

2019 Aquatic Swim Team

Program Overview and Guidelines

We are very happy to say Coach Cherie and Coach Meghan are returning this year. We are looking forward to seeing everyone soon and getting started for another fun-filled season!

Swim Team Clinic

June 3rd through June 5th, our coaches will be hosting a FREE swim clinic from 5:00 pm – 5:45 pm for any member of the Aquatic Swim Club between the ages of 5 and 18. This three day clinic will introduce members to our swim team program for the purpose of boosting enrollment. Each session will last for approximately one hour and utilize the lap lanes. During this clinic, each child will learn proper stretches to do before entering the water for exercise, become comfortable in the lap lanes/deep end, and learn the basics of all four strokes involved in the sport of swimming. Additional information regarding the Clinic may be found on our web page.

Registration

Your child's Registration Form along with Registration Fees are due by June 15th. Email will be used as our primary source of communication. You **MUST** sign up to receive emails through our website, www.aquaticclub.com (home page, bottom). In addition we would like you to provide size information for your child(ren) so that we may have it available if needed for team gift ordering. *Please note, your child will not be added to the Swim Team roster nor swim in any League meets until their registration form is submitted and fees paid.*

Mandatory Parent's Meeting

We will be hosting a Mandatory Parent's meeting on Wednesday, June 12th, at 6:00 PM, which will immediately be followed by Time Trials. In order for your child to participate in our summer program, at least one parent for each swimming family must attend. Attendance will be taken. During this meeting our coaching team and representatives will be introduced, and expectations for the season will be reviewed. Parents should review our expectations with their children and reinforce adherence to our guidelines.

Time Trials

Each year prior to our first meet, the children participate in time trials. During time trials each child will be timed in all 4 strokes. These times will be used by our Coaching staff to assess the ability of your child and place them appropriately in our League events. Time Trials are scheduled for June 12th (immediately following the Parent's meeting). All children are expected to attend this event and, as always, we will need parent volunteers to assist with the coordination of the event including but not limited to lane timers.

Practices

Tuesday, May 28th – Thursday June 13th : 6:00 PM to 7:15 PM, Monday through Thursday.

- There will be no practice on Friday evenings.

Monday, June 17th – Monday, July 26th, Monday through Friday

- Session I: 6:00 PM – 7:00 PM
- Session II: 6:45 PM – 8:00 PM

- If your child cannot attend practice, please let the coach know ahead of time so they are not looking for the child. In the past, we have incidents where parents thought their child was at practice, when in fact the child

took a detour and went to the park instead. Please send an email to swimteam@aquaticclub.com so there are no misunderstandings.

- If practice is cancelled, which is very rare, you will be notified. Notifications will be posted on Facebook and sent through email. If it is raining, practice is still held, unless there is lightning or it's a monsoon outside.
- To ensure we optimize the Coach's time with the children, parents will not be permitted to approach the coaches during practice or during meets as it may be distracting not only for your child but other children. If you need to have a discussion with a Coach regarding your child please schedule an appointment to meet with them outside of practices/meets to ensure you will have their undivided attention. You may schedule an appointment by emailing the Coach at swimteam@aquaticclub.com
- If the water is too cold early in the season, we will be doing dry land training just to get the kids warmed up and back in shape, as well as to get them accustomed to coming to practice.
- If a child repeatedly refuses to practice, we will inform the parent to come back and pick them up as they become a liability because the coaches do not have time to babysit while conducting practice.
- No child will be allowed to leave the premises without a parent or specified guardian. Please do not tell the child to meet you on the sidewalk as this is very dangerous and a serious safety issue.

Note: As practice will be held while our Club is open, only members of the Club will be permitted on the premises. A valid membership card must be presented when entering the gate for practice.

Discipline

All swimmers are expected to be courteous and respectful to all of the coaching staff as well as their fellow teammates. If there is a problem, we will notify the parent. If a child continues to be disruptive, they will be asked to sit out the rest of practice; however, they will not be permitted to leave the premises without a guardian picking them up. Disrespect will not be tolerated, and we appreciate everyone's cooperation with this policy.

Swim Team Suit

We will be using APPCO in Secane to order team suits this year. We are also asking that you purchase a royal blue cap (latex or silicone) for your children to use during meets. APPCO will be at our Club on Wednesday, June 12th from 6:00 pm for suit try on and ordering. We encourage everyone to purchase a team suit and cap.

Swim Meets

Schedule:

Our IntraCounty League season will begin on Saturday, June 22nd. The full schedule may be found on our website. Please note, it is imperative that you email Coach Cherie, swimteam@aquaticclub.com **ASAP** if you know your child will not be available to swim on any of these dates; it becomes a nightmare when we are not notified in advance of a swimmer's absence, and they are slotted to swim, especially in a relay – this results in 3 other children not getting to swim that event if there is no one to slide into that position.

Coaches:

The Coaches will be on the deck watching and timing each race. They will be giving the kids encouragement and praise at the end of each race. Please **DO NOT** approach the coaches unless it is an emergency. It is very difficult for them to do their job and focus on our children if they are being interrupted. If there is a problem, please discuss with Colleen Fiabane, she will be happy to help you.

Officials:

We could not run our meets without the active involvement of all of our parents. To ensure that all of the responsibilities do not fall on one parent, we will have sign-up sheets for volunteers needed for each area of our operations, including, but not limited to, Pasta Night Coordinator, Set Up and Clean Up for Pasta Night, Snack

Stand Sales at home meets, Timers and Judges at both home and away meets; Scorers at both home and away meets, set up crew for home meets, which is done the night before the meet, Banquet Coordinator, and phone chain.

Snack Stand Donations:

- Saturday Meets: We ask for donations of coffee, donuts, bagels or fruit that is sold at our Snack Stand. There will be a sign up sheet outside the office so we know what we can count on.
- Wednesday Evening Meets: We ask for donations of pretzels, cookies, cupcakes or fruit to be sold at our Snack Stand. There will be a sign up sheet outside the office so we know what we can count on.

Line Up

It takes many hours to complete the line-up for the meets. We work the line-up to try to get the best results to win the meets. Sometimes, we may have to move a swimmer up to the next age bracket to try to gain points. We appreciate your patience and understanding in advance as this is not something that is done carelessly. It is a very tedious process, and we do our best to accommodate as many swimmers as we can.

The maximum number of events a swimmer can swim is 3, including a relay. We make every effort to work every child into at least 2 events, and as much as possible 3 events. Additionally, we will add Exhibition heats to try to fit all swimmers in when possible. In the age brackets where we have a lot of swimmers, it is sometimes very difficult to achieve this goal, but we do our best.

Seating

We expect all swimmers to sit together and cheer for each other. There will be a parent who is assigned to gather the children to the ready bench area before their event, and this becomes very difficult when the kids are not where they belong. They should NOT be in the sand, the baby pool (at away meets), in the playground or otherwise. They must remain in the designated area, with their team, at all times.

Ridley Cup

This meet will be held on Sunday, June 16th at Ridley Park Swim Club. Please note we only have two entries per event, with a maximum of two events per swimmer; therefore, are not always able to include every swimmer but will make every effort to do so. If your child is swimming, you will be notified by Coach Cherie.

Invitational Meets

The Invitational Meets usually have a small cost per event, and you must sign up in advance if you want to swim. These are a great opportunity for swimmers to swim their favorite stroke and get more experience racing. There is no limit to the number of events entered. The meets are as follows:

- Prospect Missy Harrell Odd Age Meet: This meet will be Sunday, July 14th. It is a great opportunity for the kids who moved up to the next age group and are in their down year (example they are 9 in the 10& under group). The usual line of events by age is 8 & Under, 10 & Under, etc. This meet is set up as 7 & Under, 9 & Under, 11 & Under, etc. More information will follow shortly.
- Drexel Classified Meet: This meet will be Sunday, July 21st. This meet has “not to exceed” qualifying times. This is not for the swimmer who is a top finisher; instead, it gives the swimmers who don’t always place a chance. More information will follow shortly.
- Elite Meet: Tuesday, July 30th location to be announced. This is for the top 2 finishers at Championships but does not include the Relays. The top 2 from the Intra County League, the Suburban League and the Delco League will race against each other. We have had great representation from Aquatic swimmers at this meet in the past and are hoping even more of our swimmers will make it to this very prestigious meet this year.

Championships

Preliminaries will be held on Saturday, July 20th location to be determined. The top 6 finishers in each event will advance to Championships will be held on Saturday, July 27th location to be determined. The top 2 finishers from Intra-County Champs will advance to the Elite Meet on Tuesday evening, July 30th.

Pasta Night

Typically, the Friday night before a meet, the team gets together for a Pasta Dinner in the Snack Bar area. Each family signs up to bring pasta, drinks, dessert or otherwise. This is a great opportunity for the parents and swimmers to get to know each other and build team camaraderie. There is no charge for this; you just sign up to bring something and all family members can eat.

Team Pictures

Will be Announced.

Banquet

Our banquet is typically held in late July. During our banquet, swimmers and parents are acknowledged for their contributions to our team's success. All swimmers, parents and siblings are encouraged to attend.

Fundraising

Our Swim Team program operating cost is approximately \$7,500/season. We regulate our registration fees so that the program is affordable to most members. To supplement our income, we conduct several fundraising events throughout the course of the season the proceeds of which offset the expense of our coach's salaries, banquet, team gifts, awards, etc. It is our hope that everyone will support these events as they benefit our Team and the Club.

Car Wash Fundraiser

Swimmers and parents will host a Car Wash in our lot on Sunday, June 23rd from 8:00 am – 11:00 am.

Applebee's Flapjack Fundraiser

On Sunday, June 30th, join us for an All-You-Can-Eat fundraiser (pancakes, sausage, orange juice, coffee, tea) at the Applebee's in Ridley from 8:00 am – 10:00 am. Tickets \$8/person.

Krispy Kreme Fundraiser

Orders for Krispy Kreme donuts will be accepted through June 29th. Pick up will occur on Saturday, July 13th.

We are looking forward to another successful swim season! If you have any questions, please feel free to contact us via email at swimteam@aquaticclub.com. Thank you very much for all your cooperation and support; it is very much appreciated!

Warm regards,

Colleen

Colleen Fiabane
Swim Team Chair