

ATHENS SWIM TEAM
2010
PARENT INFORMATION
BOOK



ATHENS GATORS
www.athensgators.org

AST CONTACTS:

BOARD MEMBER

ANNA UNDERWOOD

mandaunderwood@aol.com

HEAD COACH

JESSICA AARON

jessica.aaron@gmail.com



ATHENS SWIM TEAM



Thank you for inquiring about the Athens Swim Team! We hope that we answer all of your questions. In case we do not, please do not hesitate to ask us.

The Athens Swim Team exists to promote good, competitive swimming. Therefore, we cannot provide swim lessons. Swimmer qualifications are as follows:

- Swimmers must be between the age of 5-18
- Must be able to swim length of pool appropriate to age group. Those 5-8 years of age need to be able to swim 25 yards without assistance and be comfortable in the pool. Swimmers aged 9-12 need to swim 50 yards without assistance and without touching the sides of the pool. Those aged 13-18 must be able to swim 100 yards without assistance and without stopping.

Registration is \$125. This fee covers practices, all meet fees (with the exception of the Madison Medal meet which is optional), all coaching fees, all equipment (other than goggles and a swimsuit) for the entire season, and your swimmer's end of the year picnic/award's banquet. You will receive up to a \$40 credit, deducted at registration time toward your fees if you choose to participate in one of the following: 1) Fundraiser 2) Sponsorship program.

SUMMER PRACTICE:

Summer practices are normally held every weekday morning except Wednesday. Younger children (10&Under) or beginner swimmers are generally only required to swim for one hour and they may only swim 3 days per week. Your coach will determine what is best for you. Attendance at practice is strongly encouraged; please notify us if you will be unable to attend on a certain day. Regular practice attendance builds discipline, both mental and physical, which is essential for competitive swimming. Generally, the more you practice, the more you win!

Practice will be between the hours of 7:30 a.m. and 11:15 a.m. with age group times to be determined.

SWIM MEETS

All of our 6-8 swim meets are scheduled to be split between home and away. Our regular season away meets are within a one-two hour drive and are during the months of June and July. They are usually on Tuesdays, Thursdays, or Saturdays. A tentative schedule is forthcoming. Directions for each away meet will be on the website or available in the file box. Please be sure to pick them up on the day of the meet. Note: there is a file box with a folder for each family. This is where you will pick up ribbons and any pertinent information. The weekly newsletter will be available online or hard copies

can be found in the file. Volunteers are needed for all meets. It is really fun to be part your child's team. Kids love to see parents that are an active part of their sports! No formal training is required for any of the duties; we can show you what you need to know in less than 2 minutes. Duties include Timers, Scoring, Judging and Ribbons. Signup sheets are posted at practices so that all parents can signup well in advance for meets. Home swim meets cannot be run without 15 volunteers per meet! Away meets require 10 volunteers. Therefore, parents must volunteer for at least two meets or you may choose to pay \$20 per meet so that we may hire someone to take your place. Please contact us should you have any questions.

DISTRICT MEET: Our district meet is scheduled to be held in Sheffield on a date to be determined. This meet is conducted to determine who will qualify for the state meet. Attendance is encouraged, but is not required.

RACE Championship Meet: This is the year-end meet for the RACE League we participate in with a number of swim teams from Tennessee. It will be held in Sewanee on Saturday, July 17th. Those 10 & Under will swim in the morning, and those older will swim in the afternoon. This meet is highly recommended for all swimmers. More information will be forthcoming.

STATE MEET: Held in Valley this year on Friday, July 29th and Saturday, July 30th. Those who qualify at district are eligible to compete.

UNIFORM

We strongly encourage all swimmers to purchase a uniform. It encourages team spirit, and it will hold up better than suits designed for non-competitive purposes. Our team suit is a print by TYR (pronounce "tier") called "Shockwave." The suits are available from First Place in Huntsville. The cost is around \$40 for female suits and around \$25 for male jammers. We advise using it only for swim meets and using an inexpensive one for practices. A very large selection of goggles is also available at First Place. We recommend trying a few on to find a good fit. First Place Athletics will have suits, goggles, and other equipment available for purchase at the Athens pool on Friday, May 28 from 3:30-5:00 p.m.

FUNDRAISERS

Sponsorships! Sell ad space in the heat sheets for our home meets. It's a great way to increase the swim team's exposure in our city!

You can also choose to sell **Domino's Pizza** cards. More information to come.

SWIM CLINIC

We are very excited to be able to offer a swim clinic to new swimmers. This five day clinic will focus on one stroke per day and conclude with a day of starts and turns. One to two hours of instruction per day will be given based on age and ability. At the end of the week, each new swimmer will have an opportunity to qualify for the swim team by swimming an age-appropriate length without assistance. Returning swimmers will come at their age appropriate times and WILL NOT be charged any extra. This week will be considered part of summer practice. Please attend based on the group you were assigned at the END of last year's practice. New swimmers will be placed in age/ability appropriate groups.

This clinic is offered to new swimmers. There is a nominal charge of \$35. If your child qualifies and wishes to join the team, the entire \$35 will be applied towards the summer fees.

Please note that this schedule is tentative!

Monday, May 24^m – Participants must fill out paperwork before entering the water.

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| Minnows & New Swimmers | 3:30pm to 5:00pm |
| Dolphins | 4:30pm to 6:00pm |
| Sharks | 5:30pm to 8:00pm |

Tuesday – Friday- May 25th - 28th

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| Minnows | 4pm to 5:00pm |
| Dolphins | 5pm to 6:00pm |
| Sharks | 6pm to 8:00pm |

AST Checklist:

To participate in the Athens Swim Clinic:

1. Fill out Registration Form
2. Fill out Legal Waiver
3. Fill out Medical Authorization Form
4. Make check payable to AST for \$35.
5. Show up on May 24th and be ready to swim!!