

Hello, Marlins!

Practices

Morning and evening practices are as follows:

AM PRACTICES	PM PRACTICES
Swimmers practice by age group: <ul style="list-style-type: none">• 6 & under: 9:45- 10:15am• 10 & under: 10:15- 11am• 11 & up: 11- 11:55am	Swimmers practice by age group: <ul style="list-style-type: none">• 6 & under: 5:30-6:15pm• 10 & under: 6:15-7:00pm• 11 & up: 7:00-7:50pm

*Swimmers are welcome to attend both morning and evening practices.

*All *beginners* swimmers will be in the lane closest to the lifeguard stand and will have a coach in the water with them at all times.

Remind App & Email

Our primary means of communication is email, so please be sure to give us your email address (on the registration form) and then make sure that lexingtonmarlins@gmail.com is in your address book; don't let us go to your spam folder! ; -) This year, we will also be utilizing the Remind app to help improve communication. Our class code is @3g8ee7c or just scan the image.



Suits

For swim meets, girls need to wear one-piece suits, and boys generally swim easier in tighter suits. The official Marlin color is blue (see image below), but not required. Feel free to wear what you already have! Although team suits are not required, here are some recommended suits at swimoutlet.com. If viewing this document online, just click the pictures to go directly to the website.



Swim Meets

- What you'll need: a tent if you have one, chairs, snacks, water, sunscreen, more (healthy) snacks, hats, WATER, non-electronic games, more healthy snacks (cuz good gracious, these kids can EAT), and more water. Also, lots of patience, a double dose of good sportsmanship, a hospitable attitude if we're hosting, and a 'leave it better than you found it' attitude if we're guests at someone else's pool.
- Where to set up: if we're hosting a meet, the Marlins take the tiered levels along the side of the pool. We set up as many tents as will fit and squeeze in wherever we can find spots. If another pool is hosting, you'll receive an email prior to the meet with directions on where to set up.
- Volunteer opportunities: swim meets can't happen without volunteers. WE NEED YOU! Volunteers are usually only committed for half of the meet. Here's a brief summary of the opportunities that are available:
 - Stroke judge (2 Marlin parents per meet): observe swimmers from the side of the pool to ensure that all swimming style -related rules are being followed. Training** is provided.
 - Timer (about 10 Marlin parents per meet): Use a stopwatch (provided) to time swimmers. This is an easy job, requires no experience, you get a great 'seat' to watch the meet, and occasionally, you get a good, cool splash!
 - Runner (about 4 Marlin parents per meet): This is also an easy job! You'll deliver water to Timers and Meet Officials and gather time sheets/DQ slips for the scorekeeper.
 - Kid round-up (about 4 Marlin parents per meet): You'll use a heat sheet provided by the host pool as a guide to know who is swimming when, gather kids whose event is coming up, and make sure they're lining up at the Clerk of Course in a timely manner.
- Mi Casa: many of our families enjoy going to Mi Casa after swim meets. We hope you'll join us!

End-of-Season Celebration

Our annual end-of-season celebration is usually the same weekend as the county meet, either Saturday night or Sunday night. More details will be available as summer approaches!

Volunteer Opportunities at Swim Meets

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- Kid round-up (about 4 Marlin parents per meet): You'll use a heat sheet provided by the host pool as a guide to know who is swimming when, gather kids whose event is coming up, and make sure they're lining up at the Clerk of Course in a timely manner.

Lexington Swim Team Registration 2023

Please fill out this form and return via mail (PO Box 153, Lexington, NC 27293), email (lexingtonmarlins@gmail.com), or in person on May 1 at the pool.

Parent(s) Name: _____

Primary Phone Number: _____ Alt. Number: _____

Email Address: _____

Address: _____

*All fees include an LSC swim cap.

Swimmer's Name	Birthdate (include yr.)	Gender	Fee	Total
1.			LSC Members: \$50 Non-members: \$100	
2.			LSC Members: \$50 Non-members: \$100	
3.			LSC Members: \$25 Non-members: \$50	
4.			LSC Members: \$25 Non-members: \$50	
5.			LSC Members: FREE Non-members: \$50	
			Total Amount Due:	

All parents are required to volunteer during at least one swim meet. Please indicate your preferred position below. Descriptions for each position are on the back of this form.

- Stroke Judge
- Timer
- Runner
- Kid Round -Up

"By submitting this registration, I acknowledge that swimming has inherent risks and by my signature hereby release and agree to hold Lexington Swim Club, Inc., its members, board of directors, officers, and employees harmless from any and all liabilities."

for loss, injury or damages resulting from my and/or my child's voluntary participation as a member of the swim team (or in case of membership application, as a "member" of Lexington Swim Club.)

Parent signature: _____