



# Lenexa Lazers Team Handbook

Updated February 2024

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# Welcome to the Lenexa Lazers!

Welcome back all Lazers and their families and a big HELLO to all new families! Please read through the following information carefully; it contains a lot of information you will need this swim and dive season.

**Registration:** Please complete registration and Waiver Forms for each child joining the team. Registration is on a first come, first serve basis. If the roster is full, your athlete may be placed on a waiting list and will be allowed to join the team at the coach's discretion or as spots open.

Registration begins Monday, April 1, 2024, at 8am online [www.lenexa.com](http://www.lenexa.com), online or in person at the Lenexa Community Center (13420 Oak Street), or at the Lenexa Rec Center (17201 W 87<sup>th</sup> St Pkwy).

## 2024 Fees:

Swim Team Only \$115/resident, \$150/non-resident

Dive Team Only \$150/resident, \$150/non-resident

Swim and Dive Team\* \$150/resident, \$190/non-resident

For families with three or more members involved in this program, there is a family discount of \$5.00 per child. The discount is available for immediate family members only. Registration must take place in person to receive the discount. All Swim and Dive team members will receive a team t-shirt; swimmers will receive a Lenexa Lazers swim cap and divers will receive a shammy towel as part of registration.

**Refunds:** if you require a refund, please contact the Lenexa Rec Center. Any refunds requested will be issued by the City according to their refund policies. *There will be no refunds beyond Friday, May 24, 2024.* All refunds will be charged a service fee of \$5.00.

**Late Registration:** Registration deadline is May 3rd. Registration submitted between May 11th and May 22nd, will incur a late fee of \$25.00.

# Contact Information

**Whom to Contact:** Team management questions should be directed to the appropriate coordinators. Any specific skill, practices, meets, and/or team question should be directed to coaches or head coach Richard O'Dell ([rodell@lenexa.com](mailto:rodell@lenexa.com)). General administrative questions should be directed to Nicole Deuvall ([ndeuvall@lenexa.com](mailto:ndeuvall@lenexa.com)).

## **City of Lenexa Representative**

Richard O'Dell, Head Coach [rodell@lenexa.com](mailto:rodell@lenexa.com)

Nicole Deuvall, Aquatic Supervisor [ndeuvall@lenexa.com](mailto:ndeuvall@lenexa.com)

## **SwimTopia:**

Swimtopia is the hub for Lenexa Lazars. This includes meet registration, parent volunteer sign ups, important information on practice times, and any updates. Accessible on the web or mobile app. Every family will create one account at: <https://lenexalazars.swimtopia.com/>

### **Notification Options:**

- Download the free mobile app and have notifications on for important instant updates.
  - These updates will also go to your email as well.
- Upgraded paid version is available for more features including digital heat sheets.

## **Rainout Line:**

The Rainout Line is handled by Lenexa Parks & Recreation's notification system. This service is easy to use and allows you to receive event and program cancellations, facility closures and notifications instantly via emails, text alerts, a free app or online status updates. Please use this to find information such as practice and meet cancellations or rescheduling. Swim and Dive Teams are listed separately.

### **Notification Options:**

- Free mobile app: Download the Rainout Line app from your app store. Once installed, search for "Lenexa" and favorite the ones that apply: Lenexa Outdoor Pools, Lenexa Parks & Rec, Lenexa Rec Center.
- Email/Text: Visit [Rainoutline.com](http://Rainoutline.com) and search for "Lenexa." Select the program for which you would like to receive notifications, and choose the "Email & Text Alerts" option. Enter your email address or 10-digit phone number and subscribe to the program area.
- Website: Visit [Lenexa.com/Park](http://Lenexa.com/Park) to see current statue list.
- Phone: 913-477-7170 and follow the extension for your program.

# General Information

**Pre-Competitive Swim Program:** Your swimmer must be between the ages of 5 and 13 years of age as of June 1 to be eligible to swim in this program. This program is not a substitute for swimming lessons. Your swimmer will be coached in stroke technique, but they should already have general knowledge of freestyle and backstroke. The pre-competitive team is intended to refine competitive swimming strokes and prepare swimmers for the competitive team.

**Requirements:** Athletes should have completed swim lessons and be able to swim freestyle competently for 25 yards with their face in the water, without touching the bottom of the pool, and competently swim backstroke for 25 yards without touching the bottom of the pool. Children will not be allowed to swim if they do not meet these requirements.

**Competitive Swim Program:** The competitive team consists of swimmers between the ages of 7 – 18 years of age who are proficient at swimming the length of a 50-meter pool. Younger swimmers may be accepted upon the approval of the Aquatics Specialist.

**Requirements:** Athletes should have completed swim lessons and be able to swim freestyle competently for 50 yards with their face in the water, without touching the bottom of the pool, and competently swim backstroke for 50 yards without touching the bottom of the pool. Children will not be allowed to swim if they do not meet these requirements.

**Swim Test Requirement:** Athletes who are new to the pre-competitive or competitive swim team must attend a swim test at the Lenexa Rec Center to ensure swimming ability.

## Swim Test Dates:

- Monday, April 15th 5:30-8:00pm
- Wednesday, April 24th 5:30-8:00pm
- Saturday, April 27<sup>th</sup> 11:30-1:00pm

There are three placement possibilities (*please respect coaches' evaluation of your swimmer's skill level*):

- Promotion to the competitive team
- Remain on the pre-competitive team
- Request to transfer to swim lessons if unable to swim without assistance

**Competitive Dive Program:** The competitive team consists of divers between the ages of 6 – 18 years of age. Divers must be able to swim confidently and dive in order to compete in the league.

**Age Groups/Eligibility:** Placement in age groups will be determined as of June 1. Competitive swimmers are grouped according to the following: 9&U, 11&U, 13&U, 15&U, 18&U. Divers are grouped the same as swimmers, but also include the 7&U age group. The Lenexa Lazars teams are open to any swimmer/diver who has not reached their 19<sup>th</sup> birthday before June 1.

**Practice & Meet Attendance Policy:** If your athlete is unable to attend practices during the week, they may not be able to participate in the meet that week. Please keep in mind that practice attendance plays a role in meet participation. If an athlete is unable to attend practice or a meet for any reason, please send an email to the appropriate coach. Please make sure your athlete has transportation to and from practices; although coaches are present slightly before and after scheduled practices, they have a schedule to maintain. Please make sure you arrive promptly to pick up your athlete and/or they are aware of how they are getting home.

**Behavior Policy:** The coaches will talk with the Lazars about appropriate behavior during practice and meets. If a swimmer or diver has received a verbal reprimand about inappropriate behavior, the coach will talk to the parent/guardian in person and/or an email will be sent to the parent/guardian. We want the swim & dive team to be a safe and fun activity for everyone. If your child has received a reprimand, please review the email and discuss this with your child. Each athlete's behavior affects the entire team.

The pool is closed to the general public during practice times; siblings, parents, friends, etc. are not permitted to utilize the pool during this time.

**Mail Boxes:** Every family will have a file in the file boxes. These mailboxes will be used to distribute ribbons after the swim and dive meets, along with any other important pieces of communication from coach, parents, or administration.

**Correspondence with Coaches:** Due to the large number of athletes, please notify coaches of any scheduling problem. practice is completed for the day, not during the scheduled practice or meet.

**Inclement Weather:** Do not leave your athlete at the pool without transportation if there is any question of threatening weather. Severe will require the coaches to cancel practice; no exceptions. Please make plans to have your swimmer picked up immediately in the event of dangerous or bad weather.

**Canceling Practice:** Practices will consider pool water temperature and weather prior to practice. Practices will be canceled at the Head Coach's and City of Lenexa's discretion.

**General Communication:** There are several ways to receive information about the Lenexa Lazars:

1. SwimTopia (web platform or app) <https://lenexalazars.swimtopia.com/>
2. Rainout

# Important Dates

**Monday, April 1st** Registration Opens

**Friday, May 3rd** Last Day to register without late fees

**Monday, May 13<sup>th</sup> at 6pm** Parent Meeting\* in the Community Forum at City Hall

**Wednesday, May 29<sup>th</sup>** First day of practice at Sar-Ko-Par Aquatic Center

**Thursday, June 6<sup>th</sup>** Team Pictures\*\* at Sar-Ko-Par Aquatic Center

- Dive Team: 8:00 am
- Pre-Competitive Team: 8:30 am
- Competitive Team: 9 am
- All Team Picture 9:30 am
- Individual Pictures 10:00 am
- All Athlete pick up 10:30 am

**Sunday, June 30<sup>th</sup> at 6pm** End of Year Party at Sar-Ko-Par Aquatic Center

**Wednesday - Thursday, July 3<sup>rd</sup> - 4<sup>th</sup>** Altered Practice times

- 8:00 - 9:15 a.m. all competitive swimmers
- 9:15-10:30 a.m. all divers

**Friday, July 5<sup>th</sup>** No Practice

**Monday - Tuesday July 8<sup>th</sup> – 9<sup>th</sup>** All City Swimmers Only Practice 8:00 – 9:15 a.m.

**Wednesday – Friday July 10<sup>th</sup> – 12<sup>th</sup>** All City Divers Only Practice 9:15 – 10:00 a.m.

**Wednesday, July 10<sup>th</sup>** All City Swim Meet at Prairie Village

**Friday & Saturday, July 12<sup>th</sup> - 13<sup>th</sup>** All City Dive Meet at Olathe

**\*Parent Meeting:** Please bring your questions, comments, and kids to the Lenexa Lazars Swim and Dive team meeting where you can chat with the coaches and meet each other! Important information will be discussed at this meeting, and you are strongly encouraged to attend. We'll be happy to answer any questions.

**\*\*Team Pictures:** The team is expected to wear their team t-shirts for pictures. The picture will be taken during practice. Rainout Date: Monday, June 10<sup>th</sup>.

# **Practice Times** (Sar-Ko-Par Aquatic Center)

## **Pre-Competitive Swim Team:**

- Monday through Friday 9:45 a.m. - 11:00 a.m.

## **Competitive Swim Team:**

- Age groups 9 & Under, 11 & Under: Monday through Friday 7:30 a.m. – 8:45 a.m.
- Age groups 13 & Under, 15 & Under, 18 & Under: Monday through Friday 8:15 a.m. - 9:45 a.m.

## **Dive Team: (practices are divided by enrollment not age group)**

- Dive Group 1: Monday through Friday 8:45 a.m. - 10:00 a.m.
- Dive Group 2: Monday through Friday 10:00 a.m. - 11:15 a.m.



# Meet Information

Sign-ups to attend and participate in meets will be completed through SwimTopia three business days prior to the meet. Athletes will only be allowed to participate in meets if they have signed up for the meet ahead of time and are eligible to participate.

- Pre-Competitive swim meet sign-ups will be due the Wednesday before
- Competitive Swim meet sign-ups will be due the Monday before
- Dive meet sign-ups will be due the Thursday before

**Pre-Competitive Swim Meets:** Pre-competitive swim meets will be conducted Saturday mornings from 8:00 a.m. - 11:30 a.m. on June 8, 15, 22, and 29. Warm-ups begin at 8 a.m. and the meet starts at 8:30 a.m. Please see the [Facilities and Team Schedules](#) for locations and schedule.

**Competitive Swim Meets:** There are five competitive swim meets during the summer on Thursday nights on June 6, 13, 20, and 27 & July 1 (Monday). Swimmers should check in with the coaches from 4:00 p.m. - 4:45 p.m.

Stretching begins at 4:45 p.m. and warm-ups at 5:00 p.m. The meet starts at 6 p.m. Swimmers who have not checked in by 5:00 p.m. will be scratched from the meet at 5:30 p.m. If you have been caught in traffic and are running late, you must call the head coach by 5:00 p.m. to be sure your swimmer is not scratched. Heat sheets will be available for purchase for home meets the night of the meet for \$1 each, subject to each City's ability to provide them. Heat sheets are also available online for a fee.

Please see the [Facilities and Team Schedules](#) for locations and schedule.

**All-City Swim Meet:** This is the final meet of the season and will be held on Wednesday, July 10th. The swimmers who qualify for this meet will be those with the three fastest times in each stroke by age group. If your swimmer has one of the five top times, be aware that they might be heading to All-City. Details on times will be available during the season from the hosting pool.

**Dive Meets:** There are five competitive dive meets during the summer on Tuesday nights. Those dates are June 11, 18, and 25 & July 2 and 9. For meets, divers in the 7U, 9U and 11U groups should check in with the coaches between 5:15 p.m. - 5:30 p.m. at the hosting pool. Warm-ups begin at 5:30 p.m. The meet starts at 6:00 p.m. with the order of events moving from youngest to oldest age groups. Divers in the 13U, 15U, and 18U age groups should plan to arrive at the hosting pool around 6:15 p.m. and will have a separate 30-minute warm-up after the completion of the 11U events. Please do your best to arrive at warm-ups on time as it is in the divers' best interest to properly warm-up before competition. Divers will be scratched from the meet if they have not arrived prior to the beginning of their event. Please see the [Facilities and Team Schedules](#) for locations and schedule.

**All-City Dive Meet:** This is the final dive meet of the season and will be held on Friday and Saturday, July 12 & 13. All-City divers are selected based on the average of their top highest meet scores throughout the season. Divers must dive in at least two regular season meets to be eligible to be selected to dive at the All City Dive Meet. Some coaches' discretion may be used, and younger divers may be given the opportunity to "dive up." Details on times will be available during the season from the hosting pool.

**Ribbons:** Ribbons are awarded to all pre-competitive swimmers for participation, and ranking times/scores for the competitive Swim and Dive teams. Ribbons are placed in the family folders at Ad Astra within 1-2 business days of the meet.

# Equipment and Supplies

**T-shirts:** This year's t-shirt will be distributed during the first several days of practice and is included in the registration fee. Please mark it with your child's name to ensure it does not get accidentally taken. The shirt will be worn for picture day and at all meets. Sizes are not guaranteed for late registrations.

**Goggles and swim caps:** Goggles are required for all swimmers. Swim caps are included with the registration fee for the swim team. Swim caps are optional at practices. However, swimmers should plan to wear a Lenexa Lazers swim cap at all swim meets. It helps the coaches and the spectators to identify their swimmers. A Lazers swim cap will be handed out with the team t-shirts in the first couple of days of practice. Additional caps may be purchased through Nicole for \$10.00. Please email to set an appointment at [ndeuvall@lenexa.com](mailto:ndeuvall@lenexa.com).

**Shammy Towels:** Shammy towels are included with the registration fee for the dive team. A shammy towel will be handed out with the team t-shirts in the first couple of days of practice. Additional towels are not available for purchase.

**Swim Bags:** Please have your athlete store their belongings in a swim bag, clearly marked with their name. A lost & found box is located at Ad Astra swimming pool; lost items will be kept for a period of one week.

**Swim Suits:** All swimmers need to be wear a swim appropriate suit for practice and meets. One piece or tankini are highly encouraged.

The team suit is available at the link below. The team suit is encouraged by not required. Please note that the Lenexa Lazers is not liable for any purchases made with SwimOutlet.com.

[swimoutlet.com/collections/lenexalazers](https://swimoutlet.com/collections/lenexalazers)

If you have never purchased from SwimOutlet.com you can get a 15% discount for registering for their mailing list.

**Heat Sheets:** Please see competitive swim meet section for details.

# Volunteers

**Volunteers:** The Lenexa Swim and Dive Team operates through a multitude of volunteer positions. Please sign up in advance if there is a specific job you would like to help with, otherwise please check in with the Volunteer Coordinator at the computer table no later than 5:30 pm. If the task you would most like to help with is filled, please sign up for a different position. No prior experience required unless noted below. This team requires volunteers to help run it – please volunteer even if you have never volunteered or helped with the swim team before.

In order for an athlete to be eligible for All City, we are requiring one family member to volunteer at a minimum of two swim/dive meets this season. Sign-ups will be sent out in advance for each meet and various roles and shifts will be available.

## **How to Sign-Up to Volunteer:**

When you register your swimmer for the meet in SwimTopia, you can also sign for the volunteer at that time. Volunteers will mostly be needed at home meets, but occasionally will also be needed at away meets.

## **Swim Meet Volunteer Opportunities**

- **Swim Meet Volunteer Coordinator:** Responsible for finding and coordinating volunteers.
- **Meet Starter:** Starts home meets.
- **Announcers:** Announces at home meets.
- **Clerk of the Course:** Coordinates swimmer's heats and lanes at home meets.
- **Head Timer:** Secure timers for Lazars at home and away meets and coordinates times of all teams at home meets.
- **Timers:** Times at meets. No experience required and best view at the meets!
- **Runners:** Takes cards from times to the score table at home meets.
- **Computer Operator:** Responsible for inputting swim times during home meets. Computer experience needed.
- **Table Workers:** Records time or scores heat results. Assist Computer Operator.
- **Hospitality:** Responsible for distributing drinks for volunteers at home meets.
- **Ribbons Chair:** Responsible for making out and delivering ribbons to mailboxes after meets.
- **Stroke Judges:** Judges swimmers' starts, strokes, turns, and touches at meets (training session is required).
- **Head Stroke Judge:** Responsible for finding Lazars stroke judges for each meet, coordinating all stroke judges for home meets and arranging for training of new judges.

## **Dive Meet Volunteer Opportunities**

- **Dive Meet/Table Coordinator:** Responsible for finding dive judges and volunteers for dive meets, distribution of drinks to workers.
- **Announcer:** Announces diver's name, dive number, dive and degree of difficulty for home meets.
- **Dive Ribbons Chair:** Responsible for making out and delivering ribbons to mailboxes after meets (usually Fridays).
- **Dive Judges:** Judges dives at meets (training session required – will train)

# Facilities & Schedules

**Fairway:** Fairway Pool

Phone: 913-722-3161

Address: 6136 Mission Road, Fairway, KS 66205

**Leawood:** Leawood Pool

Phone: 913-327-3977

Address: 10601 Lee Blvd., Leawood, KS 66206

**Lenexa:** Sar-Ko-Par Aquatic Center

Phone: 913-888-4659

Address: 8801 Greenway Ln, Lenexa, KS 66215

**Merriam:** Merriam Pool

Phone: 913-322-5550

Address: 9001 W. 62nd St. Merriam, KS 66202

**Olathe (Competitive/Dive):** Black Bob Bay Pool

Phone: 913-971-5345

Address: 4570 W. 151<sup>st</sup> St. Olathe, KS 66062

**Olathe (Pre-Comp):** Oregon Trail Pool

Phone: 913-971-5348

Address: 1750 W. Dennis, Olathe, KS 66061

**Overland Park:** Young's Pool

Phone: 913-327-5676

Address: 8421 W. 77<sup>th</sup>, OP, KS 66204

**Prairie Village:** Prairie Village Pool

Phone: 913-385-4650

Address: 7711 Delmar, Prairie Village, KS 66208

**Shawnee:** Thomas A. Soetaert Pool

Phone: 913-631-0054

Address: 13805 Johnson Drive, Shawnee, KS 66216

**Jewish Community Center:** Jewish Community Center

Phone: 913-327-8022

Address: 5801 W 115 Street, Overland Park, KS 6621

# Johnson County Swim & Dive League

## Competitive Swim Schedule 2024

Most Competitive Meets Held On Thursdays, see exceptions below

Warm-ups 5:30 p.m. --- Meet Starts 6:00 p.m.

Meet Date	Host		Visitor(s)
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6-Jun			
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Fairway	vs.	Prairie Village
Leawood	vs.	Olathe
Merriam	vs.	Shawnee
Overland Park	vs.	JCC & Lenexa

13-Jun			
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Lenexa	vs.	Merriam
Olathe	vs.	JCC & Fairway
Overland Park	vs.	Prairie Village
Shawnee	vs.	Leawood

20-Jun			
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JCC	vs.	Overland Park
Lenexa	vs.	Olathe
Prairie Village	vs.	Leawood & Merriam
Shawnee	vs.	Fairway

27-Jun			
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Fairway	vs.	JCC
Leawood	vs.	Lenexa & Merriam
Olathe	vs.	Prairie Village
Overland Park	vs.	Shawnee

1-Jul			
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\*Monday

JCC	vs.	Fairway & Leawood
Lenexa	vs.	Prairie Village
Overland Park	vs.	Merriam
Shawnee	vs.	Olathe

### All City Championship Meet

Wednesday, July 10 @ Prairie Village

Rain Make-up Date - Thursday, July 11th

Warm-ups 7:00 a.m. --- Meet Starts 8:15 a.m.

# Johnson County Swim & Dive League

## Dive Schedule 2024

All Dive Meets Are Held On Tuesday

Warm-ups 5:30 Meet Starts 6:00

Meet Date	Host		Visitor(s)
11-Jun			
	Lenexa	vs.	JCC
	Leawood	vs.	Overland Park
	Merriam	vs.	Prairie Village
	Olathe	vs.	Shawnee
18-Jun			
	JCC	vs.	Merriam
	Lenexa	vs.	Leawood
	Overland Park	vs.	Olathe
	Prairie Village	vs.	Shawnee
25-Jun			
	Leawood	vs.	Olathe
	JCC	vs.	Prairie Village
	Merriam	vs.	Lenexa
	Shawnee	vs.	Overland Park
2-Jul			
	Leawood	vs.	Shawnee
	Merriam	vs.	Overland Park
	Olathe	vs.	Lenexa
	Prairie Village	vs.	JCC
9-Jul			
	JCC	vs.	Olathe
	Lenexa	vs.	Leawood
	Overland Park	vs.	Prairie Village
	Shawnee	vs.	Merriam

### All City Championship Meet @ Olathe

Friday & Saturday July 12 & 13

(Rain Date – Saturday July 13 & Sunday, July 14)

Friday July 12 (7&U, 9&U, 11&U)

Warm-ups: 4:00 p.m. --- Meet Starts 5:00 p.m.

Saturday July 13 (13&U, 15&U, 18&U)

Warm-ups: 7:00 a.m. --- Meet Starts 8:00 a.m.

# Johnson County Swim & Dive League

## Pre-Competitive Swim Schedule 2024

All Pre-Competitive Meets Held On Saturday

Warm-ups 8:00 a.m. --- Meet Starts 8:30 a.m.

Meet Date	Host		Visitor(s)
8-Jun	JCC	vs.	Fairway & Leawood
	Lenexa	vs.	Merriam
	Olathe	vs.	Overland Park
	Shawnee	vs.	Prairie Village
15-Jun	Fairway	vs.	Overland Park
	Leawood	vs.	Prairie Village
	Merriam	vs.	Shawnee
	Olathe	vs.	Lenexa & JCC
22-Jun	Fairway	vs.	Prairie Village
	Leawood	vs.	Lenexa
	Olathe	vs.	Shawnee
	Overland Park	vs.	JCC & Merriam
29-June	JCC	vs.	Prairie Village
	Lenexa	vs.	Overland Park
	Olathe	vs.	Merriam
	Shawnee	vs.	Fairway & Leawood