



**Lake Shawnee  
Swim Team  
Handbook  
2011**

## About Our Team

The Lake Shawnee Swim team is a summer recreational swim team. We have a long and proud history. Our many members range in age from 5 to 18 years old, and swimmers' abilities range from beginner to elite. Our team's philosophy is to teach swimmers the fundamentals of competitive swimming, improve their technique, build team spirit, and, most importantly, make swimming fun.

## Swim Team History

In the spring of 1961 Dot Norris and life guard Skip Norris decided to train some of the advanced swimmers to swim competitively. Skip became the coach and Dot arranged for the first and only dual meet of the season against Lake Paulinskill. Delores Bersen and her husband John helped devise an area where the swimmers would train by building an improvised "turn board" made of nothing more than a long log anchored 25 yards from the first beach dock (where the diving board used to be) and this is where our swimmers trained by swimming to the log and back. The following year Dot Norris became the Chairman of the Swimming Committee and during the next phase of the development of the swim team, Dot Norris, her husband Chet Norris and Carl Peterson constructed a free-standing, anchored, "A" frame supported dock with turn boards to replace the log mentioned above. The anchors were truck tires filled with stones. This system had reasonable success and we competed. The newly formed Lake Shawnee Swim Team was accepted into the Bi-County Swim League and swam against Budd Lake, Lake Parsippany, Cranberry Lake, Byram Sperry Springs, Culvers Lake, Lake Wallkill and Shongum Lake at different times over the course of the next 20 years. Improvement was needed and the Board allocated money for swim lanes (4 of them) behind the Clubhouse. These lanes were made by scooping out the Lake bottom by hand and using drag-line to deepen the area. Pipes were driven into the bottom to support two docks 25 yards apart. Competition continued to get strong and there were some very exciting meets. Ice took its toll on the pipe supports every winter. Spectator space was limited at the Clubhouse so again the swimming committee went to the drawing board and drew plans for a second dock at first beach with a system of removable turn boards. This location gave the swim team deeper and wider lanes and expanded spectator space. We are known to have one of the best facilities in the league.

During the early years, communication with competitors and the crowd went from just plain hollering to the use of a bull-horn and then to a portable amplifying equipment with long extension cords. There is now power at the main dock for our P.A. system. It was also during these early years that the tradition of honking around the lake when we won a meet started. At that time many of the Lake residents were only there during the summer and many did not have phones. So driving around the lake and honking was how the swim team let everyone know they won. This tradition still continues today.

In 1981, the Lake Shawnee Swim Team joined the North Jersey Regional Lake League (NJRL). The league now consists of eleven lake teams competing against each other and is split into the Small and Large Lakes Divisions. Lake Shawnee has taken first place in the Small Lakes Division in the past with the most recent years being in 2005 & 2006. We currently use a meter course to track league records and times. In August of 2002 we hosted trials and finals in Lake Shawnee and again with the help of our community we saw over 1,000 people come through our neighborhood during this very successful 2-day event.

## Membership

- All swimmers must be a member in good standing of The Lake Shawnee Club or be an immediate family member of a member in good standing.
- Registration for the team is usually scheduled the last day in April and coincides with our Spring Clean up day. You may also sign up by contacting Debbie Gamble at 973-663-4430.
- Registration packets may be printed from our website and must be handed in along with your \$50 fee per child. Parental participation is also required. The registration fee includes one Team T-shirt
- \$50 Family Golf Outing Fee: An additional \$50 check will be collected with registration. The \$50 check collected for the golf outing will not be cashed by the swim team until after the golf outing. The same un-cashed \$50 check will be returned if the family is able to solicit the following: A \$50 gift certificate or a combination of gift certificates totaling \$50 from area business, restaurants and/or services, \$75 hole sponsor from an area business, a gift certificate in a lesser amount whereby there will be an exchange of checks for the difference between the amount of the gift certificate and the \$50, a door prize obtained that is equivalent to \$50. Although this is discretionary please be fair and honest with your thoughts on whether the door prize is considered an “equivalent” amount.

## Coaching Staff

The Lake Shawnee Swim team is led by an enthusiastic and experienced coaching team. **Jemila Najjar-Keith**, who has served Lake Shawnee as coach for two years, will be back as head coach for her third year. Assistant coach **Andy Hutnik** will join us for his first season of coaching after swimming on the team for many years. The Lake Shawnee Swim Team also receives strong support from the Lake Shawnee Club and the Parents’ Organization.

## Equipment

The only required equipment for the team is a bathing suit. Team suits are available for purchase at California Beach Hut, located in Denville NJ. They can be reached at 973 625-9155 and this year our suit-sizing sessions will coincide with registration in April. Team suits are not mandatory but are suggested. The team suits cost about \$50 for a female suit and \$30 for a male suit. Additional items including sweats, flannel pants, T-shirts, or bags, will also be available. Many swimmers also use goggles and swim caps.

## PRE-RACE NUTRITION

### **The four main functions of pre-event nourishment:**

1. To help prevent hypoglycemia, with its symptoms of lightheadedness, needless fatigue, blurred vision, and indecisiveness; all which can interfere with top performance.
2. To help settle your stomach, absorb some of the gastric juices and to abate feelings of hunger.
3. To fuel your muscles, particularly with food eaten far enough in advance to be stored and digested as glycogen.
4. To pacify your mind with the knowledge that your body is well fueled. Although it is important to eat a high carbohydrate dinner the night before the race, it is also important to eat something the morning of the race. Overnight, your blood sugar levels drop. If you exercise with low blood sugar and an empty stomach, you will fatigue earlier than if you have something to eat. The best foods are those high in carbohydrates and easiest to digest, such as cereal, oatmeal, english muffins, bagels and fruit. How much time you allow between your last meal and your race is individual preference but two hours is a good balance.

Hydration is the most important factor before a race. American athletes don't drink enough water. One of the best ways to avoid dehydration is to drink plenty of water the day before competition. Sports drinks containing glucose should not be consumed because you run the risk of becoming hypoglycemic during your race.

Try to eat foods that are easily digested and converted into energy.

GOOD FOODS: breads, cereals, potatoes, fruits and vegetables.

FOODS TO AVOID: pizza, fried foods, milk and dairy products

## Swimmers' Pet Problems

### **Ear Infections**

These are often encountered in the summer. You've often heard of the expression, 'swimmers ear'. The cause of the problem, in most cases, is a layer or layers of dead skin inside the ear. A good solution is to put a couple of drops of pure alcohol (91% alcohol put out by any pharmaceutical company and available by the pint) into the ear canal after each swim. Stay away from thick, messy eardrops. As always, please check with your doctor if you are unsure of any treatment, as we are only giving you a suggestion based on what has worked on players in the past.

### **Eye Irritations**

A pair of goggles is imperative for a comfortable practice session. Goggles must fit tightly to form a water seal.

### **Colds**

The only way to prevent colds is to protect oneself from exposure immediately following practice or a meet. Have a sweat suit available to keep from getting chilled. It will help to take multivitamins, plus additional Vitamin C and get lots of rest.

## About the Practices

### Practice Schedule

Practices for this season will begin the week of June 13th, while school is still in session, we will follow the 'pre-season' practice schedule, which will be as follows:

#### Thursday – Friday, June 16th-24th

Day	Location	8-Under	9-12	13-Up
Monday	Lake Shawnee	4-4:45	4:45-5:45	5:45-6:45
Tuesday	Lake Forest	4-4:45	4:45-5:45	5:45-6:45
Wednesday	Lake Forest	4-4:45	4:45-5:45	5:45-6:45
Thursday	Lake Forest	4-4:45	4:45-5:45	5:45-6:45
Friday	Lake Shawnee	4-4:45	4:45 – 5:45	5:45 – 6:45

The regular practice schedule begins on Monday, June 27th. Practices run Monday through Friday. The schedule is:

Day	Location	8-Under	9-12	13-Up
Monday	Lake Forest	3:45-4:30	4:30-5:30	5:30-6:45
Tuesday	Lake Shawnee	3:45-4:30	4:30-5:30	5:30-6:45
Wednesday	Lake Forest	11:00-11:45	10:00-11:00	9:00-10:00
Thursday	Lake Shawnee	3:45-4:30	4:30-5:30	5:30-6:45
Friday	Lake Shawnee	12:00-1:00	11:00-12:00	10:00-11:00

### Practice Attendance

The only way to get faster in swimming is to practice! For that reason, we expect swimmers to attend practice regularly and to notify the coaches if they are going to be absent because of conflicts. As we have in the past, we will try to make arrangements for those swimmers who cannot attend their assigned practice times. **NOTE:** the practice times listed above are the times **swimmers enter the water**. Please plan on arriving at least 5 minutes *before* your practice's posted start time. This will allow the coaches to make lane assignments and will ensure that all swimmers benefit from an effective warm-up during practice. We believe that good practice habits make better swimmers, so make the most of your practices! Come prepared! We ask all swimmers and parents to save any questions or concerns for after practice, so that we can use the full practice time to concentrate on swimming. Parents are not allowed on the dock during practices, but are welcome to observe from the bleachers.

## About the Meets

The Lake Shawnee Swim Team competes in the North Jersey Regional Lake League (NJRL), which consists of 11 area teams. Our Swim Team was the 2009 Champions in the Small Lakes Division of the North Jersey Regional Lake League. During the course of the season, Lake Shawnee will swim each of the other ten teams once. The dual meets are held on Wednesday evenings, Saturday mornings, and some Monday evenings; they usually last between two and three hours. In these meets, races are divided by age groups: 8-and-under, 9/10, 11/12, 13/14, 15/18; with girls swimming against girls and boys against boys. All age groups compete in the four basic racing strokes (freestyle, breaststroke, backstroke, and butterfly), and there are also some individual medley (IM) and relay events. The point totals from the top three finishers in each race determine the final score of the meet. Also included in this packet are a calendar with the meet schedule and directions to the “away” meets can be found on our website.

## Meet Attendance & Participation

Each year we have approximately 50 swimmers. We do our best to include every single swimmer in the meet, and to give all swimmers as many opportunities to compete as possible. **If you are unable to swim in a meet, a written note must be given to one of the coaches at least TWO DAYS before the meet, so that the coaches have time to make up the meet line-up correctly. There is a vacation form in your registration package, please be sure to hand this in no later than June 27<sup>th</sup>. We are again strictly enforcing our meet-attendance policy this year, which is that if you miss a meet without informing the coaches beforehand, you will be penalized at practice.**

## Ribbon Meets

In addition to the dual meets, there are two Ribbon Meets, held on Monday evenings in July. The Ribbon Meets are for swimmers ages 12 and younger who are beginners or who do not have a chance to score many points in the dual meets. Information about who is eligible to participate in these meets will become available the week before each meet.

## Championship Meets

Our season ends with the **Silver Invitational Swim Championships** on **Saturday, August 6** and a two-day league championship meet (**Trials and Finals**), which will be hosted this year by Parks Lake on **Thursday, August 11**, and **Saturday, August 13**. Swimmers from all 11 league teams participate in both championship events. All swimmers need to attend a minimum of 3 meets in order to participate in any championship meet and to be awarded any Lake Shawnee end of season award and/or scholarship money.

## About the Swim Team Parents' Organization

The involvement of parents is a key factor in the success of our team. Lake Shawnee's parent group is very active in the summer season. Parents keep meets running smoothly and effectively by volunteering as timers, officials, runners, and announcers. They also organize activities such as fund-raisers, refreshments at home meets, and pizza parties for the swimmers. We encourage every parent to become involved with the parents' group.

As in past years, we **require** each family to donate time by timing, clerking, officiating, or working in the snack stand, on at least four occasions during the season. Despite our team size, we have in the past had difficulty filling timing slots, etc., during meets, and have had to rely on a small corps of parents who volunteered multiple times. If there are any questions regarding the Parents Organization, or if you want to find out how you can get involved, please feel free to contact the group's president, Debbie Gamble, at (973) 663-4430.

## Communication

During the season, we like to make sure that we keep the lines of communication open among coaches, swimmers, and parents. There are a few ways we keep in touch with you:

- **Parent Meetings.** A parent from each family is asked to attend our monthly parent meetings. These meetings are imperative to staying up to date and informed during the season. Meetings are usually scheduled on the 4<sup>th</sup> Tuesday of the month. No meetings are usually scheduled during the winter unless there is a need.
- **Bulletin board.** Information is posted on the bulletin board at the head of the dock at first beach.
- **Email Bulletins.** For those of you who use email, notices and information will be sent out via email from our **Secretary, Bob DenBleyker**. If you would like to be included on the email mailing list, be sure to provide your email on your registration form.
- **Team website.** Check out our team website at [www.lakeshawneeclub.org/swimteam.html](http://www.lakeshawneeclub.org/swimteam.html)

## Contact Numbers

### Coaches

Jemila Najjar-Keith, Head Coach: 973-476-9318 or email at [jnajarkeith@gmail.com](mailto:jnajarkeith@gmail.com)

Andy Hutnik, Assistant Coach: 973-975-7272

### Parent's Organization Contacts

Debbie Gamble, President: 973-663-4430

Bob Urcioli, Vice President: 973-663-6051

Bob DenBleyker, Secretary: 973-663-3970

Andrea Senatore, Treasurer: 973-663-2053

## Important Dates and Reminders

### 2011 Meet Schedule

#### Weekday Meets 6pm - Weekend Meets 9am

June 29th Wednesday vs. Shongum Lake  
July 6th Wednesday at Lake Forest  
July 9th Saturday at Mendham  
July 11th Monday- Ribbon Meet  
July 13th Wednesday vs Shore Hills  
July 16th Saturday vs Roxbury  
July 18th Monday- Ribbon Meet at Cranberry Lake  
July 20th Wednesday at Parks Lake  
July 23rd Saturday- Bye: Day Off  
July 27th Wednesday vs Denville  
July 30th Saturday at Randolph Park  
August 1st Monday vs Flanders  
August 3rd Wednesday vs Cranberry Lake  
August 6th Saturday- Silvers  
August 11th Thursday- Trials at Flanders  
August 13th Saturday- Finals at Flanders

### Other Important Dates

Parent Meetings- April 26<sup>th</sup>, May 24<sup>th</sup>, June 28<sup>th</sup>, July 26<sup>th</sup>, Aug 23<sup>rd</sup>  
Registration day- April 30<sup>th</sup>, Saturday  
Pizza Party & Team Picture- July 5<sup>th</sup>, Tuesday  
Tomahawk Lake- July 21<sup>st</sup>, Thursday  
Lake Swim and Fun Day- July 22<sup>nd</sup>, Friday  
Swim Team Dance- July 23<sup>rd</sup>, Saturday  
Awards Ceremony- August 7<sup>th</sup>, Sunday  
Pasta Party- August 10<sup>th</sup>, Wednesday

*Directions to Swim Meet locations can be found on our website:  
<http://www.lakeshawneeclub.org/swimteam.html>*

## Swim Team Lingo

**Free** or "freestyle." Freestyle means you may swim any way you like, as long as you're on your stomach. Most people do the front crawl in freestyle events and many people use the terms "freestyle" and "front crawl" interchangeably.

**Breast** or "breaststroke." This is usually the slowest of the four racing strokes, but it's one of the most difficult strokes for new swimmers to master. If you're watching a swimmer doing this stroke, all you should see is the swimmer's head breaking the surface of the water once during each stroke cycle-his/her hands and legs should stay underwater throughout the stroke.

**Back** or "backstroke." Like the name implies, swimmers swim on their backs, most efficiently with a back crawl/rotating-arm motion and flutter kicking. This is the only stroke in which swimmers begin their race in the water, instead of diving from the dock.

**Fly** or "butterfly." Most swimmers will tell you this is the most difficult stroke to perform, but it is also one of the most beautiful and--when it's done correctly---one of the fastest. The stroke uses a double-arm stroke and borrows the up-and-down undulating movement that dolphins use. The kick--which requires both legs to stay together and calls for a strong propulsive action from the hips--can be especially tricky for new swimmers.

**IM:** Short for "individual medley" this is an event in which a swimmer swims all 4 strokes in this order: butterfly, backstroke, breaststroke, freestyle. Good IMers must be versatile swimmers. In our meets, the IMs are among the first events, 3-8, to be swum. Swimmers ages 13 and older swim a 200-meter 1M (two laps of each stroke, eight laps altogether); swimmers 12 and under swim a 100-meter 1M (one lap of each stroke; four laps total).

**50:** A "50" is shorthand for the most common distance in summer swimming events. What we mean is 50 meters. Our facility is 25 meters long (as are most of the teams we swim against, though some facilities are measured in yards rather than meters), so a 50 is two laps (or lengths) of the course. Our 8 & Unders and 9-10s (for most events) swim 25s (one lap of the course). With a few exceptions (like the IMs noted above, and the 15-18 1 00 free), all swimmers 11 and older swim 50s.

**Relays:** Relays are events in which four swimmers participate. A medley relay is an event in which each swimmer swims a different stroke, in this order: backstroke, breaststroke, butterfly, freestyle. (Note that the order for a medley relay is different from an individual medley because in the relay, the backstroker must start in the water and therefore must go first). In a Mixed Medley, the order of the strokes remains the same but the swimmers swim co-ed: at least one swimmer on each Mixed Medley relay must be of the opposite sex. The Step-Up Relay is a freestyle relay in which the first swimmer is a 9-10, the second, an 11-12, the third, a 13-14, and the final swimmer, a 15-18. Each swimmer swims a 50 freestyle.

**DQ:** Short for "disqualification." It means that some part of a swimmer's stroke was not performed correctly and that swimmer is ineligible to score points for that event. This is NOT a bad thing; getting DQed is a natural part of learning competitive swimming. It means that we need to keep working on that stroke in practice.

**Scoring:** The score for a dual meet is determined by points awarded for the top three finishers in each individual race. First place gets 5 points; second place, 3 points; and third place, 1 point. For the medley and Step-Up relays, the first-place relay gets 7 points; those are the only points awarded. First-place Mixed Medley teams earn 1 point. A team cannot "sweep" an event (take first-second-third), so even if, for example, Lake Shawnee's swimmers finished 1-2-3 in an event, Lake Shawnee would get 8 points (for first and second place) and the opposing team would receive the third-place point.

## Questions and Answers for Your First Meet

### **What is a dual meet?**

A dual meet is a match-up between our team and another team. There are 54 events in each meet. Dual meets usually run about three hours long. Most swimmers will swim between two and four different events. At home meets; Shawnee swimmers will swim in lanes 3, 5, 7. At most away meets, we will swim in lanes 2, 4 and 6 (most of the teams we swim against have 6 lanes instead of 8).

### **What should I bring?**

Beyond the obvious--bathing suit, towel, cap and goggles (if they are needed)--there are some things you should bring with you to swim meets. Sweat suits and warm clothes are a must on cold days and night meets and one or two extra towels. Bring some liquids-water, Gatorade, etc.-to keep swimmers hydrated during the meets. Good food to eat during (and before) meets are carbohydrates, including bagels and pasta. *Try* to avoid sweets-the so-called "sugar high" will NOT help your children swim faster and may even hurt their performances.

### **How Do I Know if My Child Has Swum Well?**

Any time a swimmer tries hard, he/she has done well. We try to encourage and emphasize the concept of personal improvement-a swimmer going faster than the last time he/she swam that particular race. While swimmers race against swimmers from other teams, or with their own teammates, we believe the most important race is the one against the clock. That's not to say that it's not important or exciting to place in a particular race or heat. It IS fun to win. But winning is not everything and determining your performance on the basis of those around is not always an accurate or fair assessment. There are swimmers of all levels from beginner to elite in this league. A swimmer might, for example, swim 3 or 4 seconds faster than she's ever gone before, but still not place in the top three finishers of an event. That is STILL a good swim for him/her. Swimming is measured in seconds, and in tenths and hundredths of seconds. An improvement of even half a second is substantial. Parents, you can help us by explaining and reinforcing these ideas with your children. Encourage swimmers to keep track

### **How Do I Know When My Child is swimming?**

Fifty-four events might sound like a lot to keep track of at first, but once you get the pattern it'll be easy to catch your child's races. All events of the meet will follow this basic format: girls before boys-youngest to oldest (i.e., 8 & under girls, 8 & under boys, 9-10 girls, etc.). Most of the events are swum in reverse order of an individual medley (see Swimming Lingo for more info), that is: freestyle, breaststroke, backstroke, and butterfly. The only exceptions are the first 10 events and the final four events. During the beginning of the meet-which is mostly individual medley races-the events run in order of descending age groups (13-18 first, 9-10 last). The last four events are all relays. We suggest that you try to get a general feel for how swim meets progress. Try NOT to just memorize the number of the event your child is swimming. It is far more helpful to remember which strokes are swum in which order and that freestyle, for example, is the stroke before breaststroke. Another example: if you have an 8-year-old girl who is swimming backstroke, keep an eye out for older boys swimming breaststroke...Girls 8 & Under backstroke is the event following Boys 15-18 breaststroke. Remember that for each of the four racing strokes there will be 10 races (two for each age group, one boy's and one girl) Good luck!

# Swimmers' Code

If you think you are beaten, you are,  
If you think you dare not, you don't

If you like to swim, but think you can't  
It's almost a cinch you won't.

If you think you'll lose, you're lost...  
For out in the world we find...  
Success begins with a fellow's will...  
It's all in the state of mind.

If you think you're outclassed, you are  
You've got to think high to rise,  
You've got to be sure of yourself before...  
You can ever win a prize.

Life's battles don't always go...  
To the stronger or faster man  
But sooner or later, the man who wins...  
Is the one who thinks he can.