

Hello all -

Below are my notes from the parents' meeting held on Tuesday. Even if you attended, please read through the notes as I've added a few notes.

Over the next several days (about 10) I will be sending one message daily to get many time-sensitive and important pieces of information in circulation. Once all this information is out, expect about one message from me per week.

Looking forward to a great season,

Jen

SWAC Parents' Meeting – 9/29/2009 MINUTES with added notes:

Roberta Lichter of the CB Community School made the following points:

1 – Handbooks and directories will be distributed via email soon. The new handbook will also be available on the SWAC website (www.cbswim.org). Last year's handbook is currently on our website if you have pressing questions. Read your handbook and keep it accessible for frequent reference. Directories should be used for carpooling and other personal use. Do NOT use the directory to create distribution lists for any type of solicitation

2 – Conflict dates are dates on which the normal SWAC practice schedule is interrupted by other events being held at the schools. There is no SWAC practice on these dates. The list of dates will be available soon and could have additions after the first circulation of the list as the high school swim team schedules are finalized. The first SWAC conflict date for this season is Friday, October 9 – again, there will be no SWAC practice on this date.

3 – Snow/Emergency cancellations will be announced by website (www.cbsd.org – follow the community school and aquatics programs links then scroll down to the bottom of the list and choose “Weather Cancellations”). We will also try to send emails and have the information posted on the SWAC site, however, cancellations are on the Central Bucks site immediately and the volunteers sending emails and posting items to the SWAC site are not always available immediately. See the handbook for general rules about when practice will be held when the district buildings are closed or have a modified schedule.

4 – Team Track is a voicemail system used to communicate with the coaches “last minute” before meets. If you have signed in to a meet and have a last minute emergency that causes you to be unable to attend the meet, you should call this number (posted on the SWAC site, upper right corner) and state which coach the message is for, your swimmer's full name, age, gender, and message. The system is available for meet call-outs from Friday at 5pm until 2 hours prior to meet start on Saturday.

5 – Building/Practice Etiquette - When at CB South, please remember to stay in the pool area of the building and ensure that your children behave as they would at school during regular school hours (no running, wheeled-shoes, etc.)

Parents' Board members made the following points:

1 – Parent board was introduced. Board members and assistants are all volunteers. See a list of the board members and assistants on the website.

2 – Communications –

- Website - Become familiar with the website and check frequently.
- Roberta and the parents' board will use email to communicate. Jen will send weekly email updates. Messages will be more frequent during the first couple weeks as there are many policies/procedures and other info to get out. Please read and save everything. Only contact Jen/Roberta with questions after you've read all communications and checked the handbook and website. All mass mails from Jen will be on the website under "weekly updates."
- Check your family folder and review the bulletin board each time you attend practice at CB South.
- Questions about your child's progress or coaching should be directed to the head coaches. Questions about administrative and facilities issues should be directed to Roberta Lichter. Questions about invitationals, ribbons, website, volunteering should be directed to the board.
- For more info on our league visit www.suburbanaquatic.org.
- Be sure to check e-mail, the website, and the bulletin board frequently to be up-to-date. If you have any questions ask... a friend, a board member, someone you see in the stands at practice.

3 – Volunteering – The volunteering guidelines are on the bulletin board and will be sent out by email shortly. Please read and follow these guidelines. Reps will use the information on the parents association forms each family filled out to assign meet jobs. If you cannot work a meet (whether your child is attending or not) contact your rep BEFORE the volunteer list is posted. If you have specific meets you'd like to work, again, contact your rep. Generally we ask each boy family and each girl family to provide a worker at 3 or more meets. On the boys side, given the smaller team with the same volunteer requirements, more than 3 meets is often required. Once the volunteer list is posted, it's the volunteer's responsibility to get a replacement if they cannot work. Your directory and the preference list (to be posted on the volunteering page of the website) should be used to identify appropriate replacement volunteers. Volunteering at a meet is often more interesting than sitting in the stands...the time seems to pass faster. You can always see your child swim (even if you work at the snack bar you can take a moment to go watch your swimmer's races.) Again, refer to the volunteering e-mail to be sent soon for detailed information about volunteering. Remember to attend training clinics as necessary (Stroke & Turn, Starter/Referee). Everyone's help is greatly appreciated. The club's ability to

work together well has made this a great place to attend meets in past seasons and we hope to continue this tradition this season.

4 – Time trials will be held in late October. There will be two nights of time trials. The nights will be divided by age. There will only be time trials on these nights (no practice) so your swimmer will have time trials on one of the nights and NO PRACTICE on the other night. Make every effort to attend time trials and do your best. The coaches will use these times to help with line-ups for the first few meets. If you cannot attend on your scheduled date, come on the other date. If you are making this change, you do not need to let the coaches know, however, let the volunteer reps know via email (see volunteering page of site for reps emails) so you are on the correct volunteer schedule. A flyer with time trials details will be circulated soon via email. See FYI note in welcome flyer (sent via email 9/28/09) for description of time trials.

5 - Also, our (optional) team suits are available at Training Zone. Getting your suit ASAP is recommended as it is a two-year suit in its second year so the manufacturer may not have additional suits to send to vendors. Training Zone will be at time trials for suit fitting and sales if you prefer.

6 – This season’s apparel order form is available on the website and will be circulated via email soon. The deadline for submitting the form and payment for any orders is 10/28/09. Place completed forms with payment in the folder marked “Apparel” in the front of the “A-K” family folder box. Contact Chris Kauffman (clckman@comcast.net) with questions about apparel.

7 – As noted in the welcome email, some left over prior year SWAC items are available for sale. After sales at the meeting, a few items are still available. As there are so few items, I will arrange sales via email. The items available are listed at the bottom of this message. Email me to arrange a purchase. Also email me if you need to purchase a SWAC cap. (Prices are listed at the end of this message.)

8 – Our dual meets (held on Saturdays) are part of the regular season, are a competition between two teams, do not cost an extra fee, and swimmers swim coach-chosen events.

9 - Invitationals are optional meets in which swimmers choose their own events and pay an additional fee per event. Our invitational coordinator is Ginny Fitts (daveandginny1311@comcast.net). Invitational Registration procedures are on the bulletin board and will be emailed shortly. The first two invitationals of the season are ready for online registration on our website. Please plan to attend our SWAC invitational (our big fund-raiser) on Sunday, November 15. The Perkiomen Valley invitational (11/1/09) registration deadline is coming up (10/9/09). Watch for details to be emailed shortly. Please register and place payment in the red invitationals folder in front of the “A-K” family folder box on time. As details about other invitationals are circulated by the host teams, it will be emailed and placed on the bulletin board. Online registration becomes available as soon as the host team provides the necessary computer file.

10 – Dual meet sign-IN and OUT procedures are detailed in the handbook and emails will go out about this process closer to the time of our first dual meet. Basically, you go to our website to

sign-in to or out of a meet during the week before the meet (9am Monday – 9pm Wednesday). It is strongly preferred that you sign-in or out either way, however, if you fail to do so your swimmer will be assumed NOT to be swimming and will not be put in the line-up. If your swimmer shows up at a meet and has not signed in, s/he will NOT be put into the meet. During the sign-in process there is an opportunity to write the coaches a note about your swimmer's meet attendance (example: will be late – arriving at 1pm, wants to swim breast if possible, injured shoulder so no fly). Be brief and include specific times (if relevant) here. Excessively long comments have brought the system down before.

11 – The league entry limit per swimmer for dual meets is 2 individual swims and 2 relays OR 3 individual swims and 1 relay. (See minimum swims to be expected per swimmer below in coaches' comments.)

12 – There are lots of deadlines and policies/procedures to be observed. Please be sure to keep yourself informed so the season runs smoothly for everyone. Our deadlines are firm and need to be met (refer to deadline policy to be emailed shortly and on bulletin board). Be sure to plan to meet them. Our deadlines are set based on when the volunteer or coach doing the related organizational work needs the information to meet outside deadlines, not on the SWAC (or your personal) practice schedule. Deadlines may fall on nights when practice is at CB East or when there is not practice (in such circumstances plan to meet the deadline early). The family folder boxes will be available (in the equipment room behind the blocks) on nights when SWAC practice is at CB East. Feel free to stop by and drop off items on those nights. On nights with no practice, we are not to be at the building related to swimming and the boxes are not accessible.

13 – The CB Aquatics Teams (SWAC, CBAC, CBST, and the 3 high school teams) will again hold a swim-a-thon this season. The event will be held during practice one night in January. Much money has been raised in the past to support worthy, local, children's' charities. This season's charity will be announced when plans are finalized. The top contribution earners will receive prizes. Expect to see more details of this event in late December or early January.

14 – We are planning 2 additional "fun" nights for the team this season. In November we plan to have poster making and in January, a t-shirt decoration evening is planned. Watch email for details of these events.

15 – Please respect the individuals with organizational responsibilities by keeping informed and observing policies, procedures, and deadlines. Also please do your part by offering to volunteer whenever you are able to do so.

16 – There is a lot of information – don't panic! Just ask if you have questions (but be sure to read provided information, including emails, handbook, bulletin board, and website first).

Our boys head coach (Julian Krisak) and girls head coach (Mike Bonitatibus) provided some information about their backgrounds and expressed enthusiasm about the upcoming season. They also made the following points:

1 – Coaches like to see swimmers a minimum of 2-3 times per week at practice, however, everyone understands busy schedules! The more often you attend practice, the better you will swim and the better the coaches will know you. The coaches will also consider practice attendance when writing line-ups.

2 – Make every effort to attend time trials and do your best. The coaches find the information they get from time trials to be very useful.

3 – Given the size of our teams, swimmers should not expect to routinely swim the maximum (league allowed) number of events at each meet. Mike promises 1 relay and 1 individual swim as a meet minimum for girls and Julian promises 1 relay and 2 individual swims for boys. These minimums apply only for swimmers who attend the full meet (i.e., not arriving late or leaving early). The coaches will try to vary the events that each swimmer gets to swim from meet to meet.

4 – Arrive on time for meets (this means 15-30 minutes BEFORE warm-up) and check in with a coach and deck parent. Girls should plan to arrive 30 minutes before warm-ups and boys 15 minutes. Plan to stay until the end of the meet unless you have pre-arranged (that means before the meet) with the coach to leave early.

5 – Remember that you must sign into the dual meets by Wednesday. It is imperative that this deadline is met as the coaches need to know who will be in attendance to write a line-up and writing a line-up is time consuming (cannot be done last-minute).

6 – There will always be SWAC coaches at each SWAC practice. On nights when CBAC and SWAC practice together, there will be coaches from each team. Initially, SWAC coaches will focus on SWAC swimmers and CBAC coaches will focus on CBAC swimmers. As the season goes on, different coaching strategies will be employed and swimmers may be instructed by all the different coaches.

7 – Coaches e-mail addresses were provided so that parents can contact them for information about their child's progress only. Do NOT email coaches about meet attendance in any circumstance. These email addresses will be on the website shortly. Coaches' cell numbers were also provided. Please be considerate and only use these numbers if necessary.

Items for sale:

Any unsold items will be available time trials (possibly) and the snack bar of our home meets. Alternatively, email Jen to arrange a purchase.

Towels - \$15 (4 left)

SWAC Bag - \$8

Chamois - \$3

Zip-up Hoodie – YL, adult sizes: M, L, XL (royal) -\$20 (5 left)

SWAC caps are also available. Silicone for \$10 or Latex for \$5.