ANTIETAM ALLIGATORS

2010 SWIM TEAM

2010 Coaching Staff
Head Coach: Eric Daney
edaney@antietamswimming.org
Assistant Coach: Jen Gundersen
jgundersen@antietamswimming.org
Assistant Coach: Nate Bray
nbray@antietamswimming.org

2009 – 2010 Board Members
President: Lynn Wilson
Vice President: Kris Kerchner
Secretary: Barb Cronan
Treasurer: Eddie Machado

Afternoon Practice Times**

11&Up	5:00PM – 6:30PM

Morning Practice Times

11 & Up	7:30AM - 9:30AM
9 & 10	9:30AM - 10:45AM
8 & Under	10:45AM - 11:30AM

Dual Meet Arrival Times

Home Meets	4:45PM
Away Meets	5:00PM

Important Dates

Date	*What*
June 1st	First Afternoon Practice**
June 10th	Parents Meeting, 6:30 PM at the pool
June 16th	First Morning Practice
June 18th	Meet Commitment Forms Due
July 11th	Antietam 10&Under Meet
August 6th	County Team Pasta Dinner
August 7th-8th	County Championships
August 12th	Team Picnic

All important dates can be found on the included calendar as well as on the calendar on the website. The website calendar will be kept up to date as new information becomes available, so if you have any questions please be sure to check that calendar.

News & Information

1. **FEES** – This summer each family will be responsible for paying a small fee to be a part of the team. The cost will be **$55 for the first swimmer, $40 for the second swimmer and $30 for each additional swimmer.** This fee will help to cover the costs of the many of the activities the team will participate in during the season. Additionally, we have had to add a BCSA Registration fee of $5 per swimmer. **Entries into County Champs and any invitational meets are NOT included in this cost.**

2. **AFTERNOON WORKOUTS** – Due to the extended school year for all area school districts we will be hosting afternoon workouts for swimmers in the 11& Up age groups. These workouts will be held on Mondays, Tuesdays and Thursdays beginning June 1st. Workouts will run from 5:00PM – 6:30PM.

3. **ESCROW ACCOUNTS** – The team will be providing optional escrow accounts this year to be used for many of the ancillary costs that come up during the season. The primary use of these accounts is meant to be for invitational entry fees. A minimum deposit of $25 is needed to open an escrow account. If at the end of the season there is money remaining in your escrow account it can be applied to picnic costs, refunded or held until next season.

4. **INVITATIONAL ENTRIES –** All information for invitational meets can be found in a binder that is placed out at the picnic table in front of the coaches' office each day. The ability for your swimmers to compete in these meets is based on conforming to the entry deadlines. If entries are not completed by the deadline, entries and fees, your swimmer will not be entered. As these meets are optional, ensuring that your entries are completed in a timely manner is your responsibility. If you miss the deadline and you still want to enter your swimmer it will be your responsibility to contact the host pool and see if they will enter your swimmer.

5. **VOLUNTEER COORDINATORS** – We will be looking for two Volunteer Coordinators this season. Their sole responsibilities will be ensuring that enough volunteers have signed up to run each meet and that those volunteers are accounted for at the beginning of the meet. Volunteer coordinators ***will not*** be expected to then volunteer at any meets. If you are interested in filling one of these two positions please see any board member.

6. **VOLUNTEERS** - Each family's participation is essential to running a smooth swim season. With that in mind we are always in need of parents that are willing to work at each swim meet and contribute in other ways. Descriptions of each position needed during a meet can be found in the team packet. See any of the board members or volunteer coordinators with any questions or to volunteer.

7. **COUNTY CHAMPIONSHIPS** – If your swimmer has qualified and intends on competing at the county championships you will be expected to volunteer to work at the meet. If you do not volunteer to work your swimmer's entries will be pulled.

8. **TEAM CAPS** – If a swimmer intends on wearing a cap they will be expected to wear a team cap at all meets.

9. **PARENTS MEETING** - We will be having a ***mandatory parents meeting on Thursday, June 10th beginning at 6:30 PM***. It should last approximately 30minutes. This will allow you to meet the coaches, ask any questions you might have, and allow us to give you some additional information about the season.

10. **MEET DAY EMERGENCIES** - We expect to have all meets run as smoothly as possible, that being the case we look to you to have all swimmers in attendance that are listed to be there. However, we understand that emergencies do arise. If you will not be able to attend a meet please email Coach Daney, at edaney@antietamswimming.org, prior to 3:00PM on the day of the meet. If an emergency comes up after 3:00PM please call Coach Jen at 610-823-1808 and the message will be relayed to Coach Daney.

11. **CONCESSION STAND** – Food sales during our home meets are a big fundraiser for the team. This year we are asking that everyone donate food and drink to the concession stand. Check the bulletin board to sign up. We would also ask that everyone donate a baked good and drink for the Antietam 10&Under Invitational.

Team Rules

Practice Rules

1. Arrive 10 minutes early for all practices.
2. Be sure to come prepared with all necessary equipment (see above).
3. Parents will be asked to stay outside of the Olympic Pool area during practice. If you must speak with a coach see them before or after practice.
4. Coaches reserve the right to ask any swimmer not following the rules to leave practice and their parents will be notified.

Meet Rules

1. Arrive for all home dual meets at 4:45 and away dual meets at 5:00. This will allow ample time to get organized and warmed up.
2. Immediately upon arrival at the meet be sure to check in with Coach Jen.
3. Swimmers must stay in the designated team area
4. Swimmers should cheer for their teammates
5. Swimmers should eat dinner before arriving for the meet. Healthy snacks such as fruit, bagels, or granola are the only acceptable snacks during a meet.
6. If swimmers need to leave the team area for any reason, be sure to ask a coach and tell them where you are going.
7. Only swimmers are permitted under the tent at meets.
8. Swimmers will remain in the water at the end of each race until all competitors have finished.
9. Do not distract the coaches during the meet. There will be plenty of time to talk after the meet has ended.
10. Swimmers should stay with the team until the conclusion of all team meets.
11. Swimmers must participate in 3 out of 5 dual meets to receive the team gift.

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Meet Commitment Form

Family Name: _____

E-mail address: _____

Children's Names / ages: _____
_____
_____
_____

Please check the dates of the **meets your child/children cannot attend.**
If they can attend, leave the space blank.

Name(s):	_____	_____	_____	_____
Wednesday, June 23	___	___	___	___
Monday, June 28	___	___	___	___
Monday, July 12	___	___	___	___
Monday, July 19	___	___	___	___
Monday, July 26	___	___	___	___

*Please return to the coaches no later than 6/18. **If we do not receive your form we cannot enter your child/children in meets.***