



aronimink swim team 2009

May 20, 2009

Dear Parents and Swim Team Members,

Welcome to the 2009 season of the Aronimink Swim Team. We are eagerly looking forward to another fun and successful season for our swim team. Be sure to check out Aronimink on the league website, www.ssl-summer.com/aronimink.html.

Coaches

Matt Stewart will be returning as head coach for the swim team, and he will be assisted by Melissa Burns, Stephanie Viola, Corinne Gregoire, and Greg Reith.

Swim Team Dues

Swim Team Dues for this season will be collected as follows:

- \$50.00 per child

Please pay your dues to either Sue Levy or Dorrie Gregoire. **COACHES WILL NOT ACCEPT PAYMENTS.** Submit all payments in an envelope with the swimmer's name on it. Make all checks payable to Aronimink Swim Club. **Do not pay in cash.** Payments can be mailed to Sue Levy at her home address:

Sue Levy
925 Blythe Avenue
Drexel Hill, PA 19026

Goggles and Bathing Caps

Please purchase a pair of goggles and bathing cap for the season (cap is optional for males). Make sure that you write your name on your goggles; they tend to magically 'walk off' on their own during the season.

Bathing Suits

The team suits this year are new. C & M Sporting Goods will be carrying the suits for the club. You can order your suit at the store in Manoa Shopping Center.

WORD TO THE WISE: When choosing a size for your child, pick a size that will fit them NOW. The material stretches after a few wears. In fact, it is okay if the suit is a little 'tight'; it will stretch in the water.

Swimmer Gear

Besides owning a pair of goggles, a suit, and a bathing cap, swimmers can utilize practice gear to enhance their learning/training with swimming. For swimmers who are older than 11 years old, it may be a good idea to look into purchasing fins, a pull buoy, kickboard, and Finis Snorkel for practices this summer. Stay tuned for more details on this topic.

Making the JV/Varsity Team

If you are new to the swim team, you must meet the following requirements to make the team:

- Swim 25 yards (one length of the Adult Pool) in **30 seconds or less**
- Swim the 25 yards without stopping or grabbing onto the wall/rope, and demonstrate an over-the-water recovery
- Demonstrate ability to swim a second stroke (backstroke, breaststroke, or butterfly)

Making our new "Mini Waves" Team

We have decided this year to create a mini-team for those swimmers 8 & Under who do not meet the criteria to swim JV or Varsity practices. To qualify for this team, a swimmer must do the following:

- Swim 25 yards (one length of the Adult Pool) **between 30 and 40 seconds**
- Swim the 25 yards without stopping or grabbing onto the wall/rope, and demonstrate an over-the-water recovery

New swimmers nine years old or older will have from **Tuesday, May 26 until Friday, May 29** to meet these requirements. New swimmers eight years old or younger will have **Monday, June 1 and Tuesday, June 2**, to meet these requirements.

Vacations

Please make sure that you indicate on the sign-up sheet when you will be away during the season. We need the information when we put line-ups together. Please take into consideration camps, summer-schooling, or day trips as well.



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Parent Volunteers

We need help timing, judging, scoring, and coordinating swimmers during meets, etc. Please see Sue Levy or Dorrie Gregoire to sign-up to help out! We are asking that parents volunteer to help out at two (2) or more meets this season. We will have sign-up sheets available at tonight's meeting and on the swim team bulletin board.

"A" and "B" Championships

At the end of each swimming season, the Suburban Swim League holds its "A" and "B" Championships. If a swimmer qualifies for either of these two meets, it is required that at least one of his or her parents volunteer to help out with timing, scoring, etc. If the parents refuse to help, then the swimmer cannot swim in either of the meets.

Email Communication

Please make sure that you provide a valid and active email address at sign-ups for swim team use. Email is our most effective way of communicating with our swimmers and parents. If you are not receiving team emails, please contact Matt Stewart immediately (stewball@rcn.com).

Practice Schedules

Practice Schedules for the 2009 season will be run broken down into two groups:

- Practice "A" (ALL 5 – 10 Year Olds)
- Practice "B" (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.

"B" Practice swimmers will also have the option of participating in a more rigorous summer training program that will average 4,000 – 6,000 yards per practice. This option is more suited to swimmers who are either highly competitive winter swimmers over 11 years of age or swimmers who plan on swimming in high school. It is entirely at the coach's discretion to decide who swims in these practices. See Matt if you have more questions.

Swim Team Party

The annual Swim Team Party will take place on Thursday, July 23, at 5:00 PM. The night will feature team awards, dinner, a DJ, pool games, the team gift, and the showing of the 2009 Team Video. Mark this one down in your date books...it is one night you do not want to miss! Speaking of the video...

2009 Team Video

Are you handy with a video camera or a digital camera? Matt Stewart will once again be putting together a highlight video of the season for the team. He will need your help with gathering material for the video. He will need video footage of meets (both JV and Varsity), and he will need still pictures as well. Please see Matt if you are interested in helping.

League Website

The Suburban Swim League has a website that features team schedules, meet results, league records, etc. The site can be found at www.ssl-summer.com.

Contacts

If you have any questions regarding the swim team, email him at stewball@rcn.com.

A Final Note...

It is our goal as a team to have fun. We would like the swim team to be something swimmers will truly enjoy doing each day. We also strongly emphasize the importance of sportsmanship to our swimmers both from our team as well as other teams. We would like Aronimink to be the "Class" of the Suburban Swim League, and we are certain that we are capable of achieving that goal.