

Ben Lippen Swim Team
Pre-season Meeting
April 2019

General Information

Coaching Staff

Head Coach
Anthony Chu
Phone number: 803-673-0106
Email: anthonychu673@gmail.com

Assistant Swim Team Coach
Sarah Strickland

Season

August 1, 2019-October 12, 2019

Swim Practices

Before school begins (starting August 1st)

Monday-Friday from 10-11

Once school begins (starting August 14th)

Monday from 6:30am-7:45am
Tuesday-Thursday from 5:30am-6:45am

We are currently reaching out to pools to discuss the possibility of swim team practices being held in the afternoons.

What if a swimmer wants to participate on another sports team?

First of all, please let us know at the beginning of the season if your athlete is interested in performing in multiple sports. Several of our athletes participate on other teams. We

will discuss a practice and meet schedule with each participant individually. Our goal is to promote healthy living and fitness and to not overwork our swimmers.

What to bring to practice

Swimsuit

Goggles

Swim Cap

Water bottle

Snack for after practice (please refrain from junk food such as chips, pop-tarts, etc.)

Swim Meets

Meets are held on Saturdays. We typically having 4 regular season meets and State meet. For state meet, swimmers have to achieve qualifying times in the regular season, and also compete in at least 2 swim meets. Fifth grade swimmers are able to join the swim team. In the regular season, they compete in meets in exhibition heats, if the hosting school allows it.

Team Apparel

Girls-Black one piece swimsuit

Boys-Black swimsuit

Swim team caps are required for meets

Latex \$5

Silicone \$20

Each swimmer will be expected to bring goggles to meets and practices.

Tee Shirts, team sweatshirts, and sweatpants can be purchased through team shop.

We have to have at least 12 confirmed swimmers prior to setting up our team shop page. More information on team shop will be sent out in the summer about ordering.

Yearbook Photos

Yearbook photos will be held prior to practice. We will request for the photographer to be at practice either September 18th or September 25th. Dates are subject to change. Your swimmer will have the opportunity to take individual photos and team on that day.

Parent Volunteers

Throughout the season, we rely on volunteers to assist with running our swim meets. We appreciate any help dedicated to making this swim season possible. Each swim meet requires at least 2 timer volunteers. Depending on the meet, more may be required. Volunteers are needed for bringing snacks for our swimmers on swim meet days. We plan to have a Team mom this season. If any parents are interested, please contact me via email.

Social Media

John Combs runs some social media for Ben Lippen on the school web page. He does his best to keep all information on the site updated. Most general questions are covered by the information on the school page.

I think it would be beneficial for our swim team to have another form of social media platform to help promote our team and the progress our swimmers make. Our swimmers may have good ideas regarding this topic.