

# Albright Aquatic Club 2009 – 2010

## Parent Handbook

**ALBRIGHT FLYING FISH**



**CATCH US IF YOU CAN**

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# Albright Aquatic Club

## Welcome

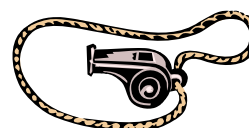
The Albright Aquatic Club (AAC) and coaching staff welcomes all swimmers and their parents to our program. We hope that your experience as an AAC swimmer is an enjoyable and successful one. The AAC swim team is rich in tradition and has had a history of developing some of the best swimmers in Berks County, Pennsylvania. Its participants have gone on to be successful in various walks of life --- teachers, doctors, lawyers, engineers, and business people. Our program is built upon the idea that **“self discipline breeds excellence”** and that swimmers of all abilities must have the opportunity to compete. The program offers various levels of competition from dual meets at the lower level to national meets at the upper level.

The basic purpose of the club is to promote and support the United States Swimming, through the Mid-Atlantic Zone. The swim team utilizes the Albright College pool. The club is a non-profit organization. The club does not receive funds from the college. It supports itself through various activities which in return benefit the swim team.

## Team Goals

All team members, whether novice, elite or somewhere in between, will share the benefits of AAC’s team goals:

- To provide quality instruction, training and competition for every athlete regardless of age or ability.
- To develop individual goals that each swimmer can strive for; ultimately achieving success and added self-esteem.
- To teach the value of good sportsmanship and team spirit and to always have FUN!



## Coach's corner

Dear Parents and Swimmer:

Welcome to the Albright Aquatic Club. Whether you're a new family or returning members, we're excited to have you as part of our organization. By selecting AAC as the training program for your swimmer, you are providing the best opportunity for your child to excel in the sport of swimming and develop important life skills.

We are dedicated to the development of each individual and will always offer the latest information on training and technique. Different people progress at different rates, and here at Albright you can be assured that your child will be given attention and instructed with patience so that he or she can reach his or her full potential. We do not define success only as a decrease in time, but also as physical, mental and social growth. The environment we have created and will maintain acknowledges the equal importance of all swimmers, novice through elite in ability. As your child improves his or her butterfly, backstroke, breaststroke and freestyle, they will learn the secrets that make good swimmers GREAT and great swimmers CHAMPIONS!

At the very least, each swimmer who trains with AAC will have the opportunity to get in better physical shape through our challenging and rewarding workouts. If your child chooses to take advantage of all this program has to offer, he or she will learn goal-setting, dedication, determination, dealing with adversity and an enhanced self-esteem. Most important, through participation with our club, your child will have FUN!

You have our word that we at Albright will always do our best for your child. As parents, we hope that you will offer the same in return to this program by providing support for your swimmer's honest effort.

Yours in swimming,

Tom Burkman  
Head Coach

# General Swim Year Outline

## PRESEASON (FALL)

- Begins in September and runs until October.
- Instruction Begins September 8, 2009 and runs through October 16, 2009.
- Early evening practice participants work on strokes, starts and turns and repetitive swimming.
- Late evening practice participants do some stroke work and starts and turns. The swimmer concentrates more on endurance work (more yardage) at a faster pace. It is generally a harder workout.

## IN SEASON (WINTER)

- Instruction begins October 19, 2009 ending with your final meet participation. Typically end of February.
- The swim team participates in two dual meets with Upper Perkiomen Valley Aquatic Club.
- Dual meets ordinarily are held on Saturdays, with an A.M. session for 10 and unders and a P.M. session for 11-14 year-old swimmers.
- In a dual meet, points are awarded as follows: five for first, three for second and one for third. A winning relay earns seven points.
- League meets are scheduled from December until February.
- Invitational's and USS 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 USS meets, and depending on the invitational, it is either the day of the meet or December 1st.

## PRE-SUMMER SEASON (SPRING)

- Runs six weeks beginning April 19, 2010 to May 28, 2010

## Fees

All swim team members must become members of United States Swimming (USS). Fees vary based on the level of your swimmer. All swim team members must pay a USS fee in order to swim at our meets. Discounts on the swim team fee are given to families with more than one swimmer.

# Practice Sessions

## GROUP D PRACTICE: (8 and under)

- 6 – 7 PM Monday/Wednesday/Friday
- Swimmers in this group **MUST BE ABLE TO SWIM 25 YARDS OF ANY TWO COMPETITIVE STROKES**. Practices for this group primarily involve stroke technique with some conditioning.
- The move from one practice time to another will be decided by the coaching staff.
- **This group is not a swim lesson program and swimmers must meet minimum expectations set by the coaching staff.**

## GROUP C PRACTICE:

- 6 – 7 PM Monday through Friday
- This group is typically for 9-10 and 11-12 age swimmers but also can include older swimmers who are new to competitive swimming. Any swimmers who are 8&Under must receive approval from the coaching staff to move into this group.

## GROUP B PRACTICE:

- 7:00 – 8:30 PM Monday through Friday ; 7 – 8:30 AM Saturday
- This group is typically for more developed 11-12 age swimmers and 13-14 age swimmers. 10&Under swimmers must receive approval from the coaching staff to move into this group.

## GROUP A PRACTICE:

- 7 - 9 PM Monday through Friday; Saturday 7 – 9:00 AM
- This group is reserved for the most advanced swimmers and entry into this practice group is determined solely by the coaching staff.

## PRACTICE SESSION ATTENDANCE:

- There is no set rule concerning the number of days a swimmer must be at practice. The coaches recommend at least three practices per week to begin.
- The amount of practice should match the swimmer's expectations of success.
- Although we support the concept of self motivation, parental encouragement may be needed from time to time. Please keep in mind, forcing a swimmer to come to practice may result in resentment.

# Team Rules

Parents, please review these with your swimmers.

- No running or horseplay on deck or in the locker rooms.

- Always bring training equipment on deck with you for practice (suit, goggles, cap, water bottle, fins, kick boards, pull buoys).
- No destroying or defacing any property belonging to AAC or Albright College.
- Always stretch before any and all practices and meets.
- Swimmers are to enter the pool feet first unless instructed by a coach to dive. Under no circumstances should a swimmer dive in during warm-ups at practice or at a meet. (Swimmers will be ejected from the meet for diving during warm-ups.)
- Do not sit, lie across or hang on the lane ropes at any time. If a cable snaps, you may be seriously injured. Also, these are expensive to replace.
- Swimmers are to remove fins whenever they are not in the swimming pool.
- At no time will a swimmer be allowed to stop in the middle of a set and leave the pool (i.e. bathroom trips, talking to a parent, getting a drink, etc.). Emergencies are an exception.
- Swimmers will sit together as a team at all meets.
- Coaches reserve the right to ask any swimmer not following the rules to remove themselves from the premises.

### ***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. We encourage all swimmers to bring their possessions into the pool area during practice and not leave them in the locker room.
- At least 1 – 2 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.

## **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.

Parents are asked to look for and to read emails and visit the AAC website frequently (<http://albrihtaquaticclub.org>). Periodically you may receive a newsletter with current information, sent via email. Newsletters, swim entries, awards and various other communications will be announced in the newsletter. Upcoming swim meet information will also be posted to the AAC website. It is the parent's and swimmer's responsibility to check for updates regularly. Another form of communication for the team members is the team bulletin board.

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 him or herself, have fun, develop a positive self image and make new friends while at the same time developing a healthy body.

Dual meets are run by parents. They are needed to officiate, time, to be runners, operate the computer and Colorado Timing System, 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 to help you will be willing to give some of your time.

In order to run a dual meet, parent participation is required in the following areas:

- **Timer** – at Albright, we use electronic timing, with touch pads stopping the clock. A timer essentially is a backup. We need seven timers per meet.
- **Place judge** – Determines the order of finish. One is needed.
- **Scorer** – This person records the official time for events, and adds up points as the meet progresses. This is done electronically at home meets, but someone must punch the times into the computer system.
- **Officials** – Stroke/Turn judge, starter. Must be USS certified.
- **Announcer** – Only at home meets. Announces upcoming events and entrants. Keeps the meet moving along.
- **Concession stand** – Organize donation of food/drink items. Setup the stand, and monitor during the event. This is only required at home meets.
- **Runners** – We need three to collect time cards, place cards and disqualification cards and take them to the scorer's table. These positions are only needed at home meets.
- **On-deck helpers** – Get younger children to their events. They make sure the swimmers are lined up where they need to be.

## Parents' Rules

- Please drop off and pick up your swimmers on time (at least 10 minutes prior and no later than 15 minutes after practice.)
- Please check all information on the team bulletin board and your child's mailbox each time you are at the pool
- Please notify coaches in writing if your child is to miss any dual meet or extended practice time during the season.
- Parents are welcomed and encouraged to watch any practice and all meets. However, please do not disturb the coaches or swimmers during this time.
- Encourage your children to come to practice and participate in team meets.
- Be a parent and a cheerleader, not a coach.
- Always remember: No question is a stupid question. If you're not sure of something then ask a coach.
- Parents are not permitted on deck during practice time.
- Speak to coaches before or after practice. Or you can write your question in the coaches' notebook, which can be found at the desk in front of the aquatics office.

### ***What parents should do during practice***

Parents are encouraged to sit in the bleachers 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 discussions with coaches are also encouraged.

### ***What to take away after practice***

- All swim equipment brought to the pool.
- Your bag with towel, suit, bathing cap.
- Meet entry blanks.
- 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!!

## **Team Suits and Equipment**

We encourage swimmers to wear the same style suit for the winter season. Each season the AAC features a team suit/jam and cap sale.

The suit should fit snugly, but not so tight that it hurts at the shoulders nor so big that the swimmer can “grow into it.” Suits are available in the office for sizing purposes.

## **Team Celebrations**

We usually have two parties – one over the holidays and one at the end of the dual meet season. Details will be available at the time based on parent volunteer availability.

## **Fundraising**

In order to control the cost of our registration fees and to supplement revenues Albright Aquatic Club requires that each swimmer participate in fundraising efforts. To make the fundraising commitment convenient, AAC swimmers are required to pre-pay a fundraising buy-out at the time of registration. For the 2009-2010 season the fundraising buy-out for each swimmer is \$45. For families with multiple swimmers the second swimmer fundraiser buy-out is \$35. There is no additional fundraiser buy-out required for 3 or more swimmers. The fundraiser buy-out does not apply to Fall only registration.

AAC will conduct at a minimum one fundraising activity during the season. Swimmers can receive a refund or credit up to the full amount of the original buy-out through participation in the fundraising activity. During the 2008-2009 season AAC participated in the Great Lakes Scripts Program. Under this program members can purchase gift cards through AAC. The purchaser gets 100% of the face value of the gift card while AAC receives a percentage of the card value from Great Lakes. Any value generate by the percentage contribution to AAC would be a credit to the buy-out. Swimmers will be expected to document fundraising contributions in order to receive a refund or credit. Additional AAC fundraising opportunities yet to be determined.

## **Inclement Weather**

In case of a winter storm see the AAC website, we will also try to email everyone. If you are unsure, please use common sense.

## Contact Information

**AAC Website**      [albrihtaquaticclub.org](http://albrihtaquaticclub.org)

Check regularly for team updates, announcements and to downloadable forms. (no www.)

## Swim Meets

### *Dual Meets*

- Coaches determine the lineups for dual meets. If a swimmer is unable to attend a dual meet, he or she must give notice two weeks ahead of time, unless the absence is because of illness. In that case, notify a coach as soon as possible.
- A dual meet is when two teams compete against each other.
- Dual meets are usually held on Saturdays, with an A.M. session for 10 and unders and a P.M. session for 11-14 year-old swimmers.
- Starting times for away meets vary depending on the team.
- Meets usually last 4 – 4 ½ hours. These meets last longer because the events are different.
- The meets are organized according to event, age group, and sex. (8 & under, 9 -10, 11-12, 13 - 14)

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

Boys 8 & under 25 free  
Boys 10 & U 50 free

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

### *Sign up for Invitational and USS Meets*

Invitationals will be posted on the bulletin board and on the website. You can also check the Mid-Atlantic swim site at [www.MAswim.org](http://www.MAswim.org). Sign up sheets and deadlines for entries for Invitational's will be found on the bulletin board. This information will also be sent via email so don't forget to check. It is the parent's and swimmer's responsibility to return the completed form on time to the AAC box found next to the pool office. **Please do not forget the \$1 processing fee.**

### *Responsibility of the Swimmer at Meets*

- Swimmers must make sure they are on deck for their events.
- All swimmers are to remain in the pool area and are not to wander around the building.

- 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

## **Invitational Meets – Survival Guide**

### ***Team Invitationals***

For meets designated as team meets, coaches will be present to oversee the swimmers. Generally in an invitational you swim your age as of the day of the meet. See various entry forms for details. These meets are optional for swimmers.

There are entry fees per each event per swimmer. Swimmers select the events they wish to swim. Information on these meets can be found on the bulletin board and AAC website. Entries need to be turned into the AAC, using the entry sheet provided, by a designated date. Make check payable to AAC. Try to include entry times if you have them in order to facilitate accurate seeding.

### ***Non-team Invitationals***

These are optional for swimmers. No coaches will attend. Entries are in a folder at the bulletin board or available on the AAC website. Using the designated form, entries must be submitted to the host club by the designated day. Make check payable as indicated on the entry form.

Invitational meets are different from league meets in the following ways:

- There are swimmers from many different teams.
- There are usually two sessions set up by age.

In preparing to attend an invitational, the following information should be considered:

- Make sure you have the correct warm up and starting time. This information will also usually be on the Invitational information sheet.
- Pack extra towels, a warm-up suit and socks. Make sure your swimmers name is on everything including the suit.
- Include an activity pack – books, crayons, paper, cards, etc. Also bring a blanket to sit on for you and your swimmer.
- If you do not wish to spend money on food and drink, bring your own.
- Check your swimmer's bag. Does your swimmer have his/her suit and goggles?
- There are admittance and program fees for adults.

- Once you reach your destination, look for other team members to find out where they are sitting.
- Find the locker room and change if necessary. Many swimmers keep their clothing in their bag instead of a locker.
- Check in with your coach.
- Parents and swimmers go through the program and find your events. Many of the younger swimmers mark their hand with the event number – heat – lane.
- Once the meet is ready to start, someone will call the event to be seeded. It is the swimmers responsibility to get to the seeding area. If this is your swimmer’s first time have them team up with another swimmer.
- Relax Mom and Dad, and watch the race.

## 2009 – 2010 Meet Schedule

| Date            | Meet                           | Meet Type        | Location   |
|-----------------|--------------------------------|------------------|--|
| Oct 10, 2009    | EMAC Mini Meet                 | 8 & Under        | Emmaus High School<br>Emmaus, PA                   |
| Oct 17, 2009    | EMAC Fall Sprint Meet          | A/BB/C           | Emmaus High School<br>Emmaus, PA                   |
| Nov 6-8, 2009   | PAAC Fall Harvest Invitational | A/BB/C           | Parkland High School<br>Allentown, PA              |
| Nov 8, 2009     | FCA Mini Meet                  | 8 & Under        | Friends Central School<br>Wynnewood, PA            |
| Nov 12-15, 2009 | EMAC Fall Invitational         | A/BB/C           | Emmaus High School<br>Emmaus, PA                   |
| Dec 6, 2009     | PCAC Mini Meet                 | 8 & Under        | William Penn Charter<br>School Philadelphia,<br>PA |
| Dec 11-13, 2009 | Trident TYR Cup                | Qualifying Times | Franklin & Marshall<br>University Lancaster,<br>PA |
| Dec 12-13, 2009 | GAAC Patriot Classi            | A/BB/C           | Germantown Academy<br>Fort Washington, PA          |
| Jan 8-10, 2010  | PAAC Winter Invitational       | A/BB/C           | Parkland High School<br>Allentown, PA              |

|                 |                              |                  |  |
|-----------------|------------------------------|------------------|--|
| Jan 16, 2010    | DST Mini Meet                | 8 & Under        | McKean High School<br>Wilmington, DE                       |
| Jan 22-24, 2010 | Middle Atlantic Elite Meet   | Qualifying Times | To Be Determined   |
| Jan 23-24, 2010 | CBST Inaugural Meet          | A/BB/C           | Central Bucks South High<br>School Warrington, PA          |
| Feb 5-7, 2010   | EMAC Winter Invitational     | A/BB/C           | Emmaus High School<br>Emmaus, PA                           |
| Feb 20, 2010    | Golden Ram Mini Meet         | 8 & Under        | West Chester University<br>West Chester, PA                |
| Feb 27-28, 2010 | CBST March Madness           | A/BB/C           | Central Bucks South High<br>School Warrington, PA          |
| Mar 11-14, 2010 | Middle Atlantic Jr. Olympics | Qualifying Times | To Be Determined   |
| Mar 20-21, 2010 | MA Mini Championships        | 8 & Under        | Gloucester County<br>Institute of Technology<br>Sewell, NJ |

# USA Swimming – Middle Atlantic Swimming



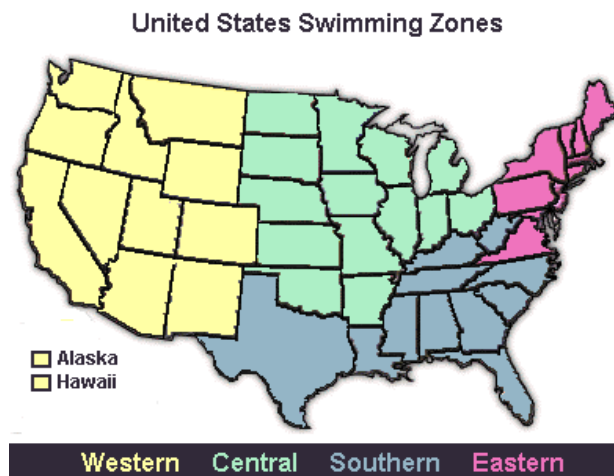
**MIDDLE  
ATLANTIC  
SWIMMING**

[www.MAswim.org](http://www.MAswim.org)

[USA Swimming](#) (USA-S) was established by Congress as the National Governing Body for competitive swimming in the United States. USA-S is a federation member of the international governing body of swimming, the *Federation Internationale de Natation Amateur* (FINA).

Middle Atlantic Swimming is an administrative arm of USA Swimming -- called a Local Swimming Committee (LSC) -- which supervises competitive swimming within established geographic boundaries. There are 59 LSCs in the United States.

The Middle Atlantic LSC includes New Jersey, south of Mercer and Monmouth Counties; Delaware; and Pennsylvania east of and including Potter, Clinton, Centre, Huntingdon. Middle Atlantic Swimming is part of the Eastern Zone of the US, which includes 11 other LSCs: Allegheny Mt. (Eastern PA); Niagara, Adirondack, and Metropolitan (NY); Maryland; Virginia; Potomac Valley; New Jersey; Connecticut; New England; and Maine. All four Zones (Eastern, Southern, Central, and Western) conduct All Star competitions and Sectional Meets for teams.



# Swim Meet Directions



## ***Atlantic City Crew House***

ACHS CREW HOUSE IS LOCATED ON THE INTRACOASTAL WATERWAY IN ATLANTIC CITY 300 METERS NORTH OF THE ALBANY AVENUE BRIDGE

**FROM ALBANY AVENUE TRAVELING EAST:** ALBANY AVENUE IS WHERE ROUTE 40/322 (THE BLACK HORSE PIKE) ENTERS ATLANTIC CITY. IF YOU TRAVEL INTO TOWN VIA THAT ROUTE, THE CREW HOUSE IS VISIBLE ON YOUR LEFT AS YOU CROSS ALBANY AVENUE BRIDGE. AFTER CROSSING BRIDGE TAKE THE FIRST LEFT HAND TURN AND PROCEED TO SOVEREIGN AVENUE, TURN LEFT, GO ONE SHORT BLOCK AND TURN LEFT AGAIN ONTO FAIRMOUNT AVENUE (ONE WAY). PETE PALLITTO FIELD AND THE CREW HOUSE WILL BE ON YOUR RIGHT.

**FROM THE ATLANTIC CITY EXPRESSWAY:** IF YOU ENTER TOWN VIA THE ATLANTIC CITY EXPRESSWAY, TURN RIGHT ONTO FAIRMOUNT AVENUE AT THE FIRST TRAFFIC LIGHT YOU ENCOUNTER WHEN THE EXPRESSWAY ENDS. FOLLOW FAIRMOUNT JUST OVER ONE MILE TO THE SITE ON YOUR RIGHT ADJACENT TO PETE PALITTO FIELD.

**PARKING:** LIMITED PARKING IS AVAILABLE ON SITE AND ON THE STREETS IN THE SURROUNDING RESIDENTIAL AREA. ADDITIONAL COMPLIMENTARY PARKING IS AVAILABLE AT THE HILTON OVERFLOW LOT (SITE OF OLD AC HIGH SCHOOL) – THE LOT IS ONE FULL BLOCK BORDERED BY ALBANY AVENUE AND ROOSEVELT PLACE (ON THE NORTH AND SOUTH SIDES) AND ATLANTIC AVENUE AND VENTNOR AVENUE (ON THE EAST AND WEST). TO ENTER HEAD EAST ON ALBANY AVENUE TO ATLANTIC AVENUE, TURN RIGHT AND THEN ANOTHER RIGHT TURN INTO THE LOT FROM ATLANTIC. YOU SHOULD PARK IN THE CORNER CLOSEST TO THE ALBANY/VENTNOR CORNER THEN WALK VIA ALBANY (1 BLOCK) , ARCTIC (aka: WINCHESTER-1 BLOCK), AND HARTFORD (1 BLOCK) TO REACH THE BOATHOUSE.

## ***Emmaus High School Pool***

From 309 South/78 East, take Cedar Crest Blvd. exit, at the bottom of the ramp bear right. Proceed on Cedar Crest Blvd. through 4 traffic lights, at North Street make a left, the high school is on your left.

**From 309 North/78 West,** take Cedar Crest Blvd. exit, at the bottom of the ramp make a left. Proceed on Cedar Crest Blvd. through 5 traffic lights, at North Street make a left, the high school is on your left.

## **GCIT**

**FROM DELAWARE MEMORIAL BRIDGE AND COMMODORE BARRY BRIDGE:** TAKE I-295 NORTH TO EXIT 21 ONTO DELAWARE STREET AND CONTINUE THROUGH WOODBURY. TURN RIGHT AT TRAFFIC LIGHT ONTO EVERGREEN AVE. TURN LEFT AT NEXT TRAFFIC LIGHT ONTO EGG HARBOR ROAD. This road is actually labeled "E. Barber" Rd. CONTINUE APPROX. 3 MILES TO THE NEXT TRAFFIC LIGHT. GCIT IS ON THE LEFT AT THE BOTTOM OF THE HILL BEYOND THE TRAFFIC LIGHT.

**FROM THE NORTH AND THE WALT WHITMAN BRIDGE:** TAKE I-295 SOUTH TO ROUTE 42 SOUTH AND REMAIN IN RIGHT LANE. TAKE ROUTE 55 SOUTH TO EXIT 56B (ROUTE 47 NORTH/WOODBURY). TURN LEFT ONTO BANKBRIDGE ROAD AT THE TRAFFIC LIGHT. TURN LEFT AGAIN AT THE NEXT TRAFFIC LIGHT ONTO TANYARD ROAD. THE ENTRANCE TO GCIT IS ON THE LEFT SIDE OF THE ROAD AT THE BOTTOM OF THE HILL.

**FROM THE SOUTH:** TAKE ROUTE 55 NORTH TO ROUTE 47. TAKE EXIT 56B/WESTVILLE. AT TURN LEFT AT THE TRAFFIC LIGHT ONTO BANKBRIDGE ROAD. TURN LEFT AGAIN AT THE NEXT TRAFFIC LIGHT ONTO TANYARD ROAD. THE ENTRANCE TO GCIT IS ON THE LEFT SIDE OF THE ROAD AT THE BOTTOM OF THE HILL.

## ***F & M College in Lancaster, PA***

**From Baltimore,** Washington and points south: Take I-83 to Exit 9 East, which becomes Route 30 East. Follow Route 30 East to Lancaster and exit at the Harrisburg Pike exit. Turn right onto Harrisburg Pike and continue for 1.5 miles to F&M College. From Harrisburg Pike, turn left at first traffic light after passing under student overpass. As you enter the parking lot, McGuiness Pool is located in the Alumni Sports & Fitness Center to your left.

**From Harrisburg,** Pittsburgh and points west: Take the PA Turnpike to Harrisburg (Exit 19) onto Route 283 towards Lancaster. Exit onto Route 30 West and proceed to Harrisburg Pike exit. Turn left onto Harrisburg Pike and drive 1.5 miles to F&M College. From Harrisburg Pike, turn left at first traffic light after passing under student overpass. As you enter the parking lot, McGuiness Pool is located in the Alumni Sports & Fitness Center to your left.

**From Philadelphia,** South Jersey and points east: Take the PA Turnpike to Exit 21 (Lancaster-Reading) and take Route 222 South to Route 30 West. Proceed to Harrisburg Pike Exit. Turn left onto Harrisburg Pike and drive 1.5 miles to F&M College. From Harrisburg Pike, turn left at first traffic light after passing under student overpass. As you enter the parking lot, McGuiness Pool is located in the Alumni Sports & Fitness Center to your left.

## ***Germantown Academy***

Take exit 26 of PA Turnpike--Ft. Washington. Through tolls to end of road go right(Pennsylvania Avenue). Follow to dead end and turn left-(Old Bethlehem Pike). Immediately after crossing railroad bridge go right--(between Rich's Deli and Marita's Cantina); take next immediate right-(Morris Road). First pillared driveway on the left--entrance to the Academy. Parking lot on left and then walk through building to entrance for the pool.

## ***Golden Ram Aquatics - West Chester University***

**From North:** PA Turnpike to Exit 312/Downingtown. Take Rte. 100 South to Rte. 202 South. Continue

on 202 South past High St. exit. Turn right on Pleasant Grove Rd., which is the 1st right after Stetson Middle School (large Presbyterian Church on corner). Turn right at stop sign onto S. New Street. Follow S. New for 1.5 miles past Farrell Stadium. Turn right into athletic bldg. parking lot. Graham Natatorium entrance (glass doors) is at the left rear corner of the building.

**From South:** Take Rte. 202 North. Turn left at light onto Rte. 926 West. Take first right onto S. New Street. Just after you pass Farrell Stadium, turn right into athletic bldg. parking lot. Graham Natatorium entrance (glass doors) is at the left rear corner of the building.

### ***Lititz Community Center***

**From PA Turnpike, Exit 21(Reading/Lancaster),** take Rt 222 S. Proceed 8 miles south to the Rothsville-Lititz exit. Proceed right onto Rt 772 W. Go approx. 7 miles to the 6th traffic light. Make a left turn, go 1/10th mile to Orange St. Make a right turn and proceed 6/10 mile to Campus Dr. Turn right. The Community Center is 2/10 mile straight ahead.

**From PA Turnpike Exit 20(Lancaster Lebanon),** take Rt 72 S. Proceed south to Manheim. In Manheim (after 4th traffic light) pick up Rt 772 E. Follow this route approx. 4 miles. At Campus Dr. turn left. The Community Center is 2/10 mile straight ahead.

**From West & East,** Exit Rt 30 at the Lititz Pike (Rt 501 N). Proceed 5.7 miles to Second Ave. Make left turn and continue 6/10 mile to intersection, Campus Dr. is straight ahead. Continue on Campus Dr. 2/10 mile Community Center is straight ahead.

### ***Big Cat Aquatics: Penn State University, McCoy Natatorium -***

**EAST** -- Pennsylvania Turnpike to Harrisburg Exit 19 Head to Lewistown - Routes 83N to 81W to 322 West to State College. At Boalsburg stay on 322 West (Mt. Nittany Expressway) to Penn State Exit. Go left onto Park Ave., follow to second light past stadium. Turn left onto campus. Pool is past first stop sign, on the left.

**SOUTH** -- 83 North to Harrisburg. From Harrisburg, same as above.

**WEST** -- Route 22 to Route 220N, then Route 322E until the Penn State Exit. Go right onto Park Avenue, follow directions under EAST.

### ***Big Cat Aquatics: State College Area High School Natatorium***

**EAST** -- Pennsylvania Turnpike to Harrisburg Exit 19 Head to Lewistown - Routes 83N to 81W to 322 West to State College. At Boalsburg, proceed on 322 Business. Stay on 322 Business (South Atherton Street) for approximately 4 miles. Turn left, at the light, onto Westerly Parkway. Go through one light, and the State College Area High School Natatorium parking lot is on the right. The pool is on the far left end of the building.

**SOUTH** -- 83 North to Harrisburg. From Harrisburg, same as above.

**WEST** -- Route 22 to Route 220N, then Route 322 Business. Proceed through State College on 322 Business (North Atherton Street). From the intersection of Route 26 (College Avenue) travel approximately 1 mile on 322 Business. Turn right, at the light, onto Westerly Parkway. Go through

one light, and the State College Area High School Natatorium parking lot is on the right. The pool is on the far left end of the building.

### ***Suburban Swim Center***

#### **Directions from the Walt Whitman Bridge**

Take I 95 South to I 476 North - Take exit 5 US-1. (Lima/Springfield) Take US 1 South (for.9 miles) to Rt 252N Stay on Rt 252 past Delaware County Community College. Traffic light at Gradyville Rd. Turn right at Gradyville Rd. The SSC Bldg. will be on your left white bldg. with blue waves on bldg.

#### **From the West Chester Area**

Rt. 3 West Chester Pike - turn right onto Rt. 252S Take Left at Gradyville. (traffic light on Corner) white bldg. with blue waves on bldg.

#### **From Havertown Area**

Rt. 3 turn Left onto Rt. 252 S to Gradyville Rd. turn Left (Traffic Light on corner ) white bldg. with blue waves on bldg.

3615 Gradyville Rd. Newtown Sq., Pa. 19073 (Located off of Rt. 252 on Gradyville between Rt. 252 and Media Line Rd.)

### ***Atlantis Aquatic Club Meets at Lehigh University***

**From East:** Take Route 78 East to Route 22 East. Once in the Lehigh Valley, look to take the exit for 378South (Historical Bethlehem and Lehigh University). Travel on this road, until you cross the Black Metal Bridge. Stay in the left hand lane and make a left down the hill on to 3rd Street. At the first traffic light, turn right onto Brodhead. Go thru the next traffic light (crossing 4th Street) and go to the next stop sign. At this stop sign, turn left onto Packer Ave. Travel two stop signs, at the second stop sign turn right and go up the hill on Taylor Ave. Taylor Gym is the second building on the left.

**From the West:** Take 78 West to the Bethlehem Exit (Route 412). Of f the exit, go north on 412 towards Bethlehem. Stay on 412 North until it becomes 3rd Street. You will be looking to make a left turn onto Taylor Street. Go 3 Blocks (cross Packer Ave.) After crossing Packer, Taylor Gym will be the second building on the left.

**From the South:** Take PA Turnpike NE extension to Lehigh Valley Exit. Take Route 22 East. Once in the Lehigh Valley, look to take the exit for 378South (Historical Bethlehem and Lehigh University). Travel on this road, until you cross the Black Metal Bridge. Stay in the left hand lane and make a left down the hill on to 3rd Street. At the first traffic light, turn right onto Brodhead. Go thru the next traffic light (crossing 4th Street) and go to the next stop sign. At this stop sign, turn left onto Packer Ave. Travel two stop signs, at the second stop sign turn right and go up the hill on Taylor Ave. Taylor Gym is the second building on the left.

**From North:** Take Route 33 south to Route 22 West. Take the exit for 378South (Historical Bethlehem and Lehigh University). Travel on this road, until you cross the Black Metal Bridge. Stay in the left hand lane and make a left down the hill on to 3rd Street. At the first traffic light, turn right onto Brodhead. Go thru the next traffic light (crossing 4th Street) and go to the next stop sign. At this stop sign, turn left onto Packer Ave. Travel two stop signs, at the second stop sign turn right and go up the hill on Taylor Ave. Taylor Gym is the second building on the left.

### ***Parkland High School***

**From North and South:** take the PA turnpike, Exit 33, take Route 22 east, then exit onto Cedar Crest Blvd north. Travel north on Cedar Crest Blvd for approximately 1.9 miles. Parkland High School is on the left. The pool is on the left hand side of the complex. Park in the parking lot in front of the school, closest to the Athletics door. Walk through the Athletics entrance to admissions.

**From West:** take Route 78 east, exit onto route 22 east, then exit onto Cedar Crest Blvd north. Then same as north and south directions.

**From East:** take Route 22 west, exit onto Cedar Crest Blvd north. Then same as north and south directions.

### ***Upper Perkiomen High School***

The following are driving directions to the schools associated with the Upper Perkiomen School District. If you have any problems, feel free to contact the school that you are attempting to reach.

*Contact Number: (215) 679-5935*

#### ***Directions from PA Turnpike Northeast Extension - Rt. 476:***

Take Quakertown Exit. Turn right on to Route 663 South toward Pennsburg & Pottstown. After crossing Route 29 in Pennsburg go to next traffic light (Scooty's Gas Station on corner) and turn left on to Montgomery Avenue. Go 1 mile to School, turning right on to Walt Road and left before the tennis courts on to the school drive. Park in the lot in front of the school.

#### ***Directions from Routes 422 and 29:***

Take the Route 29 (Phoenixville/Collegeville) Exit. Follow Route 29 through Collegeville to Route 422 Business. To continue on Route 29, make a right turn on to Route 422 Business for about 100 yards and a left turn on to Route 29 North. Continue on Route 29 North to Red Hill. Just past Red Hill Florist (on right), turn left on to 11th Street. Reed Sign Company will be on your right. Follow 11th Street to stop sign. Continue straight on to Walt Road and turn left before the tennis courts on to the school drive. Park in the lot in front of the school.

#### ***Directions from Routes 422 and 100:***

From Pottstown take Route 100 north. Follow route 100 North past Route 73 (Boyertown) to Route 29 in Hereford. Turn right on to Route 29 South and follow Route 29 into Pennsburg crossing Route 663. Continue on Route 29 South and turn right on to 11th street. Reed Sign Company will be on your left. Follow 11th Street to stop sign, Continue straight on to Walt Road and immediately turn left before the tennis courts on to the school drive. Park in the lot in front of the school.

# Albright Aquatic Club - Coaching Staff

Email: [AlbrightAquaticClub@yahoo.com](mailto:AlbrightAquaticClub@yahoo.com)  
[Albrightaquaticclub.org](http://Albrightaquaticclub.org)

## *Thomas Burkman, Head Coach*

Thomas Burkman has an extensive swimming background. He competed for Reading High School and went on to compete for Fairmont State College in West Virginia where he graduated in 1985 with a degree in Criminal Justice. Tom has been an Educational Assistant for the Reading High School since 1992. Tom has been an Assistant Head Coach for the Reading High School boys and girls teams. Over the years he has also coached several community groups including Maple Springs Summer Swim Program, Ugly Duckling Aquatics, and Antietam Summer Swim Team. Tom is returning to AAC for his 10th season as head coach.

## *Melissa Good, Assistant Coach 8 & Under*

Melissa Good was a competitive distance swimmer at Millersville University. Melissa works closely with our developing swimmers. Melissa has been working with swimming instruction for many years throughout Berks County and taught swim lessons to some of our most accomplished swimmers in their developing years. She is returning to AAC for her 7th year.

## *Ryan Sheatsley, Assistant Coach*

Ryan Sheatsley is returning for his 2<sup>nd</sup> season with AAC. Ryan was a multi-event PIAA medalist at Parkland HS and went on to swim as a scholarship athlete at the University of Rhode Island. Ryan works with all of our age groups.

## *Casey Krick, Assistant Coach*

Casey Krick is returning for her 2<sup>nd</sup> season with a primary focus of working with our developing swimmers. Casey was a competitive swimmer at Wyomissing HS and has coached at local Berks County programs.

The Albright Aquatic Club Staff are certified under the United States Swimming Coaching Certification Program.

# Albright Aquatic Club - Board Members

|                     |                |  |              |
|---------------------|----------------|--|--------------|
| Pat Durning         | President      | <a href="mailto:pdurning@gaf.com">pdurning@gaf.com</a>       | 717-269-6981 |
| Sandy Groff         | Vice President | <a href="mailto:sagroff@ptd.net">sagroff@ptd.net</a>         | 610-370-1014 |
| Ivan and Loie Lantz | Treasurer      | <a href="mailto:idlantz@verizon.net">idlantz@verizon.net</a> | 610-372-0775 |
| Stacy Lyons         | Secretary      | <a href="mailto:splyons35@msn.com">splyons35@msn.com</a>     | 610-944-9926 |

# Glossary of Swimming Terms

## **Age Group**

In most meets swimmers are grouped in the following manner:

- 8 & under
- 9 – 10
- 11 – 12
- 13 – 14
- 15 – 18

Most USS meets use the swimmer's age as of the day of the meet.

## **JO's**

A Junior Olympics meet held at the end of swim season, usually in March. Swimmers who make a specific time our permitted to go. Check the MASwim.org website for time standards.

## **Western Regional's**

Held after the JO's. Swimmers can swim any event that they did not make the JO's time standards.

## **Colorado Timing System**

Electronic timing system that automatically gives the swimmer's time and place on the board when the touch pad is activated at the end of the race.

## **Conversion Chart**

Used to translate times for similar distances between a meter and a yard pool.

## **Disqualification**

This occurs when a swimmer has committed an infraction of a rule, for example a one hand touch on the breast stroke. A disqualified swimmer is not eligible to receive an award, nor can the time be used as an official time.

## **Entry Fee**

Money paid by the parent or club for a swimmer to participate in an invitational, USS meet or a championship meets.

|                          |  |
|--------------------------|--|
| <b>Exhibition</b>        | A swimmer competes in a race but does not receive points. Times can be used as an official time.   |
| <b>False Start</b>       | A swimmer leaves the block or moves before the starter's signal which usually results in disqualification. Eight and unders are allowed one false start. |
| <b>Flip Turn</b>         | Somersault type turn used in the freestyle.  |
| <b>Free Relay</b>        | Four swimmers with a "free" choice of stroke, usually the freestyle.   |
| <b>Heat</b>              | The grouping of swimmers in an event by time.  |
| <b>Individual Medley</b> | Commonly called "IM" -- a swimmer is required to swim each of the four strokes in the following order: butterfly, back, breast and free.                 |
| <b>Long Course</b>       | A pool whose length is 50 meters straight.   |
| <b>Medley Relay</b>      | Four swimmers, each swims one stroke in the following order: back, breast, fly and free.   |
| <b>Meter Pool</b>        | A pool measured by meters -- the pool is longer than a yard pool and accordingly the times will be slower.   |
| <b>Qualifying Times</b>  | Times required for participation in some championship meets and USS meets.   |
| <b>Seeding</b>           | To rank swimmers according to time in heats.   |
| <b>Short Course</b>      | A pool that is either 25 meters or yards long.   |

**Starter** Certified person who has control over the swimmer after they have been called to the starting block. It is his/her responsibility to ensure a fair start or call a false start if it occurs.

**Stroke and Turn Judge** Certified person whose responsibility it is to watch for stroke or turn errors. These errors will result in a disqualification.

**Timer** A person who gets a swimmer's time.

**USS Meet** Meets sanctioned by USS Swimming Committee. To compete in these meets one must be a registered USS swimmer. A registration fee is required.