



## PALMYRA AQUATIC CLUB, INC.

Dear Parents,

The Palmyra Aquatic Club welcomes all swimmers and their parents to our program. We hope that your experience as a PAC swimmer will be an enjoyable and successful one.

The Palmyra Aquatic Club is a year-round competitive swim program. Our basic purpose is to promote and support the sport of swimming through a guided age-group program for children age 5 and up. The PAC program is built upon the idea that swimmers of all abilities have the opportunity to compete from the beginning swimmer to the most competitive and skilled swimmer. Our goal is to enable swimmers to learn, train and compete at their highest individual level of achievement. It is our hope that swimmers will come away from the program with a better understanding of not only the sport of swimming but also a sense of self-esteem, self-discipline, goal setting and goal achievement.

Thank you again for your interest in PAC.

Sincerely,

The Executive Committee  
Palmyra Aquatic Club

## PARENTAL INVOLVEMENT

As in any youth sport the success of a team depends not only on its participants and coaching staff but also on parent participation. Parents are the backbone of our team. Without their support and help our team could not hold meets.

Swim meets are run by parents. They are needed to officiate, time, to be runners, operate the computer and timing equipment, and operate the snack bar. Even if your background in swimming is limited, there are plenty of experienced parents to show you the ropes. It is our hope that when you are asked for help you will be willing to give some of your time.

The snack bar is one of our major sources of income. Each swim team family is asked to contribute "goodies" for each home meet and invitational. The snack bar usually operates in shifts. If your child is swimming during your shift, please leave to watch and then return. The swim team also serves as host to many championship meets. Once again parents are asked to help.

Another way we ask our parents to get involved is by attending monthly parent meetings. At meetings we make a variety of decisions concerning various aspects of running the swim team -- for example: how money will be spent or earned, rules for attending meets, training officials and social events. It is an excellent way for parents to have a say and to help support the swim team.

As a swim parent you also have a responsibility to provide a supportive environment for your swimmer. This positive environment will help your child through his/her ups and downs in swimming. Seeing that your child consistently attends practice and comes to meets is a good way of showing your swimmer you have an interest in what he/she is doing. Be a good role model by showing good sportsmanship toward coaches, officials, teammates, and opponents.

Be enthusiastic and supportive. Your child is the swimmer and needs to establish his/her own goals and work toward them. The coaches will help them do this realistically. Do not put your own standards onto your child. Try not to compare your child's times with his/her teammates or swimmers on other teams. Remember swimmers grow and mature at different rates and therefore they improve at different times and rates. The most important part of your child's swimming experience is not about winning or setting records, but rather that he/she develops the self discipline to set goals and achieve them to prepare to be successful later in life. We want your swimmer to enjoy himself/herself, have fun, develop a positive self image and make new friends while at the same time developing a healthy body.

## METHODS OF COMMUNICATION

Parents are asked to look for and to read the newsletter, Shark Bites. The newsletter is generally distributed via email weekly and contains important information about upcoming activities, meet day, invitationals, practice and much more. Please take the time to read it. All swimmers have a "mail file" in the file boxes located on the pool deck shelves. Swim meet entries, awards and various other communications will be put in the file. It is the parent's and swimmer's responsibility to check the file regularly. Another form of communication for the team members with computer and internet access is the team's website. The address is [www.palmyrasharks.com](http://www.palmyrasharks.com). The website is a great source of

information. You can find our practice schedule, forms and other valuable information on the website. Parents can also call our Shark Line at 838-SHRK (7475). The Shark Line is updated daily with the practice schedule.

## THE BASICS

### WHAT TO BRING TO PRACTICE:

- **A good swimming attitude.**
- A gym bag for carrying your swim stuff to and from practice and to put your clothes in during practice.
- At least 1 pair of goggles - already adjusted - with your name on them.
- Practice suit - with your name on the label
- Swim cap if you wear one - plus a spare in case it rips.
- At least one towel

### WHAT PARENTS SHOULD DO DURING PRACTICE:

- Parents are encouraged to sit in the pool gallery during the practice session, but they should leave the coaching to the coaching staff. Except in the event of emergencies parents should refrain from talking to their children or the coaching staff during practice. Coaches are usually available both before and after practice for discussions. Specific appointments for longer discussions with coaches are also encouraged.

### WHAT TO TAKE AWAY FROM PRACTICE:

- All equipment you brought
- Your bag with towel, suit, and swim cap
- Contents of your mail file
- Any information that the coach wants you to relay to your parents.
- A memory of what you learned, what you worked on and how you felt at practice.
- A smile!!

## GENERAL OUTLINE OF THE WINTER SWIM SEASON

### THE SEASON

- Begins in October and runs until the middle of March.
- The swim team is a member of the Central Penn Aquatic League (CPAL). There are approximately 27 teams in CPAL. The age group you will swim in is determined by your age on December 1<sup>st</sup>. This rule applies to all CPAL league meets.
- League meets are scheduled during the months of December, January, and February.
- Divisionals and All Stars end the league season.

- Invitationals and US meets are held all year round. These meets are optional for swimmers. The age group you will participate in is your age the day of the meet for US meets, and depending on the invitational, it is either the day of the meet or December 1<sup>st</sup>.
- To be eligible for season end awards a swimmer must compete in at least three league dual meets. US meets and invitationals do not count.

## SWIM MEETS

### LEAGUE MEETS

- All swimmers will be registered for league meets **UNLESS** the coaches are notified in writing that the swimmer will not be attending a particular meet. This can be accomplished by either emailing Coach Brian at [bldeiderick@hotmail.com](mailto:bldeiderick@hotmail.com) or dropping a note in the "Coaches" mail file on deck. It is **extremely important** that you notify Coach Brian if you cannot attend a meet as it affects the meet line-up and relays.
- Swimmers are expected to attend at least half of the league meets (usually three) during the season to qualify for Divisionals. The coaches **do not have** the authority to waive this requirement.
- If the weather is bad the meet may be canceled. Call the Shark Line 838-SHRK (7475) in the event of inclement weather to check on the status of the meet.
- In the event of a last minute illness, please call 574-2289 to let someone know you cannot attend the meet.
- Meets are generally held on Saturday mornings. Meets usually last 3 to 3 ½ hours.
- The meets are swum according to event, age group, and sex. (8 & under, 9 - 10, 11-12, 13 - 14, 15-18)

Sample:	Girls 8 & under 25 free	Boys 8 & under 25 free
	Girls 10 & U 50 free	Boys 10 & U 50 free

- THE MEETS ARE RUN BY PARENTS SO PLEASE VOLUNTEER YOUR TIME TO HELP.

### SIGN UP FOR INVITATIONALS AND US MEETS

- Throughout the season there are invitational and US meets which afford swimmer the opportunity to swim additional meets. The weekly Newsletter will contain information about these meets and indicated the deadline for signing up. This information will also be posted on the website.
- It is the parent's and swimmer's responsibility to return the entry sheet to the pool by the designated deadline.

### RESPONSIBILITY OF THE SWIMMER AT THE MEET

- Swimmers must make sure they are on deck for their events.
- All swimmers are to remain in the pool or team area and are not to wander around the pool grounds.
- All swimmers are expected to help clean up the team area before leaving the meet.
- Swimmers are to remember they are young ladies and gentlemen and that there IS NO EXCUSE FOR BAD MANNERS. Swimmers who are caught damaging property or exhibiting inappropriate behavior will be asked to leave.

As always, should you have questions or concerns throughout the season, please feel free to contact any member of the executive committee or Coach Brian. If we cannot help you we will direct you to someone who can. Again, welcome to the Sharks and have a great season.

### **US SWIMMING AT PALMYRA AQUATIC CLUB**

**You have most likely seen the term “US Swimming” numerous times in the information packet and the registration form. To help parents understand what US Swimming is and help you decide if it is right for your child and your family, we’ve put together the following summary.**

#### **What is US Swimming?**

US Swimming is the largest governing body for swimming in the US. The point of US Swimming is to foster a developmental atmosphere in which kids of all ages can compete against other swimmers that are their age and are of similar ability. Events are seeded based upon the entry time of the athletes. This means that if your child’s best 100 freestyle time is “1:45” then your child will be swimming against other children who have a similar time. Each heat is seeded on times and therefore results in a more competitive environment- allowing kids to swim with kids of similar times.

#### **What are the advantages of US Swimming?**

There are some distinct advantages to the set-up of US meets. First, it allows you and your child to pick what they want to swim (unlike a league meet where coaches pick your child’s events). Second, there is no such thing as “exhibition” vs. “live” in US meets. While each swimmer represents PAC, they are truly competing against the clock and points are not really relevant. They are truly swimming for themselves with the support of parents and teammates. Finally, your child is far more likely to compete against children of similar abilities in a US meet than they are in a dual meet.

#### **Does US Swimming involve travel?**

We compete in approximately 7 US meets between October and March. Those meets are held in Mechanicsburg (45 minute drive), Lancaster (45 minute drive), Emmaus (Allentown area) (1 ½ hour drive), and Allentown (1 ½ hour drive).

#### **Do I have to participate in every US meet?**

No! Most US meets offer events on Saturday and Sunday. You can pick and chose which days and in which meets you participate. You can swim events on Saturday, Sunday or both. You participate as it suits your schedule and needs.

#### **Isn’t US Swimming for the more advanced swimmer?**

Absolutely not! US Swimming is a developmental program. Swimmers compete and advance according to their skill and age level. Unlike our league meets, in US meets swimmers are placed in heats with

swimmers of the same age and skill level. US swimming provides the perfect opportunity for swimmers to build confidence.

### **Why are there additional costs for US Swimming?**

There are a couple reasons for the extra costs. First, each swimmer must be registered with USA Swimming. The fees for US registration are \$55 per calendar year. Second, the US swimmer surcharge is used to help defray the cost of the additional expenses associated with our US swimming program. While this charge does not cover all of the additional expense involved in the program, it certainly helps to defray the extra costs. As our US program grows we hope to see this surcharge decrease. We will also be hosting a fundraiser where each swimmer's profit will go directly to their surcharge expense, i.e. you will be refunded all or a portion of your surcharge based on your profit from the fundraiser.

**We encourage everyone who is considering becoming a US swimmer to personally discuss the program with Coach Brian, Karen Sheriff or Vince Lacroce. US Swimming can provide your child with a great swimming experience.**

You can also feel free to visit the USA Swimming website at [www.usaswimming.org](http://www.usaswimming.org) for additional information. Our "LSC" (Local Swim Committee) is Middle Atlantic Swimming.