Lyons Township Girls' Swimming & Diving Team Handbook 2026



Vita Plena

The Quest for the Fulfilling Life

Team Philosophy

- ➔ Every swimmer should strive to be the very best they can be. The great thing about swimming is no matter how good you are, you can ALWAYS improve. Your greatest competitor this season is yourself. Every time you race it is against yourself and the clock. In order for you to strive for personal perfection, you must attend every single practice and give 100% effort. If you don't, you're only cheating yourself and your teammates.

- ➔ Each swimmer will have a final, ***ULTIMATE SWIM*** meet. This is the meet that the swimmer is focusing on throughout the year to reach their peak performance. Performances in practice, dual meets, and invites are important opportunities leading up to your final meet.

- ➔ With morning and afternoon practices for 3 months, the season can feel long. One way to survive and do your best everyday is to remember that you are a crucial part of a team! When you miss practice or give less than your best, not only are you letting yourself down but your teammates as well.

Team Goals

- ➔ All swimmers will achieve lifetime best swims at their ***ULTIMATE SWIM*** meet.

- ➔ All team members will physically and mentally prepare to the best of their ability for every practice and meet.

- ➔ Each team member will demonstrate a positive attitude that will encourage others to excel to their highest level.

- ➔ Each team member will leave our program a better person than when they entered the program.

Communication

- ➔ All team communication will be done through the website (ltgsd.net) or email. We are hoping this will be an asset to parents and athletes both in and out of our season. You will be expected to check both regularly throughout the season.

- ➔ Coaching Staff Contact Info:
  - ◆ Head Varsity Coach - Brendan Weibel (bweibel@lths.net)
  - ◆ Head Sophomore Coach - Erin Rodriguez (erodriguez@lths.net)
  - ◆ Head Diving Coach - Julie McDermott (jmcdermott@lths.net)
  - ◆ Assistant Varsity Coach - Frank Kuchta (fkuchta@lths.net)

Attendance

- ➔ Attendance and participation at practices are **critical** to your success as a swimmer.

- ➔ All team members are required to attend **all** assigned practices, meetings, and meets throughout the course of the season. We encourage you to participate in additional team functions such as social gatherings.

- ➔ It is each swimmer's responsibility to read and know the information on the calendar (calendar.ltgsd.net) and to **schedule other activities around their responsibilities to the swim team**.

- ➔ Athletes MUST EMAIL the coaches using their school email if they have to miss a practice for ANY REASON. Missing a workout and failure to email will result in that swimmer possibly not competing in the next meet.

- ➔ On-time arrivals are key to the effectiveness of our training, including vital warm-ups for injury prevention and performance. **Consistent lateness will be treated like frequent absences.**

- ➔ If you are late to practice, you must email the coaches and bring a pass from the teacher or sponsor you are meeting with.

- ➔ If absences, **whether excused or unexcused**, become an issue or trend, the coaches will conference with the swimmer and parents to help make a stronger commitment to the team. If this cannot be done, the swimmer cannot continue our season.

- ➔ Athletes well enough to attend school are well enough to attend practice or meets. On the other side of the spectrum, athletes that are well enough to attend practice or meets are well enough to attend school.

- ➔ Participation in meets is based on your participation in practice. By failing to attend or fully participate in practice, you make it difficult for the coaches to justify putting you in the meet lineup.

Training Groups

- ➔ Due to the size of the team and space limits of our facilities, we will need to break up into multiple training groups throughout the season.

- ➔ Training Groups
  - ◆ *Gold* is the most competitive group on the team. We will train 6 days per week with 4 doubles. There will be 2-3 dryland sessions per week.
  - ◆ *Blue* is our next most competitive group on the team. They will train 6 days per week with multiple doubles and 2-3 dryland sessions.
  - ◆ *White* is our third group. They will swim 6 days per week with 1 double and 1-2 dryland sessions per week.

Meet Lineups

- ➔ The Athletic Department wants us to set up the most competitive lineup possible to compete at every meet. Because the team has so many strong athletes, it is important for all parents to understand that not every athlete will swim at every meet. In addition, your daughter may not swim the events she has swum in the past.

- ➔ Athletes will be competing at all different levels: JV2, JV1, and Varsity. For example, a freshman athlete may compete JV2 at one meet, JV1 at another meet, and even Varsity at another meet depending on their ability and the opposing teams' talents. The coaching staff will be changing the lineup from meet to meet so that we can have the strongest lineup competing at each level. Every decision that is made is from the standpoint of what is best for the team.

- ➔ We approach ***every*** meet the same way: field the fastest available lineup at every level. At meets with unlimited entries (dual meets, JV invites), everyone swims. At meets with entry limits (including freshman and sophomore invites) we enter the fastest available athletes in each event.

- ➔ Please check the website for the meet schedule and directions to the different meets. The athletes love to see and hear the cheering crowd at both home and away meets!

- ➔ ***ULTIMATE SWIM***s are an essential part of our season for every athlete! Each swimmer will have ***ONE*** meet designated as their ***ULTIMATE SWIM*** meet. This means that we are organizing that group's training program with the goal of peak performance at that one meet. Athletes WILL NOT be suiting up or fully resting for any meet other than their ***ULTIMATE SWIM*** meet (with the exception of those on the Sectional team who qualify for the State meet).

Meet Expectations

- ➔ Meets are an essential part of our season. We will have 14 dates of competition (the maximum allowed) before the IHSA State series begins at sectionals. It's important that we take advantage of every opportunity to race as a team.

- ➔ Swimmers will **NOT** be on their phones or computers while their teammates are competing. Consistently showing support for your teammates is an expectation of this program. This also means that swimmers will **NOT** be sitting in the locker room while a meet is going on.

- ➔ Meet results must be considered in the context of the season. You should not expect to be going best times at every meet, but you should be expecting to be doing *something* better. Meets are an important part of the process of the season and great learning opportunities.

Buses

- ➔ For **all away meets**, you are required to travel on our team bus from LT to and from the meet site.

- ➔ Athletes are required to get AD approval to travel to or from an away meet via other means. This should only be requested in the event of special circumstances.
  - ◆ You must call or email the Athletic Director (jgrundke@lths.net) at least 24 HOURS IN ADVANCE.
  - ◆ If a call or email is not received by the AD a day in advance, the athlete is required to return to school on the bus per LTHS policy.
  - ◆ Once the AD has approved, the coaching staff will receive notice and allow athletes to leave with parents/guardians.

- ➔ Bus departure times will be posted on the website calendar. If you are not on the bus when we are scheduled to leave, you will be left behind. *Please be responsible for yourself.*

Behavior

- ➔ As a member of the Lyons Township Girls Swim Team, you are responsible for your own behavior. Remember that your behavior reflects on the team, school, and community - act accordingly! Profanity, rude or obnoxious behavior, or unsportsmanlike conduct will NOT be tolerated.

- ➔ By being a member of this team, you are agreeing to the LT Athletics Code of Conduct. No drugs, alcohol, or tobacco use of any kind (or being in the presence of) during your four years at Lyons Township High School. The IHSA tests for performance-enhancing drugs as well.

- ➔ In addition, there will not be any type of hazing on this team. As a team, we will respect each other's individual decisions and treat others as they would like to be treated.

- ➔ Lyons Township Athletics and the Girls' Swimming team will not tolerate any hate speech or harassment.

Time Management

- ➔ Do not procrastinate! Plan ahead for all homework assignments, tests, and projects to avoid staying up late to finish work.

- ➔ Time management is your personal responsibility. By staying up late you are missing out on sleep which will affect the amount of effort you are able to put into the following day's academics, practices, or meets. With careful planning, prioritizing, and some social sacrifices, most problems can be avoided.

Staying Healthy

- ➔ Rest is important for you to be successful as a member of this team. It is imperative that you get adequate amounts of sleep so that you can function at your very best for practices and meets.

- ➔ You should always strive to be in bed by 10pm, especially on nights before a meet. Being realists, we understand that 10pm is not always achievable, but try to manage your time well and get some extra sleep when time allows. It is important for you to establish a routine for going to sleep and waking up.

- ➔ If you are not healthy, then you cannot practice. Time that is lost in the water will be critical to your overall success throughout the season and especially your final meet. Remember that you are the only one responsible for your own health. Be proactive in trying to prevent colds and other illnesses.

- ➔ An important way that you gain energy for practice and meets is through your diet. Remember to eat well and ***enough*** throughout the day and throughout the season as it will help you to stay healthy and enhance your performance in the pool.

- ➔ Swimmers often have shoulder discomfort and strains. Please seek the LT trainer's advice and assistance or seek your own professional advice regarding your injury. Icing needs to take place before or after practices. We have limited water time and must take full advantage of this situation. Should you need to ice, you will be sent to the trainer. Also, if you are out of swimming as a result of a doctor's note, then you will need a doctor's note to resume participation. This is passed along to the LT Athletic trainer.

Miscellaneous

- ➔ Fundraising is an important part of the team. This helps to provide money for our equipment, banquet, etc. so please do your best during these activities.

- ➔ The coaching staff has taken great care to prevent injury and ensure your safety; however, it must be understood there is an inherent risk in participating in swimming. The athlete assumes risk of injury, even death, through participation in this sport.

Lyons Township Girls' Swimming 2026 Handbook

Sign and return <u>THIS PAGE ONLY</u> to the coaches.

By signing and returning this page you are agreeing to the rules listed in our handbook (handbook.ltgsd.net) and committing yourself to being the best student, athlete, and person that you can be.

We will not put you in a meet lineup until this sheet is returned.

Thank you for your cooperation and we look forward to a great season!

Swimmer name (print)	**Swimmer signature**
Parent / Guardian name (print)	**Parent / Guardian signature**