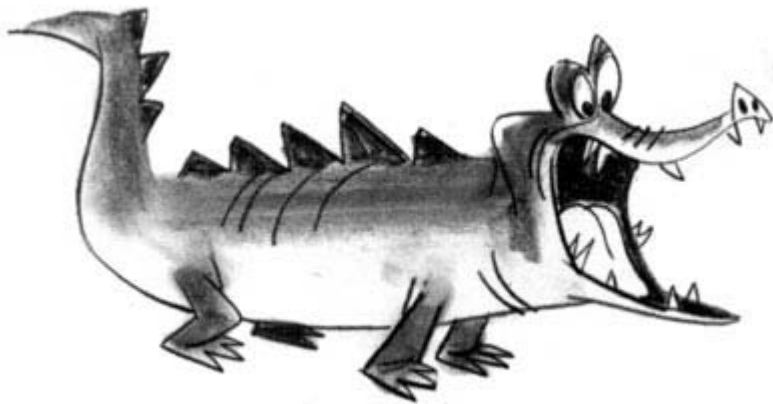


Antietam Alligators



Summer 2009

www.antietamswimming.org

HEAD COACH: ERIC DANNEY
edaney@antietamswimming.org
ASSISTANT COACH: JEN GUNDERSEN
ASSISTANT COACH: NATE BRAY

ANTIETAM ALLIGATORS

2009 SWIM TEAM

INFORMATION PACKET

The coaching staff would like to welcome any new families as well as all returning families to the start of the 2009 Antietam Alligators summer swim season.

This packet is designed to provide much of the necessary information that you will need during the upcoming swim season. It is also an attempt to answer as many questions as possible, however if you have any other questions or concerns the coaches are always available to assist you.

We look forward to meeting all the swimmers and their families and anticipate a fun and exciting season ahead of us.

Packet Contents

- Team Information
- News
- Summer Swimming: The Basics
- Parent Volunteer Description
- Meet Commitment Form

Important Dates

<i><u>Date</u></i>	<i><u>What</u></i>
June 4 th	Parents Meeting, 6:30 PM at the pool
June 11 th	First Practices
June 18 th	Meet Commitment Forms Due
July 13 th	Antietam 10&Under Meet
August 1 st	County Team Pasta Dinner
August 2 nd -3 rd	County Championships
August 7 th	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.

Practice Times

11 & Over	8:00 – 9:30 AM
9 & 10	9:30 – 10:45 AM
8 & Under	10:45 – 11:30 AM

There is a possibility of a swimmer being moved from one group to another based on ability and practice needs

Team Information

Team Overview

Our program is primarily geared towards the development of proper stroke techniques in young athletes as well as brining new families in to a sport that can be enjoyable for all. We also look to place a high emphasis on good sportsmanship, goal setting, and competing for the enjoyment of the sport.

This summer we will be focusing primarily on stroke development and proper technique. We will begin with work on Freestyle and Backstroke and then move to Breaststroke and Butterfly as the summer progresses. If all things go according to plan we will be working on the fine details (starts, turns, etc.) through out the course of the entire season.

2009 Coaching Staff

Head Coach: Eric Daney – edaney@antietamswimming.org

Coach Daney is returning for his third season as the head coach at Antietam. During the fall and winter Coach Daney is a science teacher at Exeter Township High School. In addition to coaching at Antietam, Coach Daney is the Head Boy's Swimming Coach at Exeter Township High School. Coach Daney graduated from Albright College in 2006 with a degree in physics and secondary education. He enjoys watching the swimmers refine their strokes and building good training habits that will help them in all other facets of their lives.

Assistant Coach: Jen Gundersen

Jen grew up in York, PA where she competed in both synchronized and competitive swimming. She graduated from Kutztown University with a degree in elementary/early childhood education. When she is not coaching, she is busy teaching online and being a mom.

Her coaching career began in Muhlenberg working with the pre-competitive team and continued at the Boyertown Area YMCA. She is currently the Head Girl's Swimming Coach at Exeter Township High School. She enjoys seeing the kids improve and enjoy swimming.

Assistant Coach: Nate Bray

Nate began swimming at age five and has been involved ever since. He swam for the Boyertown Area YMCA and Brandywine Heights High School before attending the College of Wooster in Wooster, Ohio, where he was also a member of the diving team.

He has since been a head swim coach for the Orrville YMCA in Orrville, Ohio, and the Boyertown Mako Sharks in Boyertown, Pennsylvania. He enjoys working with athletes to fine-tune their technique and skills to further their competitive swimming abilities.

Board Members

President: Lynn Wilson

Vice President: Kris Kerchner

Secretary: Barb Cronan

Treasurer: Eddie Machado

Invitational Information

All invitational information will be posted on the bulletin board as well as included in the weekly email newsletter. Be sure to keep track of entry deadlines as they will be held firm. If entries are not in by the deadline your swimmer(s) will not be participating in that invitational.

Practice Equipment

Be sure that your swimmer has the following things with them everyday for practice: Swim Suit, Goggles, Swim Cap (if necessary), Towel, T- Shirt, Shorts and Sneakers.

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.

NEWS

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.
Entries into County Champs and any invitational meets are NOT included in this cost.
2. **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.
3. **MEET ABSENCE** - As you begin to plan your summer travel please consider the swim meet schedule. Included in this packet is a meet commitment form. Please fill out the meet commitment form and return it to the coaches by **June 18th**. Filling out this form will ensure that your swimmers are not included in the meet lineups for those meets that they will not be attending. Even if you will be attending all of the meets you are still expected to fill out a meet commitment form. ***If you do not fill out a meet commitment form, your swimmer will not be included in the meet line ups.***
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. **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 are found later in the packet. See any of the board members with any questions or to volunteer.
6. **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 swimmers entries will be pulled.
7. **Team Caps** – If a swimmer intends on wearing a cap they will be expected to wear a team cap at all meets.
8. **PARENTS MEETING** - We will be having a ***mandatory parents meeting on Thursday, June 4th 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.

9. **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.
10. **WEATHER** - If there is inclement weather on the day of a meet please be sure to check your email before you leave for the meet. As soon as a decision is reached, Coach Daney will send out an email with the status of the meet. You may also call the pool to check on the meet. If practice is cancelled the same steps will be taken.
11. **MAILBOXES** – We will have a file box this year with a folder for each family. This will be used to dispense any forms and awards from any invitational meets. Please be sure to check your mailbox everyday at practice.
12. **ALLIGATORS WEBSITE** – For any information related to the team, the calendar and directions to all the pools please check the Antietam Alligators Website. Our web address is www.antietamswimming.org
13. **WEEKLY NEWS** – Early each week a newsletter will be compiled and emailed to each family. If you do not have access to email please be sure to check the bulletin board for any new information.
14. **SUITS & CLOTHING** – We will again be ordering team suits and certain clothing items for the season. Please contact Melissa Nally with any questions or concerns.
15. **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.
16. **DRIVING DIRECTIONS** – Directions to both dual meets and invitationals can be found on the website under the information link.
17. Most importantly this should be a wonderful experience for both parents and swimmers alike. So let's make sure to ***HAVE FUN!!!***

SUMMER SWIMMING

THE BASICS

OVERVIEW

This portion is geared to those first and second year summer swim team families, however even the most seasoned swim team parent may be able to pick up some new information. In this section we will cover not only the basics of all competitive swimming but also some of the finer details about our league and some of the unique characteristics of summer swimming.

THE SWIMMING BASICS

Competitive swimming is broken down into many different substructures. These structures range from International and Olympic caliber swimming all the way to summer club swimming; with many different variations in between. With each change in competitive level comes a new set of finely tuned rules. However, the vast majority of these rules are consistent across all types of swimming.

Major Rule #1: The first one to the end wins the race.

Swimming is a sport based on time, where progress is measured in hundredths of a second. At the conclusion of each race points are awarded to each swimmer depending on how they finished. These points are used to determine the team winner for each meet. This however is not the major emphasis of summer swimming. Our summer swimming program is first and foremost in the business of fun. We are looking to introduce young athletes to a wonderful lifelong sport. While competitive success is wonderful, having fun and enjoying the summer is our primary focus.

Major Rule #2: Butterfly, Backstroke, Breaststroke, Freestyle

Competitive swimming is composed of four major swimming styles; the butterfly, backstroke, breaststroke, and freestyle. During each meet all four of these strokes are addressed in separate competitive events. The distance that needs to be covered in a given race is determined by the age group of the swimmer; the younger the swimmer, under normal circumstances, the shorter the race.

Major Rule #3: Dual Meets vs. Invitationals

There are two major types of meets in the competitive swimming world, the dual meet and the invitational. Throughout the course of the summer season your swimmer will be able to compete in both types of meets.

Dual Meets are meets where the entire team competes. Awards are not given at these meets. During a dual meet our team will compete against one other team. We have been given a schedule (which can be found in this packet) and we will either host another team or travel to their facility to compete. The winning team is decided by a total number of points accumulated throughout the meet.

Invitationals are optional meets for swimmers. Parents will be responsible for signing up their swimmers to compete in these meets as well as paying a small fee for the events they swim. During these meets swimmers receive awards based on the results of their swims. The coaches encourage the swimmers to participate in the invitational meets; as they are a wonderful way to improve skills and personal best times. Invitational meets come in many different variations. If you have a question about the specific format of an invitational that you are interested in please see a coach.

Major Rule #4: Parents are always needed to volunteer

All levels of swimming rely very heavily upon volunteers. Whether it is timing or scoring or even bringing in a case of soda for the concession stand, the help of every parent is needed to help make any swim season a success. The key to many of these jobs is that *EXPERIENCE IS NOT NEEDED*. You will never just be given an assignment without a thorough explanation of how it works and what needs to be done. Included in this packet is a list of just a few of most crucial volunteer spots needed to run a successful dual meet. Getting involved is a great way to meet other team parents and become incorporated into all of the fun that summer swimming has to offer.

THE EQUIPMENT

Each day swimmers should come prepared for a number of different exercise experiences. Each day they should have the following items: Swim Suit, Goggles, Swim Cap (if necessary), Towel, T- Shirt, Shorts and Sneakers.

The team swim suit and other clothing items will be available for purchase. The suit should fit snugly, but not so tight that it hurts the shoulder for girls or the waist for boys. Also these are not the type of suits that you “grow into”, be sure the suit fits properly before you purchase it.

When it comes to goggles the same rules apply as they do with suits. Not so tight that you have bright red rings around your eyes but snug enough to keep out the water. Most pairs of goggles can be adjusted to fit any face so size is not an issue. Basic goggles can be found at Dick’s Sports.

THE PRACTICE

Practice is the best way to master the sport of swimming. By attending as many of the practices as possible your swimmer will not only improve their times, but also become a stronger and more efficient swimmer. We expect that swimmers try to attend as many practices as possible, but we also understand that they are young and do have other interests and commitments.

Practice times are initially broken down by age groups. This is an attempt to group swimmers of similar ability levels together for the safety and comfort of all the swimmers. As the summer progresses swimmers may be asked to move practice times or practice lanes. This is not to be taken as a slight towards any swimmer, this is a move to keep them with swimmers of a similar ability level.

AGE GROUPS

Age groups are determined by the date on which your swimmer was born. The cut off date for this summer season is August 1, 2009. The age of your swimmer as of this date will determine the age group that they swim in. The age groups are: 8&Under, 9-10, 11-12, 13-14 and 15&Over. Your swimmer is able to swim in any age group higher than their own but not in any below.

THE MEET

The meet is where all the practice and hard work pays off for your swimmer. However this may also be the most nerve racking part of the experience for you as a parent. While it is very exciting to watch your son or daughter compete, there are a few guidelines that we ask that you observe as a parent during the meet.

- Please be sure that when you arrive for the meet you check in with Jen.
- Please do not drag your swimmer off to sit with you. They are expected to stay with the team during the meet.
- Please wait until the end of the meet before rewarding your swimmer on a job well done with a hotdog, soda, ice cream, or candy bar.
- Please try not to distract the coaches. There will be plenty of opportunities to talk once the meet has concluded.

Your swimmer is allowed to swim a total of 3 races during any given dual meet, 2 individual races and 1 relays or 3 individual races. This is not a guarantee that your swimmer will swim the maximum number of times in any give meet. We must accommodate a large number of swimmers in a limited number of events, however we ensure you that we will do our best to have each swimmer swim as many times as possible.

This may seem like a lot of information to process in the early stages of your son or daughters swimming career, but we assure you that you are not alone. If you ever have any questions or concerns please do not hesitate to see a coach after practice or send them an email.

PARENT PARTICIPATION

DESCRIPTION OF SWIM MEET RESPONSIBILITIES

Timer – Timers are needed for both home and away swim meets. Timers will be given a stop watch and trained prior to the start of the meet. They start and stop the watch as directed, as well as record the swimmers time on the provided time card for scoring purposes.

Runner - The runner collects the time cards from each lane at the end of each event and takes them to the scorekeeper's table.

Scorekeeper – The scorekeeper records the official time onto the meet sheet and keeps a running score of the points earned by each team.

Announcer – The announcer provides the names of the athletes in each event, so that the crowd knows who is competing. Announcers are only required for home swim meets.

Starter/Referee – The starter/referee has control over the entire meet. They prepare the swimmers and timers before the race as well as sounding as whistle to signal the beginning of the race.

Stroke and Turn Official – Watches the swimmers for compliance of all stroke and turn rules. The proper training for this position can be gained at the sessions previously mentioned.

Place Judge – Records which lane has placed first, second and third in each event.

Marshall – Gathers and organizes the swimmers prior to their events.

Concession Stand – In charge of organizing and selling the baked goods, drinks, and snacks that we have at the meet.

Antietam Alligators 2009 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): _____

Monday, June 22 _____ _____ _____ _____

Monday, June 29 _____ _____ _____ _____

Monday, July 6 _____ _____ _____ _____

Monday, July 13 _____ _____ _____ _____

Monday, July 20 _____ _____ _____ _____

Wilshire Relays
(Evenings, July 22 & 23) _____ _____ _____ _____

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.