

ARONIMINK SWIM TEAM



2011



ARONIMINK SWIM TEAM 2011

INTRODUCTIONS

•Coaches

- Matt Stewart
- Melissa Burns
- Bob Lamb
- Stephanie Viola
- Corinne Gregoire
- Greg Reith
- Pete Farrell

•Parent Reps

- Dorrie Gregoire
- Sue Levy
- Bob Lamb



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General Coaching Philosophy

- Provide structure and consistency
- “Praise the effort, not the achievement”
- Help swimmers develop a ‘growth’ mindset



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GOALS FOR THE SEASON

- Have Fun
- Improve stroke technique
- Improve aerobic endurance
- Develop a passion for the team and swimming
- Every swimmer post a "best time" at end of season



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2 GENERAL TEAM RULES

- Arrive on time
- Honor your teammates with your effort

“99% right is 100% wrong”

-Bill Sweetenum



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TEAM COMMUNICATION

- Team Email: ascswim@gmail.com
- Matt Stewart's email: stewball@me.com

- CHECK YOUR EMAIL!!!!!!

- We do all communication via email throughout the season – it is vital that you check it and make sure that you provide an accurate email address



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DUES

- Dues for the swim team this year will be \$50 per swimmer
- All dues must be paid by a check made out to Aronimink Swim Club **(NO CASH)**
- Dues must be paid directly to one of the parent reps
- Coaches WILL NOT accept dues checks



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TEAM SUIT



- Available at C&M Sporting Goods
- Choose a size that fits NOW



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TEAM SUIT/CAP RULES

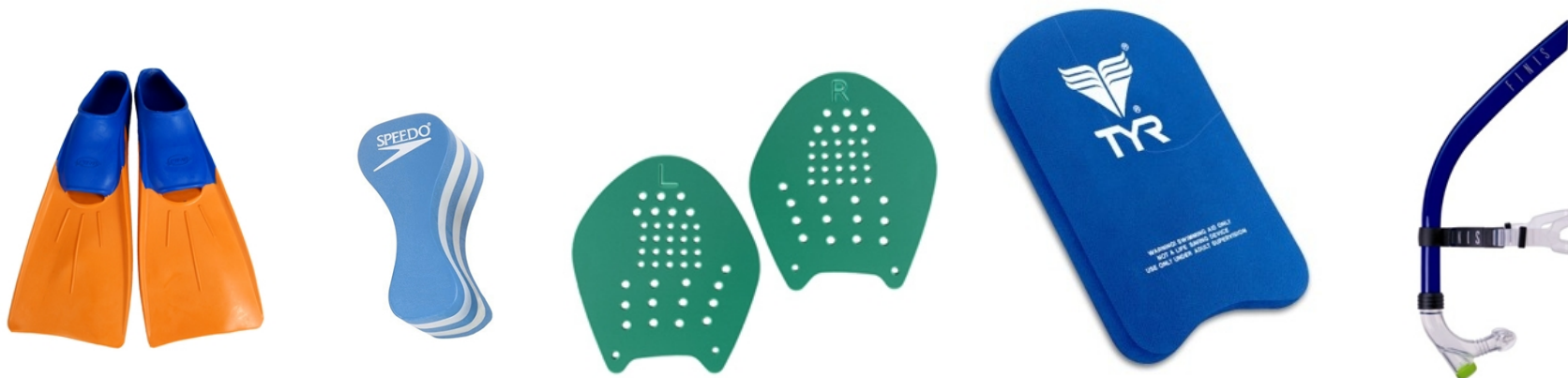
- For all dual meets, swimmers must be in team suit or generic suit (no club suits, no fast-skins, etc.). Only Aronimink Swim Team Caps or generic (black, green, silver, white) caps are permitted
- I am debating the same rule for "A" Champs this year (Pennypacker)



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GEAR

- Every swimmer needs a pair of goggles for practice; caps are optional, but a good idea (especially for girls).
- Training Gear, for swimmers who are older and plan on training in the winter as well, a training bag is a good idea:





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MAKING THE TEAM

All swimmers new to the team **MUST** complete the following to swim full-time practices:

- Swim 25 yards (one length of the Adult Pool) in **40 seconds or less**
- Swim the 25 yards without stopping or grabbing onto the wall/rope, and demonstrate an over-the-water recovery



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WHO TRIES OUT, AND WHEN?

- All **NEW 9 & 10 year old swimmers** will try out on Tuesday, May 31, at 4:30 PM.
- All **NEW 11 & Older swimmers** will try out on Tuesday, May 31, at 5:30 PM
- All **NEW 8 & UNDER swimmers** will try out on Monday & Tuesday, June 6th and 7th at 4:30 PM
- I will make the final call on all swimmers and what team he/she will swim



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VACATIONS

Please be sure to either fill out the Online Vacation Form (Google Docs) or email me any dates in which your child will not be able to participate in a meet.

It is vital that we have this information in the planning of meets.

If your plans change at all during the summer, please let me know.



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PARENT VOLUNTEERS

- Volunteer to help at (2) meets
- Online Sign-up (*Sign Up Genius!*)
- Timers
- Place Judges
- Stroke & Turns Officials
- Starters
- Runners
- Announcers
- Scorers / Computer Operators

If you refuse to volunteer for meets during the season, your child will not swim.



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PARENT VOLUNTEERS

- If you are interested in learning how to use the computer scoring system at meets, see me for details.
- If you are interested in learning how to serve as a stroke/turn judge at a meet, there will be a training session before the season starts (TBA, but will be held at Wallingford Swim Club)



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JV or VARSITY?

- In all meets, I try to schedule at least 2 events for each swimmer
- Swimmers for Varsity meets are determined based on the fastest times and ability to swim all four strokes
- JV Swimmers are primarily swimmers who do not swim in Varsity Meets



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JUNE		May 31	June 1	June 2	June 3	June 4
		Little Waves (4:30 – 5:30 PM) Big Waves (5:30 – 7:00 PM)	Little Waves (4:30 – 5:30 PM) Big Waves (5:30 – 7:00 PM)	Little Waves (4:30 – 5:30 PM) Big Waves (5:30 – 7:00 PM)	Little Waves (4:30 – 5:30 PM) Big Waves (5:30 – 7:00 PM)	Little Waves (4:30 – 5:30 PM) Big Waves (5:30 – 7:00 PM)
June 5	June 6	June 7	June 8	June 9	June 10	June 11
	Little Waves (4:30 – 5:30 PM) *Try-Outs @ 4:30 Big Waves (5:30 – 7:00 PM)	Little Waves (4:30 – 5:30 PM) *Try-Outs @ 4:30 Big Waves (5:30 – 7:00 PM)	Little Waves (4:30 – 5:30 PM) Big Waves (5:30 – 7:00 PM)	Little Waves (4:30 – 5:30 PM) Big Waves (5:30 – 7:00 PM)	Little Waves (4:30 – 5:30 PM) Big Waves (5:30 – 7:00 PM)	
June 12	June 13	June 14	June 15	June 16	June 17	June 18
	Little Waves (4:30 – 5:30 PM) Big Waves (5:30 – 7:00 PM)	Little Waves (4:30 – 5:30 PM) Big Waves (5:30 – 7:00 PM)	Little Waves (4:30 – 5:30 PM) Big Waves (5:30 – 7:00 PM)	Little Waves (4:30 – 5:30 PM) Big Waves (5:30 – 7:00 PM) <i>Malvern Mini Meet</i>	Little Waves (4:30 – 5:30 PM) Big Waves (5:30 – 7:00 PM)	
June 19	June 20	June 21	June 22	June 23	June 24	June 25
	Big Waves (8:00 – 9:30 AM) Little Waves (9:30 – 10:30 AM)	Big Waves (8:00 – 9:30 AM) Little Waves (9:30 – 10:30 AM)	Varsity Meet Martins Dam 6:00 PM (AWAY) Normal AM Practices	Big Waves (8:00 – 9:30 AM) Little Waves (9:30 – 10:30 AM)	Big Waves (8:00 – 9:30 AM) Little Waves (9:30 – 10:30 AM)	
June 26	June 27	June 28	June 29	June 30	July 1	
	Big Waves (8:00 – 9:30 AM) Little Waves (9:30 – 10:30 AM)	JV Meet Swarthmore 9:00 AM (HOME) Normal Practice B	Varsity Meet Marple Newtown 6:00 PM (HOME) Normal AM Practices	Big Waves (8:00 – 9:30 AM) Little Waves (9:30 – 10:30 AM)	Big Waves (8:00 – 9:30 AM) Little Waves (9:30 – 10:30 AM)	



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>JULY</h1>					July 1	July 2
					Big Waves (8:00 – 9:30 AM) Little Waves (9:30 – 10:30 AM)	
July 3	July 4	July 5	July 6	July 7	July 8	July 9
	NO PRACTICE	JV Meet ACST 6:00 PM (AWAY) Normal AM Practices	Varsity Meet St. Albans 6:00 PM (HOME) Normal AM Practices	Big Waves (8:00 – 9:30 AM) Little Waves (9:30 – 10:30 AM)	Big Waves (8:00 – 9:30 AM) Little Waves (9:30 – 10:30 AM)	
July 10	July 11	July 12	July 13	July 14	July 15	July 16
	Big Waves (8:00 – 9:30 AM) Little Waves (9:30 – 10:30 AM)	JV Meet Rose Tree Woods 9:00 AM (HOME) Normal AM Practices	Varsity Meet Ply-Mar 6:00 PM (AWAY) Normal AM Practices	Big Waves (8:00 – 9:30 AM) Little Waves (9:30 – 10:30 AM)	Big Waves (8:00 – 9:30 AM) Little Waves (9:30 – 10:30 AM)	
July 17	July 18	July 19	July 20	July 21	July 22	July 23
	Big Waves (8:00 – 9:30 AM) Little Waves (9:30 – 10:30 AM)	JV Meet Plymouth 9:30 AM (AWAY) Normal AM Practices	Varsity Meet Pennypacker 6:00 PM (AWAY) Normal AM Practices	Big Waves (8:00 – 9:30 AM) Little Waves (9:30 – 10:30 AM)	Big Waves (8:00 – 9:30 AM) Little Waves (9:30 – 10:30 AM)	"B" Champs @ Wallingford 8:00 AM
July 24	July 25	July 26	July 27	July 28	July 29	July 30
	Meter Free Champs @ Ply-Mar, 4:00 PM Practice: 8:30 – 10:30 AM	Practice: 8:30 – 10:30 AM	I.M. Champs @ Swarthmore, 4:00 PM Practice: 8:30 – 10:30 AM	Swim Team Party @5:00 PM Practice: 8:30 – 10:30 AM	Practice: 8:386 0 – 10:30 AM	"A" Champs @ Morgie Newtown 8:00 AM



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PRACTICE SCHEDULES

Practice Schedules for the 2011 season will be run broken down into two groups:

- Little Waves (ALL 5 – 10 Year Olds)
- Big Waves (ALL 11 – 18 Year Olds)

Swimmers will be grouped according to ability at these practices. Swimmers may move up to swim at Practice "B" if the coaches feel that the swimmer is capable of doing the workout.

If it's raining...check your email.



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SUBURBAN SWIM LEAGUE

Check out our league website:

www.ssl-summer.com

Latest info on meet results, Top 40 times, directions to all clubs, etc.



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QUESTIONS?

ascswim@gmail.com

stewball@me.com