



WELCOME TO 2020 SWIM AND DIVE SEASON

Head Coach Patty Mackle rpmackle@sbcglobal.net 760-815-5227

Assistant Coaches Jasen Missailidis jasenmissailidis@yahoo.com 760-525-5913

Team Liaison Shannon Delaney LCCswimteam@gmail.com 760-944-3854

Practice Schedule Encinitas YMCA 6:30-8:15 Mon – Friday.

Parent MEETING Thursday March 5 at 6:15 at YMCA Multi Use Center (next to skate park) Come meet the coaches and other parents for a quick welcome and Q & A.

PHOTOS Moonlight Beach March 30th 3pm

REMIND Please join for timely updates. Opt in by texting 81010 @lccmav

COMMUNICATION

If you are not receiving emails, please make sure to send contact info with names and child's name for reference to lccswimteam@gmail.com

Hello Mav Parents and Swimmers.

Welcome to the season. We have a lot of new kids on the team. No Cuts will be made.

LCC have quite a few Club swimmers and Water Polo players. If you are not coming to practice, Coaches have no way of communicating with you. PLEASE make sure I have your contact info and you are on the REMIND text. (see above)

HOME MEETS

We have very few home meets due to pool conflicts. PLEASE reference schedule online for updates. In most cases we have pushed to have our home meets at our competitors pools. In these instances, the hosting team asks that we cover and time our lanes during the meet. (3 lanes of 2 timers each). We will send reminders out and if we need to a sign up sheet. THANKS

AWAY MEETS

Athletes take a bus to all away meets. All buses leave from LCC. Swimmers need to go to the Athletic Director's Assistants office to pick up an early release pass. They must show their teacher the pass to be released from class. Most kids pick up their passes at lunch.

The bus will leave LCC at different times depending on when and where the Meet is. Do not be late to the bus.

The Meets listed with Diving, will start after diving is complete. Some diving will be run during warm ups. It is hard to predict how long diving takes. Usually 30min.

Please let us know ASAP if you cannot attend the meet. The coaches put together the line up in advance and fill out all the cards for the entire team. If one swimmer pulls a no show coaches have to rearrange Relays and Events.

To be eligible for CIF you must compete in 7 meets, not including league prelims and finals. CIF cuts are listed on the website once available. 2019 times are listed.

Swimmers may not leave the meet early to go home with their parents. We are a team, you do not leave early. If you are taking your child home after the meet, you must sign them out at the meet. No parent may take another child home.

Please be on time to pick up your child at LCC. They should call you when we are getting close.

Please pack extra food and water and dress warm. Most meets do not have snack bars.

The order of events is listed on the main schedule. Schedule is online at lccaquatics.com

Any coaching questions please contact Coach Patty direct 760-815-5227

Voluntary Parent Donation \$200

The LCC Swim and Dive program relies on parent donations for the continued success of the program. Your donation is tax deductible and is very much needed to pay the expenses that the program incurs. Please make checks payable to LCC Foundation or MAB. Credit Card or paypal payments can be made at the LCC Aquatics Website from the homepage with the following link. If the online payment prompts you for any detail please input SWIM AND DIVE. <http://www.lccaquatics.com/swim-and-dive.html>

Payment in form of checks will be collected at the Parent Meeting. Made Payable to LCC Foundation.

General Summary of 2020 LCC Swim Dive expenses:

Asst. Coaches

@\$1200 for Entry Fees for 3 Invitational Swim Meets

Watches and lap counters

\$15 a swimmer for foundation overhead

League fees, awards, stickers and swim caps.

VOLUNTEERS

Each home meet requires timers (14), runners that pick up the time cards (2) and score keepers (3). To keep the meets running smoothly it takes about 25 volunteers throughout the 3 hour meet. Please count on volunteering and watching your swimmers at our home meets.

We need Parent's to help with end of year banquet and a parent or student to produce the year end video. Please take photos and share. The team has a Facebook page. If any parent keen on helping with photos or updating Facebook – pls let Shannon or Patty know.

GO MAVS!