



LAKE ERIE SILVER DOLPHINS

WEEKLY UPDATE

September 25, 2026

INCLUDED IN THIS WEEK'S UPDATE

- **October 4 More than just a Meet!**
- Upcoming Meet Info
- Parent Event
- Important Dates
- New to LESD- Past Communications

OCTOBER 4- MORE THAN A MEET!!

LESD INTRASQUAD MEET & TEAM EVENT

Sunday, October 4 | Hawken Upper School | Approx. 9:00 AM–12:30 PM

Our October 4 Intrasquad is more than just a swim meet! Join us for a morning of racing, cheering, team activities, pizza, shopping, and fall fun. This is a great opportunity for Discovery and Challenge swimmers to **compete with their LESD teammates, learn how swim meets work, and get to know other swimmers and families** in a comfortable, familiar environment.

 **THE MEET-** Swimmers will race **25, 50, and 100-yard events**. If your swimmer has been invited, please **accept or decline in Commit ASAP**

 **THE FUN-** After racing, stick around for:

- Pumpkin decorating
- Bag tag decorating
- Pizza & treats
- Time with teammates

 **VISIT THE LESD BOARD & GEAR TABLES-** Members of the LESD Booster Board will be in the lobby throughout the event. Stop by to :

- Shop the **Gently Used Gear Sale**
- Purchase **LESD T-shirts and caps**
- Meet Board members and ask questions
- Learn more about LESD and ways to get involved

 **HELP MAKE OCTOBER 4 HAPPEN!-** There are several ways families can help — and earn service-hour credit.

- **Work the Meet-** Our greatest need is volunteers to help run the meet.

Help with Team Activities

- Pumpkin and Bag Tag Stations (*Great opportunity for older swimmers to help out with younger ones*)
- **Donate Supplies-** Check out our [Amazon Wish List](#) for candy, decorating supplies, stickers, and other event needs. Items can be shipped directly to the event planner. Please make sure you include your name or follow up with an email We will also accept **monetary donations** to help with pumpkins and pizza. **\$30 in eligible donations = 1 service hour**

Commit Resources: : [How to Sign Up for Jobs](#) & [How to sign up for meets](#)

While donation credits are available, our greatest need is volunteers working our swim meets. Families are encouraged to complete at least half of their service hours through meet jobs

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](#)

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

MARK J BRAUN INVITATIONAL- Will OPEN next week

November 20-22 | University of Akron

Deadline: October 30

ALL LESD swimmers and families encouraged to participate in some way

PARENT EVENT

Plot twist! We've moved the date, but the party remains non negotiable

Clear your schedules for **Saturday, January 9th** for our "**Night at the Races**" fundraiser! This is an adults-only affair: no homework, no bedtime negotiations—just horse racing, fierce basket bidding, and a ridiculously good time. All LESD parents and alumni are invited, so save the date and get ready to bet big

IMPORTANT DATES

OCT. 1 Deadline for turning in used Gear Questions? coachduncan@yahoo.com	OCT 1 Volunteer Sign ups Close How to Sign Up for Jobs	OCT. 4 LESD Meet & Team Event How to sign up for meets	OCT. 18 Stevie Meet
OCT. 25 LSSC Meet	November 7-8 Splash Out Cancer	November 16-22 BRAUN INVITATIONAL WEEK!	

NEW TO LESD or COMMIT

The **Commit Swimming – Team App** is one of the easiest ways to stay connected and manage your swimmer throughout the season

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

COMMIT RESOURCES

- [Commit Team App Information and Download Instructions](#)
- [COMMIT Parent Support Page and Info](#)

WEEKLY UPDATES

Weekly Updates include important information about **meets, schedules, deadlines, volunteer opportunities, team events, and more**. September 18 Update covered :

- Download the Commit Swimming - Team App
- October calendars and Wembley update
- Upcoming meet information
- Volunteer Information
- Used Gear Donations

[VIEW PAST UPDATES HERE](#)

HELPFUL LINKS



- [LESD Website](#)
- [Practice Schedule Page](#)
- [Meet Schedule](#)
- [Swim Meet Resources](#)
- [Parent Resources](#)
- [SDSA Group Lesson Registration](#)

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