

# LANSING SWIM ORGANIZATION

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## FREQUENTLY ASKED QUESTIONS...

### WHAT IS LSO?

LSO is the Lansing Swim Organization. This is a non-profit, parent sponsored, competitive age group swim team representing Lansing and the surrounding communities.

### DOES MY CHILD NEED TO NOW HOW TO SWIM?

If your child is 8 years old or under, they should be comfortable in the water. If your child is 9 years old or over, they should be able to swim one length of the pool (25 yards).

### WILL THIS CLUB TEACH MY CHILD TO SWIM?

LSO is not a "Learn to Swim" class. LSO will enhance your child's ability and teach them the four basic strokes used in competitive swimming: Breaststroke, Butterfly, Backstroke, and Freestyle along with the starts and turns.

### HOW OFTEN DOES THE TEAM PRACTICE?

The team practices four evenings a week (Monday, Wednesday, Thursday, and Friday). New swimmers usually attend the earlier practice of 6:00 - 7:00 p.m., except Friday's practice which is held from 6:00 - 7:30 p.m. The coach will assign your child to a practice when he calls to inform the child they made the team. Your child may attend as many of the practices each week as they wish. The more practices the child attends, the better they will become.

### WHAT AGE GROUPS WILL MY CHILD COMPETE WITH?

The age groups consist of Age 8 and under, 9 and 10 Year Olds, 11 and 12 Year Olds, 13 and 14 Year Olds, and 15 and over.

### WHAT TYPES OF MEETS WILL MY CHILD COMPETE IN?

There are four types of meets: Inter-squads, Duals, Invitational, Conference, State, Quads and Divisional.

### WHAT IS AN INTER-SQUAD?

It's a mandatory meet that is held at T. F. South between all the members of LSO. The children compete against others of the same age group. These meets are FREE and last approximately three hours. The Coach chooses the events for the swimmers.

### WHAT IS A DUAL MEET?

A dual meet is a mandatory meet between LSO and another swim team. The two teams compete against each other in the same age groups. This meet is usually held at various Northwest Indiana High Schools. The cost of the meets are covered by LSO, therefore your swimmer(s) must be signed out if not attending. The Coach chooses the events for the swimmers. A dual meet lasts approximately 3 to 4 hours.

### WHAT IS AN INVITATIONAL MEET?

An invitational is a meet where many different teams compete against each other in the same age groups. These meets are held at various Illinois and Indiana High Schools. These meets have fees. Indiana meets are usually \$2.50 plus a \$1.50 per swimmer surcharge fee. They usually last 4 to 5 hours depending on the number of events entered. The parents choose the events and there are deadlines for signing up for these Invitational.

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### WHAT IS A CONFERENCE MEET?

Conference is held at the end of the fall and spring sessions. All members of the Northwest Indiana Swim Conference (approximately 15 teams) compete against others in the same age group. The meets last approximately 4 to 5 hours; you will receive a sign-up sheet for this meet.

### HOW MANY MEETS DOES MY CHILD HAVE TO ATTEND?

All Duals and Inter-squads are mandatory. If you are unable to attend, you must "sign out" of the meet by the deadline given that is posted on the bulletin board. There are certain requirements to receive an end of the season award. A list of requirements will be given at the start of the season.

### DO THE PARENTS HAVE TO PARTICIPATE IN THE PROGRAM?

There is a participation fee of \$200.00. Parents are required to volunteer 25 hours throughout the season and MUST participate in the LSO Swim-A-Thon and collecting a minimum of \$50 per swimmer in donations. Of those 25 hours, you must time at two sessions of meets. Your participation fee will be returned August if you complete the participation requirements as stated above. See Participation Requirements for details. The volunteer hours for the spring/summer session are adjusted accordingly. Parental participation is needed throughout the year. Parents run the Inter-squads. Our team is also expected to help with timing at Duals, Invitational, and Conference.

All families are required to participate at fundraising activities that will be posted through-out the season Tag Day and Swim-a-thon are examples of such activities. Parents are also responsible for dropping their children off in the pool area for practice and picking them up in the pool area after practice on time.

### WHAT IS THE FEE IF MY CHILD IS ACCEPTED AT TRYOUTS?

If your child is accepted at tryouts, you have a two week trial period to decide if LSO is for you. Please see the attached schedule. The coach will assign a practice time when practice begins. We will require a \$54.00 non refundable deposit per child plus all the registration forms must be completed when you come to their first practice before they can get into the water. If after two weeks you wish to remain on the team, the \$54.00 deposit becomes part of your tuition payment. The remaining tuition balance and fees will then be due. (The tuition balance may be paid in full or as per the payment schedule indicated in the LSO Dues Contract).

### WHAT IS THE U.S.S. CARD?

All swimmers must be a member of United States Swimming in order to compete in meets. A U.S. Swim card is required to swim competitively at a cost of \$54.00\*. (*\*this changes every year*)

### HOW MANY SESSIONS ARE THERE IN THE YEAR?

There are two sessions per year. The fall session begins in early September and ends toward the end of February. The spring session begins in early April (after Easter), and ends in the middle of July. The Spring Swim Session is included in your original Fall Tuition.