LAKE ERIE SILVER DOLPHINS

WEEKLY UPDATE

September 18, 2026

INCLUDED IN THIS WEEK'S UPDATE

- Download the Commit Swimming - Team App
  - Review and update each swimmer's Commit profile
- October calendars and Wembley update
- Upcoming meet information
- Volunteer Information
- Used Gear collection and sale

COMMIT TEAM APP FOR FAMILIES

Commit offers a family app called Commit Swimming - Team, identified by a blue icon. The app makes it easier to access important team and swimmer information from your phone. Families can use it to:

- Receive team communications and notifications
- Register swimmers for meets and events
- Review meet entries and swimmer information
- Review billing

CHECK YOUR COMMIT PROFILE

☐ **T-shirt size**
☐ **Medical information**
☐ **Primary practice site**
☐ **Parent contact information**

Swimmers > select swimmer > Profile

➡️ **Commit Team App Information and Download Instructions** and **COMMIT Parent Support Page and InfO**

OCTOBER CALENDARS

Updated October calendars will be posted by the end of the week. These show practice schedules, known facility closures, and time changes. Please continue to review weekly updates because schedules may change. **Practice Schedule Page**

WEMBLEY UPDATE

Practices begin Monday, September 21.

- Returning swimmers must be registered.
- Swimmers with an October 1 start date should wait unless the office adjusts their start date and billing

UPCOMING MEETS

The following meets are posted in Commit, and invited swimmers have been notified. Please review the meet information and speak with your swimmer's coach if you have questions about participation.

Swim meet resources - registration, Swim Meet 101, and more

LESD INTRASQUAD MEET
October 4 | Hawken
Deadline: September 27
Ideal for all Discovery and Challenge swimmers.
LESD volunteer sign-up: Coming soon

STEVIE GRIESHAMMER MEMORIAL MEET
October 18 | Cleveland State University
Deadline: October 2
Challenge 1 and 2, AGP, Senior, HSP, and HP.Some Discovery 2 may be invited.
Volunteer information: LESD will be asked to provide timers.

LESD AND LSSC MEET
October 25 | Hawken
Deadline: October 15
Discovery 2, Challenge 1 and 2, and AGP Some Discovery 1 may be invited

SPLASH OUT CANCER
November 7-8 | Strongsville
Deadline: October 6
Most LESD swimmers

COMING SOON- MARK J BRAUN INVITATIONAL INFORMATION
This is the largest LESD event all Season. ALL LESD swimmers and families encouraged to participate in some way

VOLUNTEER OPPORTUNITIES

LESD families are required to complete **20 service hours each season**. This year, we plan to use Commit to post volunteer opportunities and track service-hour credits

Because this is a new process for our team, there may be a short learning curve as we begin using the system. We appreciate everyone's patience and will share additional guidance as needed.

We hope to post the volunteer sign-up for the **October 4 Intrasquad Meet** in the coming days. Families will receive additional information once it is available.

Learn how to find and sign up for volunteer jobs and track credits in Commit: How to Sign Up for Jobs

USED GEAR COLLECTION AND SALE

Do you have gently used swim gear or swim-related clothing that no longer fits your swimmer?

Donate items at Hawken through Thursday, October 1. The collection box is immediately to the right when entering the pool. Start checking those back closets and old swim bags!

Donated items will be available for purchase at great prices during the October 4 Intrasquad Meet.

Questions? Contact Stephanie Duncan at coachduncan@yahoo.com

IMPORTANT DATES

SEPT. 21 Wembley opens	**OCT. 1** Used gear deadline	**OCT. 4** LESD Meet & Team Event Apparel & Used Gear Sale	**OCT. 18** Stevie Meet
OCT. 25 LSSC Meet	**November 7-8** Splash Out Cancer	**November 16-22** BRAUN INVITATIONAL WEEK!	

HELPFUL LINKS

- LESD Website
- Practice Schedule Page
- Meet Schedule
- Swim Meet Resources
- Parent Resources

STAY CONNECTED

General team questions: Lakeeriesilverdolphins@gmail.com

Coaches: can be messaged through Commit

Follow us on Social Media

- **Facebook: Lake Erie Silver Dolphins**
- **Instagram: @lesd.swimming**