

**Landstown High School**  
**Swimming and Diving**  
**2022-2023**  
[www.landstownswimteam.com](http://www.landstownswimteam.com)  
[landstownswimteam@gmail.com](mailto:landstownswimteam@gmail.com)

11/10/22

Dear Parents,

Congratulations on your son or daughter making the Varsity Swim and Dive Team! He/she is 1 of 36 athletes who is going to rise to the challenge of competing on a varsity team. As you may know, the sport of swimming is a family effort, and your support is needed to ensure the success of our team.

**In lieu of our annual potluck dinner, the following items will need to be completed through our team's website ([www.landstownswimteam.com](http://www.landstownswimteam.com)):**

1. Athlete Information Form and Athlete Contract- due by November 14
2. Swag Order Form (required bathing suit and other clothing items)- due by November 17
3. Timer duties- if you've never timed before, it's simple! You just hit start, stop, reset, and record the time on a sheet of paper. We are hoping each parent can sign up for at least one or two positions. Parents, please sign up by November 18 for at least one meet. Please go to our website to click on the SignUpGenius form.
4. Team dinners- parents, we hold team dinners each Thursday before the Friday meets. We need parents to volunteer to host and cook! The usual menu includes pasta, macaroni, bread, and salad. Our first team dinner is December 1, so please consider hosting or volunteering to cook. Please go to our website to click on the SignUpGenius form.

Lastly, practice is everyday from 2:00-3:30. The bus will leave the parking lot at 2:10. If your child cannot attend part or all of practice on a particular day, Coach Newman or Coach Oker needs to be notified with a reason for missing practice.

We thank you in advance for your commitment to your child and the team!

Sincerely,

**Jake Newman and Jess Oker**  
*Landstown High School Varsity Swim Coaches*

### **Cost of items... (go to the website to fill out your order)**

Swimsuits: (Through fundraisers, the team helps subsidize the cost.)

The Aquawear rep is coming to size the athletes on Friday, Nov. 12 during practice. At this time, they will order their suits. Returners, please check the status of last year's suit. They tend to last only one season and dry rot easily if not taken care of properly.

1. \$50 for girls
2. \$50 for boy's jammer
3. \$30 for boy's speedo

Clothing:

1. T-Shirts (cotton): Small XL= \$10, 2XL= \$12, and 3XL= \$14
2. Long-sleeve shirts (cotton): Small XL= \$15, 2XL= \$17, and 3XL= \$19
3. Hoodie (cotton): Small XL= \$25, 2XL= \$27, and 3XL= \$29
4. Crew Neck Sweatshirt with name on back: Small XL= \$30; 2XL= \$32, and 3XL= \$34
5. Warm-ups=\$150; swimmers may embroider at their own effort and expense.

\*Parents, please consider getting a tee shirt to wear at the meets. You stand out in the crowd of supporters, and it makes the swimmers more confident seeing a sea of school colors!

Warm-ups/Backpack:

1. If swimmers lose or damage any clothing item, they will be charged \$75 per item. If lost, bags cost \$65.
2. Swimmers are required to wear their warm-ups to school on Fridays of meet weeks (and not to bed). They are to use their bags for swim-only purposes (They are not for school books!).

Other items:

1. Swimmers are responsible for purchasing their own goggles, practice suits, and caps.
2. **ONE** competition cap will be provided to each swimmer. The replacement cost is \$5.00 per cap.

\*\*Please contact Coach Newman or Coach Oker if you are unable to pay for your child's swimsuit or you require to work out a payment plan. No child will be left out due to inability to pay for a bathing suit.\*\*

**Practice and Competition Schedules  
2022-2023**

**1. Practice:**

- a. **Thursday, November 10- Thursday, December 12, 2022**
    - i. *Pool-* Princess Anne Recreation Center (2:30-3:30), the bus will leave LHS at 2:10- be on deck by 2:25 for team stretches, lane assignments, and to get on caps/goggles.
  - b. **Tuesday, January 3, 2023 - Thursday, February 9, 2023**
    - i. *Drylands are everyday during this stretch of practice. Meet room 225 by 2:15. Bring workout clothes, running shoes, and water!*
    - ii. *Pool-* Princess Anne Recreation Center (3:30-4:30), the bus will leave LHS at 2:55- be on deck by 3:20 for team stretches, lane assignments, and to get on caps/goggles.
- 2. After practice** parent pick up: 1. Rec center following stretches (approximately 20 minutes after practice is over) OR 2. LHS at approximately 4:10.
- 3. Team meetings** are after school and begin January 5.
- a. *Mondays= classroom time and goal-setting (Rm 225, beginning Jan. 9)*
  - b. *Thursdays= 225 for team meeting (beginning Jan. 5)*
- 4. Veteran's Day-** practice is still from 2:30-3:30 at PA Rec- transportation is not provided
- 5. Holiday Practice Schedule: TBD**
- 6. Team Dinners-** see above
- 7. Competition Schedule:** 6 Regular Season Meets and 3 Postseason Meets
- a. December 2- "Home"- OLHS@ GN Rec, after Dive Meet
  - b. December 9- Bye week - practice at PA Rec (time TBD)
  - c. December 16- "Home" - SHS @GN Rec, after Dive Meet
  - d. January 6- "Away"- PAHS @ GN Rec, 7:30 p.m.
  - e. January 13- "Away"- BHS @ Bayside Rec, after Dive Meet
  - f. January 20- "Away"- CHS @ Bayside Rec, 5:00 p.m.
  - g. January 27- "Home"- GRHS @ GN Rec, 7:30 p.m.- SENIOR NIGHT
  - h. Sat, February 4- Beach District Meet @ PA Rec, 12pm.
  - i. Region and State Meet info- TBD.