in the divers' best interest to properly warm-up before competition. Divers will be scratched from the meet if they have not arrived prior to the beginning of their event.

All-City Dive Meet: This is the final dive meet of the season and will be held on Friday and Saturday, July 15 & 16, at Olathe (Black Bob Pool). All-City divers are selected based on the average of their top highest meet scores throughout the season. Divers must dive in at least two regular season meets to be eligible to be selected to dive in the All City Dive Meet. Some coaches' discretion may be used, and younger divers may be given the opportunity to "dive up." Divers at this meet dive in reverse order, with the older divers going first. Divers in the 7U, 9U, and 11U age groups dive on Friday, July 15. Warm-ups are at 4:00 p.m. and the meet starts at 5:00 p. m. Divers in the 13U, 15U, and 18U age groups dive Saturday, July 16. Warm-ups are at 7:00 a.m. and the meet begins at 8:00 a.m. Medals are handed out after the completion of events.

Ribbons: Ribbons are awarded to all pre-competitive swimmers for participation, and ranking times/scores for the competitive Swim and Dive teams. Ribbons are placed in the family folders at Ad Astra within 1-2 business days of the meet.

Swim Meet Themes: For our home meets we will have a little fun and do themes. Below are the meets and themes we will be doing.

Pre-Competitive will have fun at our away meets since we don't host pre-competitive swim meets.

- Pre-Competitive Meets and Themes:
Lenexa & Prairie Village @ Overland Park → Luau Theme
Lenexa @ Olathe → Superhero Theme
Lenexa @ Fairway → Pirates Theme
Lenexa @ Leawood → Wear KC Sports (Royals, Chiefs, Sporting KC etc) Theme
- Competitive Meets and Themes:
Lenexa vs Merriam → Superhero Theme
Lenexa vs Olathe → Pirates Theme
Lenexa vs Shawnee → Wear KC Sports (Royals, Chiefs, Sporting KC etc) Theme
- Dive Meets and Themes:
Lenexa vs Leawood → Superhero Theme
Lenexa vs Overland Park → Pirates Theme
Lenexa vs JCC → Wear KC Sports (Royals, Chiefs, Sporting KC etc) Theme

Equipment and Supplies

T-shirts: This year's t-shirt will be distributed during the first several days of practice, and is included in the registration fee. Extra t-shirts for this season are available for \$10.00 each at home meets. Some previous years' shirts will also be available for purchase at \$1 each. The shirt will be worn for picture day and at all meets. Please mark it with your child's name.

Goggles: Goggles are not required but are very useful for your swimmer. Don't ask if your child needs goggles: just get them a pair because they *will* use them.

Shammy Towels: Shammy towels are included with the registration fee for the dive team. A shammy towel will be handed out with the team t-shirts in the first couple of days of practice. Additional towels are not available for purchase.

Swim Bags: Please have your athlete store their belongings in a swim bag, clearly marked with their name. *Mark all belongings with your athlete's name.* A lost & found box is located at Ad Astra swimming pool; lost items will be kept for a period of one week.

Swim Caps: Swim caps are included with the registration fee for the swim team. Swim caps are optional at practices. However, swimmers should plan to wear a Lenexa Lazers swim cap at all swim meets. It helps the coaches and the spectators to identify their swimmers. A Lazers swim cap will be handed out with the team t-shirts in the first couple of days of practice. Additional caps may be purchased during home meets for \$10.00.

Swim Suits: The team will wear plain, one-piece black swimsuits. Girls can purchase two different styles; fly back or racer-back. Boys can purchase either traditional black briefs or jammers (long legs, similar to bicycle shorts). Boy divers may wear regular black swim trunks (above the knee).

Heat Sheets: Competitive Swim heat sheets will be available for purchase for \$1 for all home meets. We do post home heat sheets on our Facebook page if you want to print your own copy at home.

Volunteers

Volunteers: The Lenexa Swim and Dive Team operates through a multitude of volunteer positions. Please sign up in advance if there is a specific job you would like to help with, otherwise please check in with the Volunteer Coordinator at the computer table no later than 5:45 pm. If the task you would most like to help with is filled, please sign up for a different position. No prior experience required unless noted below. This team requires volunteers to help run it – please volunteer even if you have never volunteered or helped with the swim team before. In order for a swimmer to be eligible for All City, we are requiring one family member to volunteer at a minimum of two swim/dive meets this season. Sign-ups will be sent out in advance for each meet and various roles and shifts will be available.

How to Sign-Up to Volunteer:

When you register your swimmer for the meet in Team Unify, you can also sign for the volunteer at that time. Volunteers will mostly be needed at home meets, but occasionally will also be needed at away meets.

Swim Meet Volunteer Opportunities

- **Swim Meet Volunteer Coordinator:** Responsible for finding and coordinating volunteers.

- **Meet Starter:** Starts home meets.
- **Announcers:** Announces at home meets.
- **Clerk of the Course:** Coordinates swimmer's heats and lanes at home meets.
- **Head Timer:** Secure timers for Lazars at home and away meets and coordinates times of all teams at home meets.
- **Timers:** Times at meets. No experience required and best view at the meets!
- **Runners:** Takes cards from times to the score table at home meets.
- **Computer Operator:** Responsible for inputting swim times during home meets. Computer experience needed.
- **Table Workers:** Records time or scores heat results. Assist Computer Operator.
- **Hospitality:** Responsible for distributing drinks for meet volunteers at home meets.
- **Ribbons Chair:** Responsible for making out and delivering ribbons to mailboxes after meets.
- **Stroke Judges:** Judges swimmers' starts, strokes, turns, and touches at meets (training session is required).
- **Head Stroke Judge:** Responsible for finding Lazars stroke judges for each meet, coordinating all stroke judges for home meets and arranging for training of new judges.

Dive Meet Volunteer Opportunities

- **Dive Meet/Table Coordinator:** Responsible for finding dive judges and volunteers for dive meets, distribution of drinks to workers.
- **Announcer:** Announces diver's name, dive number, dive and degree of difficulty for home meets.
- **Dive Ribbons Chair:** Responsible for making out and delivering ribbons to mailboxes after meets (usually Fridays).
- **Dive Judges:** Judges dives at meets (training session required – will train).

Facilities & Team Schedules

Fairway: Fairway Pool 913-722-3161 6136 Mission Road, Fairway, KS 66205

Leawood: Leawood Pool 913-327-3977 10601 Lee Blvd., Leawood, KS 66206

Lenexa: Ad Astra Pool 913-492-7946 8265 Maurer Rd, Lenexa, KS 66215

Merriam: Merriam Pool 913-322-5550 9001 W. 62nd St. Merriam, KS 66202

Olathe:

Competitive Swim, Dive Black Bob Bay Pool 913-971-5345 14570 W. 151st St. Olathe, KS 66062

Pre-Comp Swim Oregon Trail Pool 913-971-5348 1750 W. Dennis, Olathe, KS 66061

OP: Young's Pool 913-327-5676 8421 W. 77th, OP, KS 66204

PV: Prairie Village Pool 913-385-4650 7711 Delmar, Prairie Village, KS 66208

RP: Roeland Park Pool 913-432-1377 4843 Rosewood Dr. Roeland Park, KS 66205

Shawnee: Thomas A. Soetaert 913-631-0054 13805 Johnson Drive, Shawnee, KS 66216

JCC: Jewish Community Center 913-327-8022 5801 W 115 Street, Overland Park, KS 66211

Note: *On the schedules, the host team is the team/location that will be hosting the meet.*

**Johnson County Swim & Dive League
Pre-Competitive Swim Schedule 2022**

All Pre-Competitive Meets Held On Saturday
Warm-ups 8:00 a.m. --- Meet Starts 8:30 a.m.

Meet Date	Host		Visitor(s)
11-Jun			
	Olathe	vs.	Merriam
	Shawnee	vs.	Leawood
	Fairway	vs.	JCC
	Overland Park	vs.	Prairie Village, Lenexa
18-Jun			
	Olathe	vs.	Lenexa
	Merriam	vs.	JCC
	Leawood	vs.	Overland Park, Fairway
	Shawnee	vs.	Prairie Village
25-Jun			
	Olathe	vs.	Shawnee, JCC
	Fairway	vs.	Lenexa
	Prairie Village	vs.	Leawood
	Overland Park	vs.	Merriam
2-Jul			
	Olathe	vs.	Prairie Village
	JCC	vs.	Overland Park
	Merriam	vs.	Shawnee, Fairway
	Leawood	vs.	Lenexa

Johnson County Swim & Dive League Competitive Swim Schedule 2022

All Competitive Meets Held On Thursdays, except All City
Warm-ups 5:30 p.m. --- Meet Starts 6:00 p.m.

Meet Date	Host		Visitor(s)
9-Jun			
	Prairie Village	vs.	JCC
	Olathe	vs.	Overland Park
	Fairway	vs.	Leawood
	Lenexa	vs.	Merriam
	Roeland Park	vs.	Shawnee
16-Jun			
	Leawood	vs.	Roeland Park
	Overland Park	vs.	Prairie Village
	Shawnee	vs.	JCC
	Merriam	vs.	Fairway
	Lenexa	vs.	Olathe
23-Jun			
	Prairie Village	vs.	Leawood
	JCC	vs.	Merriam
	Olathe	vs.	Fairway
	Roeland Park	vs.	Lenexa
	Shawnee	vs.	Overland Park
30-Jun			
	Prairie Village	vs.	Lenexa
	Leawood	vs.	Shawnee
	Fairway	vs.	Roeland Park
	Overland Park	vs.	JCC
	Merriam	vs.	Olathe
7-Jul			
	JCC	vs.	Roeland Park
	Olathe	vs.	Prairie Village
	Overland Park	vs.	Fairway
	Lenexa	vs.	Shawnee
	Leawood	vs.	Merriam
13-Jul			
			ALL CITY

All City Championship Meet

Wednesday, July 13

Shawnee

Warm-ups 7:00 a.m. --- Meet Starts 8:15a.m.

Rain Make-up Date - Thursday July 14

Johnson County Swim & Dive League

Dive Schedule 2022

All Dive Meets Are Held On Tuesday

Warm-ups 5:30 Meet Starts 6:00

Meet Date	Host		Visitor(s)
14-Jun			
	Shawnee	vs.	JCC
	Prairie Village	vs.	Olathe
	Lenexa	vs.	Leawood
	Overland Park	vs.	Merriam

21-Jun			
	Olathe	vs.	Shawnee
	Merriam	vs.	JCC
	Leawood	vs.	Prairie Village
	Lenexa	vs.	Overland Park

28-Jun			
	Overland Park	vs.	Olathe
	Leawood	vs.	JCC
	Shawnee	vs.	Merriam
	Prairie Village	vs.	Lenexa

5-Jul			
	Prairie Village	vs.	Overland Park
	Shawnee	vs.	Leawood
	Lenexa	vs.	JCC
	Merriam	vs.	Olathe

12-Jul			
	JCC	vs.	Prairie Village
	Merriam	vs.	Lenexa
	Leawood	vs.	Olathe
	Overland Park	vs.	Shawnee

All City Championship Meet

Friday & Saturday July 15 & 16 (Rain Date - Sunday, July 17)

Olathe

Friday July 15 (7&U, 9&U, 11&U)

Warm-ups: 4:00 p.m. --- Meet Starts 5:00 p.m.

Saturday July 16 (13&U, 15&U, 18&U)

Warm-ups: 7:00 a.m. --- Meet Starts 8:00 a.m.