

PENNRIDGE AQUATIC CLUB

SUMMER 2010 GATORS HANDBOOK



Pennridge Aquatic Club, P.O. Box 104 Perkasie, PA 18944

PennridgeAquaticClub.org • summer@pennridgeaquaticclub.org • [Twitter.com/PennridgeGators](https://twitter.com/PennridgeGators)

Statement of Purpose

The objective of the Pennridge Aquatic Club is to provide our children with the opportunity to learn the fundamentals of competitive swimming and diving, to develop and improve their physical skills, to develop a positive attitude and self-image through seasonal improvement and to encourage responsibility, good sportsmanship, and team enthusiasm.

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Affiliation

The Pennridge Aquatic Club is part of the Bux/Mont Swim League, which is made up of eight teams in our general area. There are seven dual meets during the season, and five Championships meets to close out the season. Every team member will qualify for at least one Championship meet. There are two Diving Championships, (Junior and Senior). There are three Swimming Championships, which are divided according to qualifying times (A's, B's, C's). Qualifying times for these championships can be found on our website. Qualifying times can be accomplished at any of our league meets or invitationals. Your child will be rated A, B, or C for each stroke depending on their time. It is possible for a swimmer to compete in all three championships because each stroke is judged individually.

2010 Board Members

President

Charlie Murgia

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Treasurer

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Secretary

Carolyn Maurone

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League Rep/Website

Steve Leo

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Pool Membership

In addition to paying PAC team fees, the Bux/Mont Swim League requires that all swimmers and divers must have a membership to the pool which that team represents. Menlo Pool, located at 499 Arthur Ave. in Perkasie, is our home pool.

Athletes must obtain membership in order to be allowed to practice and compete in meets. Pool membership may be obtained from the Perkasie Borough - information available at PerkasieBorough.org.

2010 Coaches



Kelsey Wiley
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Head Coach Diving
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Rich Johnson-Swim
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Practice Information

2010 PRACTICE SCHEDULE *(subject to change)*:

~ **Evening Practices** (daily) while school is still in session – June 1st– June 18th

Swimming:

- > 8 under: 5pm–6pm
- > 10 & Under / 12 & Under: 5pm–6:30pm
- > 14 & Under/Opens: 6pm–8pm

Diving:

- > Developmental team– 4:30–5:15pm Mon–Fri
- > Junior Team–5:15–6:30pm Mon–Fri
- > Senior Team–6:30–8pm Mon–Fri

~ **Morning Practices** (daily) Starting June 21st:

Swimming:

- > 14 & U/Opens: 7:00am–9:00am
- > 12 & Under: 7:45am–9:15am
- > 10 & Under: 9:00am–10:15am
- > 8 & Under: 9:45am–10:45am

Diving:

- > Seniors– 7–8:30am Mon–Fri
- > Juniors/Developmental– 8:30–10am Mon–Fri

ATTENDANCE

We would love for every swimmer and diver to be present for every session, but we realize that this is not possible for everyone. Your swimmer/diver should try to attend a minimum of:

- two practices a week for 8 & U
- three practices a week for 10 & U
- four practices a week for 12 & U
- five practices a week for 14 & U and Opens

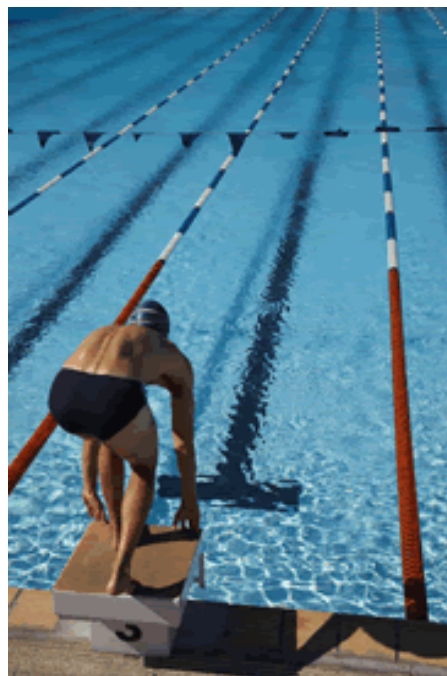
Coaches should be notified if more than the recommended practice days will be missed. Missing practice without notifying the coaches could result in the athlete not being allowed to participate in a meet.

TRANSPORTATION

Each family is responsible for getting their child to the pool **on time** for practice and meets. Directions to all the pools participating in league meets are in the back of this handbook. Parents are permitted to stay during practice; however, all non-swimmers or non-divers (parents, siblings, etc.) must stay in the snack bar area. This allows the coaches and swimmers/divers to concentrate on practice.

PRACTICE GUIDELINES:

1. Practice begins promptly at designated starting times. Swimmers and divers should be in the assigned area at least 10 mins early in order to stretch and get ready (putting on swim caps, goggles, etc.) so that they can be in the pool at the start time to get a full practice in. Arriving late disrupts practice. Anyone more than 10 mins late will not be allowed into practice, unless coaches were notified ahead of time.
2. Follow the coaches training instructions. Team members are expected to strive to improve their skills and physical endurance by doing so.
3. No splashing, running, or horseplay is permitted. Anyone who is a disruption to the practice will be asked to leave. Repeated disruptions may result in the athlete not participating in a meet or even removal from the team.
4. Parents are asked to control their non-swimming children; we cannot be responsible if they get hurt by running around. Parents are also reminded to clean up any mess made by their children.
5. No one is permitted in any of the other pools at any time.
6. No sidewalk chalk is to be used on the pool deck or snack bar area.
7. Team members are expected to be kind and cooperative to other members, especially younger and new swimmers and divers.
8. Any injuries and other problems must be immediately reported to the coaches.
9. Interfering with other swimmers/divers practices, disrespect shown or spoken to the coaches or other swimmers/divers, throwing things, hitting, or unsafe diving/jumping into the water will not be tolerated.
10. Note to parents that the competitive pool deck is off limits during practice (including the tables at the patio by the drop slide) If parents choose to stay and watch practice they can do so from the family pool deck area, or the grass areas away from the edge of the pool.
11. Children should be picked up immediately following practice. We cannot be responsible for those remaining after the scheduled practice hours!!



Meet Information

1. Swimmers should remain in the designated area. This is important so that the swimmers can be called for the events they are swimming. If they cannot be found, they will miss the event. It also lends itself to more team spirit when the team stays together.
2. Leaving the premises without the coach's permission is prohibited.
3. The starter/referee's request for quiet during diving and swimming starts must be followed.
4. Team members are required to cooperate with ready bench parents at all times.
5. Swimmers are expected to know what and when to swim and to help with younger swimmers. A list is posted at each meet in addition to the coaches reading the line-up during practice the day of the meet.
6. The coach will advise divers at least one day in advance if they will be diving in a meet.
7. Team members are responsible for their own equipment and are expected to keep the area clean.
8. The coaches must be notified in writing as soon as possible or at least 1 day in advance if someone will be unable to attend a certain meet. *This info is mandatory for coaches to make the line-ups. (Unexpected illness is understandable)*
9. The line-up is made with the best interest of the team in mind. It is up to the coaching staff to determine how many events, which events and which heats swimmers will participate in. Once the line-up is made for a meet, changes will not be made. If swimmers are absent from a meet and the coach was previously notified that swimmer will not be put in the line-up. If a swimmer is absent and we were not notified they will not be allowed in the first meet after returning to the team. It is expected that each team member stay for the entire meet. We understand that meets can run late, however in order to foster an overall team spirit, the entire team needs to be there for the entire meet.

TIME TRIALS

Time Trials will take place at Menlo Pool. Each swimmer must have a time for each stroke. The coaches use this info to make line-ups for the upcoming meets and to assess the needs of each swimmer so they can give them the proper training they need to improve their technique. Please check the website for date & time.

2010 SCHEDULE

June 1st	Evening Practices Start
June 17th	Time Trials
June 24 th (Thur)	Home Meet – Hatfield
June 29 th (Tues)	Away Meet – Towamencin
July 6 th (Tues)	Home Meet – Lansdale
July 8 th (Thur)	Home Meet – Souderton
July 9 th (Fri)	Synch–N–Dive Invitational (PAC)
July 10 th (Sat)	Gator Swim Invitational (PAC)
July 11 th (Sun)	Fanny Fest Invitational
July 13 th (Tues)	Home Meet – Harleysville
July 15 th (Thurs)	Home Meet – Nor–Gwyn
July 20 th (Tues)	Away Meet – Fanny Chapman
July 24–25	Diving Champs @ FC
July 26 th (Mon)	C–Champs @ Penridge
July 28 th (Wed)	B–Champs @ Nor–Gwyn
July 31 st (Sat)	A–Champs @ Towamencin
Aug 2 nd (Mon)	PAC Splash Party

League meets are mostly on Tuesday and Thursday nights starting at ~5:00pm. As stated before, if your swimmer or diver cannot attend a meet for any reason, please let the HEAD COACH know in writing as soon as possible and at least 1 day in advance of the meet. This is necessary because of the large number of swimmers and divers on the team. It makes no difference if you are the best or the worst athlete on the team, everyone participates unless you inform the coach otherwise.

How Points are Scored at Meets

There are a possible 466 points to be won in a swim meet. Broken down as follows:

Diving Competition –36 points total

- 9 points each for Jr. Girls, Jr. boys, Sr. Girls and Sr. Boys
- 5 points for first place
- 3 points for second place
- 1 point for third place.

The judges' scores are written in order on each diver's sheet. The highest and lowest scores are eliminated and the remaining scores are added. This score is then multiplied by the D.D to produce the final score for the dive. The scores for all dives are added together to give the total score for the event. The diver with the highest cumulative score at the end of the competition is the winner.

Swimming Competition

Relays–70 points total

- The winning team in a relay gets 7 points. No other points awarded.

Individual events–360 points total

- 5 points for first place
- 3 points for second place
- 1 point for third place.

A team cannot sweep an event as long as there is a person from the opposite team competing. In other words if Pennridge has three swimmers or divers finished first, second, and third in an event, but the opposing team had a member finish fourth, the other team is awarded 1 point for third place and Pennridge is awarded 8 points for first and second place.

The first heat of an event is the **official** heat, (the only heat where points are scored). In case of a tie the points are split, (4 each for first and second place or 2 each for second and third)

The middle 4 lanes of the relays are the only **official** lanes.



Bux/Mont League Information

Copies of the Bux/Mont League Constitution and the Bux/Mont League Rules & regulations are available on the BuxMont website:

NorthPennSwimming.com/BuxMont.

Change of Team Penalty

Please note that the league imposes a penalty to anyone who changes teams within the Bux/Mont League without physically moving to a new geographical location. The swimmer or diver who does so must participate unofficially for the entire season their first year on the new team. *See Article II, Section 1, Part B on page 2 of the Bux/Mont Swim League Constitution.*

Time Conversions

The swimming pools in our league are different lengths some are 25 yards and some are 25 meters:

Fanny Chapman – 25 yards	Nor-Gwyn – 25 meters
Souderton –25 yards	Hatfield – 25 meters
Towamencin – 25 yards	Harleysville – 25 meters
Lansdale –25 meters	Pennridge –25 yards

When Championships or Invitationals are held at a yard pool, all times during the season that are recorded at a meter pool must be converted to yard times as directed by league rules. Likewise the reverse is also true; yard times must be converted to meter times. If you are not sure of your Child's time, you can obtain it from the Head Coach.

To change a yard time to meters: Multiply 1.11 x the yard time. To change a meter time to yards: Multiply .901 x the meter time.

Parent/Guardian Responsibilities

Parents/Guardians are responsible for running the league swimming and diving meets. This means that every parent must help in some capacity in order to conduct a meet. Parents are required to volunteer for three regular meets and either the Gator Swim or C-Championship meet. The league offers a free clinic at the beginning of the season for the purpose of teaching the procedures for performing these jobs to those who are unfamiliar with them and desire to gain some knowledge/experience before a meet.

There are many jobs such as: set-up, clean-up, refreshment stand, ready bench, runner, and newspaper which require no training. Timing and scoring require very little training. Finish Judge, Stroke and Turn, and Starter/Referee require that you attend an official's clinic. A strong team stems from many parents working toward a common goal. If enough people help, everything runs smoothly and the load is light.

NOTE: It is against Borough, Menlo and Penridge Aquatic Club rules to have any alcoholic beverages on their grounds or at our meets (home or away).

COMMUNICATIONS

In addition to our primary means of communication – the **PenridgeAquaticClub.org** website; each PAC family will have a folder in a plastic box with the child's last name on it. It will be located near the pool during practice. Notices and other important announcements will be placed in each folder throughout the week. It is the parent's responsibility to check the folder on a regular



Make sure you sign up for our e.Newsletters on the website...



basis. General information such as League Rules and Regulations, qualifying times, handbooks, and invitational info, etc. can be found at our website.

Please do not hesitate to approach any of the coaches or board members with questions or concerns you may have. However, **COACHES ARE NOT TO BE APPROACHED DURING PRACTICE OR MEETS!** It is not that they don't want to talk to you, but their immediate concern is with the swimmers and divers. You may communicate before or after practice, or by emailing/calling your coach.

CANCELLATIONS

There will be three ways of notifying you if a practice or meet is cancelled.

1. There will be a message posted on the home page of the **website**, *if time permitted*.
2. Text messages will be sent via **Twitter** – please sign-up to follow us at [Twitter.com/PenridgeGators](https://twitter.com/PenridgeGators)
3. A mass **e-mail** will be sent, *if time permitted*.

If you have not been notified by one of these means then you are to assume that the practice or meet is as scheduled. Diving practice may be cancelled when it is extremely cold or raining even if swimming is not cancelled. Divers cannot safely dive off a wet board. We will wait until the last possible minute to cancel, so the best thing to do is check the website before you leave your home.

Beginners Guide to Helping at Swim Meets

Volunteers: We have dual meet about twice a week during the regular season. The diving competition is first and lasts about an hour. The swimming competition follows at 6:00 and runs for about three hours. There are warm-ups before each competition. Successful meets can only happen if everyone chips in and does their part. The following is a partial list of volunteer positions:

Set-up (As many as possible)

Come early and spend about half an hour getting the pool ready for the meet – scorer's table, ready benches, bleachers, starting blocks, refreshment stand,.... you get the idea.

Timer (3 timers per lane, 6–8 lanes, split with the other team)

Basically, you start the watch when you see the flash and stop it when your swimmer touches the wall. As there is ample opportunity to talk to other parents, this is a great job for new parents. You also get the best view of your child swimming.

Stroke/Turn Judges (2 per team)

Ensure that all swimmers are competing fairly. Must have a thorough knowledge of USA Swimming rules.

Runner (2)

Two people who collect the 3 x 5 cards from each lane and take them to the scorer's table. In spite of the name you can walk but you will get exercise.

Refreshment table

Collect food and drinks supplied by the parents and sell them during the meet.

Ready bench (3)

Get the swimmers ready for the upcoming races and try to get them to sit on a bench. It is best if someone knows the children.

Diving Team Jobs

Include: set-up, table worker, judges and/or announcer.

Clean-up (As many as possible)

Take about a half-hour to return the pool to its original condition.

All invitational meets are optional, but all team members are encouraged to participate in them.

Invitational Meets: Participating swimmers must pre-register and a fee will be charged per event entered. Ribbons and trophies are awarded at these meets. The coaches will be explaining these meets to the swimmers and reminding them of entry deadlines. Details will be distributed in each family folder and in a folder in the back of the box as information becomes available.

What to Bring to Meets: Send your swimmers to the meets with extra towels and warm clothes. When the sun goes down, they get cold when after they get out of the water. Three or four towels are not excessive. Also they need something to sit on and put their things on during the meet. An old blanket, quilt, or sleeping bag works great.

Swimming Attire: Swimmers should use goggles and a cap (girls) at all practices to get comfortable with them for meets. These things also get left behind along with suits, towels, clothes, shoes, etc. Try to put your child's name on everything.

Swimmer's Ear is a problem that occurs frequently and is caused by not getting all the water out of the ears after swimming or diving. Please make sure your child(ren) knows how important it is to do this. Using a hair dryer to dry their hair afterwards also helps to dry the excess water left in the ear canal.

What to Eat: Please try to feed your child(ren) a nutritious meal at least one hour before warm-up. No candy or soda should be digested before or during a meet. Carbohydrates are better.

Admission Fees: There are no admission charges to spectators at league meets during the season or during Championships. There may be 50/50 drawings that home teams run to help offset costs or for scholarships – please try to participate.

Swimming & Diving Info for New Parents

Down Year – A swimmer in the lower age of their age group, for example a 9 year old in the 10 and under age group.

DQ – Disqualification. (Your time or place of finish does not count)

Event – A portion of a meet competition broken down by stroke, age, gender and relay type.

Exhibition Heat – Any heat in an event after the official heat. (also called an unofficial heat)

False Start – When a swimmer inadvertently leaves the blocks before a heat is started by an official. (1 per event a 2nd results in a DQ)

Heat – A portion of an event.

Lap – The point from one side of the pool to the other. (25 yards or meters)

Medley relay – An event in which the swimmers uses all four competitive strokes in the following order: backstroke, breaststroke, butterfly, and freestyle.

Official – A judge on the deck of the pool. Various judges watch the swimmer's strokes, turns and finishes or are timers.

Official Time – The time established by an official, which is entered into the meet final records.

Official Heat – The first heat in an event.

Relay – An event in which 4 children swim individual legs.

Time Trials – A “swim meet” before the season starts allowing the coach to get times for the swimmers.

25's – 1 length of the pool (25 yds. or meters)

50's – 2 lengths of the pool (50 yds. or meters)

100's – 4 lengths of the pool (100 yds. or meters)

Free – Freestyle

Back – Backstroke

Fly – Butterfly

Free Relay – 4 swimmers compete in a relay, all swimming freestyle

Medley Relay – 4 swimmers compete, 1st swims back, 2nd swims breast, 3rd swims fly, 4th swims free.

Swimming Age Groups are as follows:

- 8 and under = 8 years and younger
- 10 and under = 9 years and 10 years old
- 12 and under = 11 years and 12 years old
- 14 and under = 13 years and 14 years old
- Opens = 15 years old through graduation

Diving age groups are as follows:

- 12 and under = junior diver
- 13 and over = senior diver

Age determined as of June 15th



Fundraisers

Fundraising is an integral part of community sports programs. The money is used to pay our coaches salaries (they are not volunteers), league fees, insurance, pool supplies, office supplies, and incentives (awards, stars, team gift) for the participating children. It is not required for each family to participate in every fundraiser (although we could always use the help). The fundraiser are:

THE GATOR SWIM JULY 10TH @ MENLO POOL



This fundraiser is an invitational swim meet run by our team for B and C swimmers. Help is needed by parents and children to set-up (beginning on Friday night and finishing on Saturday morning), timing, ready bench, snack table, computer room, awards table, and clean up. The meet starts early Saturday morning and must be finished by noon when the pool opens.

FYI: Championship meets will no longer be considered a fundraiser for the purpose of fulfilling your volunteer duties. Each family will be required to work at 1 championship meet and will be assigned to a championship meet based on where help is needed. Every effort will be made to match parents to meets where their children are participating.

THE SYNCH-N-DIVE DIVING COMPETITION JULY 9TH @ MENLO POOL



This fundraiser is an invitational dive meet run by our team for divers of all ages and clubs. Help is needed by parents & children to set-up (beginning early Friday night), judging, snack table, etc.

Non-Volunteer Fee

At registration a \$100 Non-Volunteer Fee will be collected from each participating family. Your check will be returned at the Splash Party at the end of the season if you have completed your requirement of **3 regular meets, and either the Gator Swim or C-Championship meet.** If you have any questions, please see a member of the board for clarification.

Directions to Away Meets (see website for map links)

Fanny Chapman Pool

Take Rt. 313 through Doylestown until Rt. 202. Turn right and go about 1/2 mile and look for a pond on the left (it is hard to see). Turn left on Boro Mill Rd. and follow signs to the pool. If you get to where 202 becomes one-way you went too far. (State St.)

Harleysville Pool

Take Rt. 113 through Souderton to Maple Ave. (Kellers Creamery). Turn left and pass the Peter Becker Home and Indian Valley Jr. High School. Turn left on Park Drive; the pool is on the left.

Hatfield Pool

Take 309 south and turn right onto Unionville Pike (Mobile Station). Follow to School Lane and turn left. Follow to the Municipal Building, turn right and the pool is on the left.

Lansdale Pool

Take 309 south to Broad St. (Yum Yum Donuts) and make a right. Follow through Lansdale to Whites Rd. (Wendy's) and make a right. The pool is 1/2 mile down the road on the left.

Nor Gwyn Pool

Follow 309 south and turn right onto Line St. (one block past Yum Yum Donuts) Follow until the end and make a left on Hancock St. Follow one block to Church Rd. and make a right. Follow to Sumneytown Pike (Genuardis Market) and make a left. Follow to Parkside Place and turn right. The pool is on the left.

Souderton Pool

Take Main St in Sellersville south to Reliance Rd. Make a right on Reliance and follow through curves into Souderton and cross Rt. 113. Follow to Wile Avenue. Turn left on Wile. the pool is on the right.