

2009

Applewood Athletic Club Swim Team Handbook

13330 West 20th Avenue
Golden, CO 80401-0783
Club Office 303-232-4090

Swim Team Hotline 303-281-9158
Email aacswiminfo@yahoo.com

2009 Swim Team Committee

Sue Armstrong	303-237-7241
Paula Bonneau	303-238-2066
Bill Christie	303-279-8452
Kim Gilbert	303-202-6599
Scott Gilbert	303-202-6599
Jeff Hector	303-233-0165
Colleen Linder	303-238-0996
Sean Sweeney	303-233-3287

Coaches

Josh Griffin	303-885-9929 jvgriffin@gmail.com
Megan Griffin	megan.griffster@gmail.com
Ryan Adams	ryan.adams.5000@gmail.com

Swim Team Practice Times All Practices Monday-Friday

Ages 8&Under.....8:30-9:40 AM
Ages 9-12.....6:45-8:30AM
Ages 13-14.....7:30-10:00PM

No Practice Dates

WHICH AGE GROUP IS RIGHT FOR MY SWIMMER?

The swim practice schedule is determined by the age of the swimmer as of May 15th each year. To properly train a swimmer, however, the coaches may request that a swimmer practice at a different time. You will be notified if a group change is recommended. Coaches will ultimately be responsible for determining if swimmers may practice outside of traditional age group times.

MISSING A SWIM MEET? LET THE COACHES KNOW!

★Email Josh to let him know: jvgriffin@gmail.com

★Or call Josh: 303-885-9929

Swimmers' Age Group Cut-Off Date

Swimmers' age groups for the entire summer swim season are determined by the swimmer's age on May 15th. They may NOT swim in an older or younger age group. In order to be eligible to swim on AAC's Summer Club Team, swimmers may not compete or practice with any other swim teams after May 15th.

RAIN POLICY

Call the HOTLINE @ 303-281-9158

If in doubt about a practice or a meet.

Medical Releases

When you register your child for swim team, you sign a medical release that allows the coaches to seek medical attention for your child in the event that something should happen at a practice or swim meet and you are not available. You will be contacted by the coach, doctor or hospital to acquire permission for treatment. If you are out of town at any time during the swim season and your children are with a baby-sitter, you should leave a notarized statement allowing that sitter to seek medical attention in your absence. Contact Kim Gilbert at 303-202-6599 for insurance claim forms if your child has an accident at practice or a meet. Coaches also have copies.

GENERAL INFORMATION

Get Swim Meet results online!
Our Website is: www.aacswim.org.
For the most current information
call the **HOTLINE:**
303-281-9158

VERY IMPORTANT!

Getting Information to the Coaches

Coaches are available to talk with you about your swimmer(s). Please contact them when they are not on the deck working with the swimmers during a swim meet! Contacting the Coaches before or after practice is a good way to convey questions, concerns, and Swim Meet Absentee Forms.

Getting Information to the Parents

READ THE SWIM TEAM BULLETIN BOARD EVERY DAY.

It is located outside the men's restroom. The Bulletin Board is the Information Center for the summer. Last-minute information that you and your swimmer need to know will be posted on the bulletin board.

Team Swim Suit & Cap

Please wear a Team Suit and Swim Cap. It's great to have the team dressed alike especially when they are up on the starting blocks. That way everyone can see which swimmers belong to AAC!

Swimmers who compete with a cap MUST wear an AAC cap.

See Coaching staff to get a cap for the season.

GENERAL INFORMATION continued

Label, Label, and Label

PLEASE label everything your swimmer brings to practice and the swim meets. Swim suits, towels and goggles all look alike to the kids when it's time to go home!

What to Bring to a Swim Meet

- ▶ Swimsuit
- ▶ Sweat shirt & pants or other warm clothing.
 - ▶ Socks & shoes
 - ▶ Hat/Sun visor
 - ▶ Goggles
 - ▶ Sun screen
- ▶ Cold & warm drinks {WATER}
- ▶ Nutritious snacks
- ▶ TOWELS {More than one since wrapping up in a wet towel can be uncomfortable & cold.}

Where Should Swimmers Hangout? THE TENT!

When swimmers aren't competing, they should be in the shade under our red and white striped tent. The coaches, card people, and parents always look for the swimmers in the tent when they need them.

Entry Cards

There are pink cards for girls and blue cards for boys. Swimmers must have their cards before swimming each event. The coaches fill out the cards before the meet and the card person distributes them to the swimmer. The swimmer then gives the card to the timer in their lane just before the race.

Swim Meet Lineups

The coaching staff works diligently to prepare meet lineups for all dual meets, relay meets, invitational, & championship meets. While we may discuss matters with swimmers and/or parents, it is essential that the coaching staff have the final decision in swim meet line-ups. Swim meet line-ups CANNOT be changed the day of a meet!!!!

Team Spirit

AAC Parents and supporters are encouraged to WEAR TEAM COLORS to the swim meets and show lots of team spirit for all our swimmers.

Extra Help For Swimmers

Swim coaches and staff members of AAC are available to give your child private lessons. You can contact Josh with your request and pay the instructor for their individual help. This is great for stroke work, making turns, diving off the blocks, etc.

Family Summer Vacations

If possible, please plan vacations in August after the Colorado Summer State Meet. Taking vacations during June and July takes away from your swimmer's progress and weakens the team's effort.

GENERAL INFORMATION continued

Heating Area

This is the area where the swimmers who are about to swim their events wait. The volunteers who work in this area have a tough job, so cooperation is needed from everyone. Swimmers need to listen carefully for their lane assignment and then stay in this area until their event is called.

Parents are NOT allowed in the Heating Area.

Exhibition Swimming

A swimmer can only swim three (3) individual events at a meet. The coaches may allow a swimmer to swim an event as exhibition for the experience or to get a better time. No points or ribbons are given out for swimming exhibition.

Swim Team Records

AAC Swim Team Records are posted on the Swim Team Bulletin Board and on our website:

www.aacswim.org

Caps Off Award

The "Caps Off" award honors the dedicated swimmers who complete their last year of eligibility with AAC after swimming 5 of 6 upper division years {13-18}. Swimmers must display dedication, leadership and team spirit by attending 50% of practices and participating in at least 4 official Foothills Swimming Association League meets. Under special circumstances, a written plan can be created with the head coach.

Swim Team Parent Participation

AAC Swim Team has the BEST parental involvement around! The meets couldn't be run without the help of these dedicated people. There are many areas that you can volunteer to help during the meets, so sign-up for one or more of the volunteer jobs with our

Swim Team Committee President Scott Gilbert

You can do it! **VOLUNTEER JOBS** We need you!
Other than timing, these jobs are performed at home meets only.

SWIM TEAM SET UP

If you like to arrive early and get a close parking place and have a strong back, this job is for you. It includes setting up the tent, the heating area, the work area, and generally getting the pool ready for the meet.

TYPISTS

Do you like air conditioning, shade and computers? This job includes typing the results for each swimmer so that the results can be posted and the ribbons prepared. Computer experience is helpful.

TIMERS

Do you enjoy watching the events close-up? Would you like to be helpful but not give up too much of your day? Be a timer! Timing swimmers in a lane for the duration of a race is one of the easiest ways to help the team. Shifts are usually 2 hours long. There are 3 timers for each lane. One timer also records the 3 times onto time cards.

AVERAGING/ORDERING

If you enjoy working with numbers, volunteer for averaging and ordering. Three times for each swimmer are averaged and recorded from time cards. The middle time is the official time. Then the cards are ordered from fastest to slowest time. If there are only two timers the average is the official time.

HEATING

If you enjoy being around the kids this is the place to be. This job involves seeding the swimmers in the appropriate heat according to previous times and deciding lane assignments when times are available. Only swimmers and heating staff are allowed in this area. {No parents, unless you are volunteering.}

RIBBONS

Do you like to sit down in the shade? We need your help preparing ribbons! It's easy and it's fun.

CARD PEOPLE

Very Important People! This involves finding the swimmers and giving them their cards for the appropriate upcoming race and getting the swimmers to the heating area at the appropriate time.

HOSTESS

The hostess delivers refreshments to the parent volunteers and coaches during the swim meet. This is another important, easy, and fun job.

APPLEWOOD RELAYS

This is a really fun meet! Volunteer in any one of the above areas for Applewood Relays! We also need help selling and serving food from the snack area to the many hungry people who attend.

FUN DAY

Do you like Water World? Chaperone and drive swimmers to Water World for Fun Day.

SWIM MEET INFORMATION

Intra-squad Sprint Meet

Our first meet of the season is on Saturday May 30th. Warm-ups will be at 7:00 a.m. and the meet starts at 7:30 a.m. Only AAC swimmers will compete in this meet. There will be no relay events. Times from this meet will count for short pentathlon team records. Immediately following the meet, join us for lunch and PARENT MEETING.

For all other meets, WARM-UP STARTS AT 6 a.m. & MEETS START AT 7 a.m. SHARP!
AAC Swimmers should be ready to get in the pool @ 6 a.m.

Dual Meets

A Dual Meet is a regular meet with AAC competing against one other team.

Applewood Knolls Invitational Sprint

This meet is held on Sunday June 7th. This is a special Sprint {shorter events} Meet with neighborhood clubs. High point awards are given in each age group.

Ken Caryl Invitational

For swimmers who qualify, this meet is held on Friday June 26th {upper division} & Saturday June 27st {12 & Under} This is a large invitational featuring many teams from around the metro area.

Developmental Meets

A Developmental Meet is another opportunity for your child to improve his/her League swim times. The meets are held on Saturdays or Sundays. There are no relays at these meets. This is not a team effort, but we strongly encourage swimmers to participate in these meets since it is a good opportunity to improve their times and swim against swimmers with similar abilities.

Pentathlon

AAC will host the 14th Annual Pentathlon on Sunday June 28th. This meet is designed to determine the best all-around swimmer in the Foothills League for every age group. Each swimmer swims the same five (5) events: one event of each stroke and an individual medley event. The times from all five events are added together to determine the overall winners. Swimmers must have at least "B" league times in four (4) of the (5) events to enter the meet.

Applewood Relays

This meet will be held on Wednesday afternoon, July 1st and is a tradition at AAC. We host a meet with only relays and invite other teams to compete. By charging a fee for each team to enter, it becomes a fund-raising event for us. In addition we sell food all afternoon making it a fun evening for everyone.

SWIM MEET INFORMATION continued

Odd Events

This swim meet will be held on Wednesday July 8th and Thursday July 9th at Stingrays. The Odd Events Meets allow swimmers to compete in events that are not a part of regular swim meets. Swimmers can break team records and league records at these meets. All swimmers must have "B" times to participate.

League Meet

This year the Foothills League Meet will be hosted by AAC July 24th - 26th.

If a swimmer has an "A" League time, they are qualified to swim an individual event in this meet. Sometimes a swimmer does not have an "A" time, but the coaches will have kids swim on a relay team. The relays at League Meet have no qualifying times. These events are very important and the coaches count on the swimmers being at the meet to swim their relay(s). If you committed to being on a relay team and you do not show up, the event is scratched and many people are disappointed. Please inform the coaches if you are not planning to attend this meet so they can organize the relay teams accordingly.

Colorado Summer Swim Team Invitational State Meet

This year the State Meet will be held at Golden Splash pool July 31st thru August 2nd. This is the culminating event of the swim season. Only Summer Club teams swim in this three day event. The qualifying times for this meet are usually faster than "A" League times. Swimmers can swim on relays at the State Meet just like at League Meet.

The AAC Swim Team Philosophy

Applewood Athletic Club Swim Team
is dedicated to teaching every member:

- ★ Good Sportsmanship by enjoying competition and being humble when victorious and gracious when not.
- ★ Teamwork & Spirit by always supporting and helping every AAC team member.
- ★ The Value of Practice whether swimming at A or D level each swimmer receives coaching and is encouraged to attend all practices.
- ★ That Swimming with AAC Swim Team is FUN!!!!
We encourage parents, coaches and swimmers to

keep a healthy perspective... learn your strokes, swim all your events, make and keep friends, enjoy!

SWIM MEET SCORING INFORMATION

Meet Results

During the meet, as results are finalized, scores are posted outside the men and women's restrooms. Check here periodically during a swim meet to see how your swimmer(s) and the team are doing. Make a habit of jotting down times weekly so you can follow your swimmer's improvement over the summer. My Personal Swimming Record Sheet is distributed with the Handbook for this purpose. Swim times will appear on the ribbons too, but sometimes ribbons don't make it home. Past meet results are available on the Swim Team Bulletin Board and on our Website: www.aacswim.org.

Disqualified Swimmer or "D.Q.'ed"

Sometimes you will think your child has completed an event and then you notice an official writing on their entry card or talking to your swimmer. Your child has probably done something to disqualify her/himself in that event like an improper touch or turn. This happens often, especially to new swimmers, and is a time for extra TLC from parents. Officials don't like to disqualify swimmers but it is their responsibility to do so.

Ribbons

At Developmental Meets, there will be ribbons issued for 1st through 12th places in all events. At Dual or Triangular Meets, 1st through 6th place ribbons will be awarded. Relays will receive 1st, 2nd, and 3rd place ribbons. Participation ribbons will be given to all 8 & under swimmers who do not win a place ribbon in the 25 freestyle and 25 backstroke.

Dear AAC Swimmers and Families,

Welcome to the 2009 summer swim season. I am extremely excited to return to Applewood Athletic Club for a third summer swim season. Last year was marked with great individual and team performances, and the coaching staff looks forward to improving upon those achievements. This summer, Ryan Adams and Megan Griffin will return as assistant coaches.

Our coaching philosophy is to create a successful swimming environment where swimmers develop all four competitive strokes. The coaching staff will place a strong emphasis on stroke development and improvement on starts and turns. In addition to swimming accomplishments, the coaching staff will promote an environment of sportsmanship, teamwork, dedication, and fun in all of its team functions.

Please try to stay in tune with updates as they come up this summer. We hope to schedule several additional team social functions throughout the summer. The coaching staff and swim committee is also looking for a lot of parental support this summer as we will compete in additional meets and attempt to increase our fund-raising in the next few weeks.

This handbook, prepared by Colleen Linder, is an excellent resource for the summer swim season at AAC. Please contact me if you have further questions. I look forward to another wonderful summer with the swimmers and families at Applewood Athletic Club.

Sincerely,

Josh Griffin

AAC Head Coach

Code of Conduct

The coaching staff aims to create a positive environment for all swimmers in practice, meets, and social programs. As a result, the coaches fully expect all swimmers to engage in respectful participation in all events. If a swimmer fails to comply with the behavioral expectations, the coaching staff will address the issues with the swimmer and the swimmer's parent. Actions to address the issue may include removal from the team.

I have read and agree to the above statement:

parent signature

swimmer signature

swimmer signature

Volunteer Sign-Up

Our family will volunteer for the following:
