



**LONE STAR**  
aquatic club

# Communication and Frequently Asked Questions.

If you are a new or a returning swimmer, here are some guidelines of how things work at Lone Star Aquatic Club.

## Communications

### Team Website

Our webmaster, David Wang, does an awesome job keeping our website up to date. Please check [lonestaraquatics.com](http://lonestaraquatics.com) often.

### Email Communications

The team uses a free Yahoo email group to facilitate communications. We use the Yahoo group [LSAC\\_SWIMMING@yahoo.com](mailto:LSAC_SWIMMING@yahoo.com). This is the easiest way to send out information about upcoming meets and practice announcements. We will add the email address you provided on your registration forms to the LSAC\_SWIMMING email group.

### Newsletter

Lone Star has its own newsletter, **STREAMLINE**. Malena Davidson does a fantastic job editing the newsletter, which includes news, announcements of LSAC swimmers' awards and accomplishments, and helpful hints from our coaches. It is delivered electronically via the email yahoo group on a monthly basis.

### Facebook

If you are a member of Facebook, become a fan of Lone Star Aquatic Club (LSAC)!

## Frequently Asked Questions

### What equipment do I need?

For practices, you will need a swimsuit designed for competitive swimming (any brand or color is fine but no baggy trunks or board shorts), goggles, fins and a cap (if you want to keep your hair out of your eyes).

For meets, you'll need a black Speedo suit and a "Lone Star" cap, if you wear a cap when you race. If you have any questions about equipment please ask your coach.

### How do I get a team cap?

Silicone caps with our Lone Star team logo will be sold for \$10 each, please contact Malena Davidson at [malena.davidson@gmail.com](mailto:malena.davidson@gmail.com)

### When are my monthly coaching fees due?

Monthly coaching fees are due by the first of the month. The team is responsible for renting the pool space from the YMCA and paying our excellent coaching staff on a monthly basis.

Please pay your **monthly coaching fees** on time, by the first of each month. A \$5 late fee will be added to accounts not paid on time.

### How much do I owe?

At the end of each month you will receive an email statement from [mericas@austin.rr.com](mailto:mericas@austin.rr.com). The first email address listed on your registration forms is the email address used for statement delivery.

This statement will show all meet fees, monthly coaching fees due and payments received during the previous month.

### How do I pay my monthly coaching fees?

There are a several ways you can pay your monthly coaching fees:

- You can bring a check to the YMCA, payable to "LSAC", and drop it in the "Treasurer" folder in our team file box beside the pool.
- You can mail a check to: LSAC P.O. Box 851, Round Rock, TX 78680.
- If you have an online bill pay account with your bank, you can schedule a payment and have it mailed to: LSAC P.O. Box 851, Round Rock, TX 78680.
- You can use PayPal online from [lonestaraquatics.com](http://lonestaraquatics.com) to pay by credit card. Please add 2.9% to the total due if using PayPal.

## Can I change my practice schedule?

We do our best to accommodate the training needs of all of our swimmers. However, please realize that we have a limited amount of spaces available at various practice times so it is not always possible to change your practice schedule. If you do want to change your practice schedule, talk to your coach first to see if there is room in the time slot you'd prefer. If it's ok with the coach, then put a note in the "Treasurer" folder, or send an email to Caroline Mericas at [mericas@austin.rr.com](mailto:mericas@austin.rr.com) and the change will be made.

## Do I have to attend meets?

No, however, we do encourage swimmers to challenge themselves, strive for goals and chart their progress through competition at swim meets.

## How often are the meets?

LSAC competes in a swim meet about once a month. In a few weeks, we should have a calendar of planned meets available on the website at [lonestaraquatics.com](http://lonestaraquatics.com).

## How do I enter a meet?

Entering your swimmer in a swim meet is easy and takes just a few simple steps:

- 1) First, you'll receive the meet information from the group email.
- 2) You then need to decide whether the dates and times work for you and your family.
- 3) Next, you select the individual events your swimmer would like to swim within the allowable limits indicated in the meet information.
- 4) If you decide you want to enter the meet, send an email to Coach Adam at [LSACCOACH@hotmail.com](mailto:LSACCOACH@hotmail.com).
- 5) Finally, you pay your meet fees. **You must pay for each meet**

**you enter at the time you enter the meet.** Place your payment in the "Treasurer" folder at the pool. Fees for entering the meet are listed in the emailed meet information and vary depending on who is hosting the meet. Please make your meet checks payable to: Lone Star Aquatic Club. Our team submits your entries along with a single team check about a week or so before the actual meet, so your prompt payment is appreciated. Sorry, no refunds are given.

The coaches decide who will swim in relays. Some meets toward the end of the season have minimum time requirements that your child must have achieved in a USA swim meet in order to participate. Your swimmer's coach can tell you if your swimmer is eligible for a particular meet.

## What do I wear to the meets?

You should wear a black Speedo suit and a "Lone Star" cap, if wearing a cap when you race at a meet.

## Will there be a ready bench and team parents at the meets like summer league?

No, unlike summer league swimming, parents are not allowed on deck unless they are assisting in the conduct of the meet (for example, serving as a timer). Our swimmers sit together as a team on the pool deck. The coaches direct them to their events and prepare them to swim their best.

## Can anybody attend a meet?

If you're not sure whether you are ready to compete in a meet, just ask your coach. Most of the meets early in the season are

"unclassified," meaning that they are open to all USA registered swimmers. Towards the end of the season, the meets get more "specialized" and have certain entry time requirements. We try to attend meets of varying levels to accommodate all of our swimmers.

## What is Short Course? What is Long Course?

Short Course is training or competing in 25 yard or meter pools, while Long Course is training or competing in 50 Meter Pools. Most indoor pools in the USA are set-up as 25 yard pools and so most of the times younger athletes become familiar with early on are the short course yard (scy) times. Since these meets are held in the winter months, our Short Course competition season starts in late August or September and culminates with championship meets in February & March. The Long Course competition season begins in April and continues through July and August depending on the highest-level championship meet a swimmer can qualify.

## Can I take a month off of swimming?

Yes, but please put a note into the "Treasurer" folder at the pool, or send an email to Caroline Mericas at [mericas@austin.rr.com](mailto:mericas@austin.rr.com). You will be charged monthly coaching fees unless you give the team prior notice that you are taking time off.

## Can I ask the coaches questions during practice?

If parents need to ask questions, please wait until practice time is over and the swimmers have left the pool. The coaching staff will be glad to talk with you when they can give their full and undivided attention. You should view the pool deck like a classroom. Would you interrupt a classroom teacher in the middle of a lecture? If a coach is not talking to the swimmers, they are thinking, watching and analyzing.

## Problems with the Coach?

One of the most common swim team communication gaps is that some parents seem to feel more comfortable discussing their disagreements over coaching philosophy with other parents rather than taking them directly to the Head Coach. Not only is the problem never resolved that way, but in fact this approach often results in new problems being created. Listed below are some guidelines for a parent raising difficult issues with a coach:

- Try to keep foremost in your mind that you and the coach have the best interests of your child at heart. If you trust that the coach's goals match yours, even though his/her approach may be different, you are more likely to enjoy a good rapport and a constructive dialogue.
- Keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team or a training group that can range greatly in size. On occasion, an individual child's interest may need to be subordinate to the interests of the group, but in the long run the benefits of membership in the group compensate for any occasional short-term inconvenience.
- If your child swims for an Assistant Coach, always discuss the matter first with that coach, following the same guidelines and preconceptions noted above. If the Assistant Coach cannot satisfactorily resolve your concern, then ask that the Head Coach join the dialogue as a third party.
- If another parent uses you as a sounding board for complaints about a coach's performance or policies, please listen empathetically, but encourage the other parent to speak directly to the coach. He/she is the only one who can resolve the problem.

## Dismissal Policy

The following behaviors are not condoned by Lone Star Aquatic Club and may result in disciplinary action, including dismissal from

the team if the violation is deemed serious enough. Some examples of inappropriate behaviors include:

- Disrupting practices
- Refusing to workout
- Inappropriate language
- Harassment
- Arguing with swimmers
- Fighting
- Refusal to comply with any/all redirection
- Major physical injury to another swimmer
- Drug or alcohol possession

## Swimmer-Coach relationship

We want your child to build a constructive relationship with his/her coach as soon as possible concerning swimming competition, technique and training. The better the relationship and bond between swimmer and coach, the better the results will be. When parents interfere with opinions as to how the child should swim it causes considerable confusion as to whom the swimmer should listen to.

The coach's job is to develop the athlete. Their basic tool of evaluation is praise or criticism based on performance. The parent's job is to grow a healthy, functional individual with strong self-esteem. This will develop out of the type of unconditional love that doesn't become confused by sports performance.

## Can I watch practice?

Yes. If you choose to watch our practice sessions, you may do so from the bleacher or from the covered patio area. Parents are not allowed on the pool deck close to the swimmers. Avoid the urge to talk, signal, wave to or admonish your child while he/she is at practice. If you notice a problem, talk to your swimmer's coach about it at a later time.

Avoid timing your child during practice.

Training intervals are something for the coach and the swimmer to discuss. If your swimmer has a poor workout, offer encouragement for them to swim better at the next practice.

If at any time you have an issue with the staff, another swimmer or anything else, please call or email the head coach Adam Depmore to discuss the issue—there is always more to the story than one hears or sees.

## Do I have to participate in fund raising?

Yes, the 100 Mile Jim Swim is a mandatory fund-raiser every year. It is every family's responsibility to participate in the fund-raiser or pay a fund-raising fee of \$25 per swimmer, payable at the time of the event.

## YMCA Policy

We consider it a privilege for our team to be located in the YMCA, so be sure to always comply with all of their rules and regulations. Of one special note, YMCA policy states that no food or beverage will be allowed in the facility. Lone Star swimmers and any spectators have permission to bring water bottles ONLY into the Natatorium. No coffee, sodas, etc. and NO FOOD. Please have your swimmers eat their afternoon snack before entering the YMCA.

We have permission to use the Natatorium only. If you are not a YMCA member, you may not take a self-guided tour through the other YMCA facilities. You can schedule such a tour at the front desk.

Enter the YMCA using the Main Entrance. There is a side/rear entrance by the lockers and a gate by the cover patio area, however this is NOT to be used for any reason. It is an emergency exit only.