

Highlights:

1 - Remember - there is no practice this Thursday, December 17.

2 - The deadline to sign-up for the Pennsbury Splash and Council Rock invitationals is TODAY. See details in the reminders section.

3 - The school break practice schedule will be posted on the website ASAP. Practice will be held as usual on Monday, December 21, Tuesday, December 22, and Wednesday, December 23. During the school break, practices will be held at CB South on Monday, December 28 and Wednesday, December 30. Times for the practices on the 28th and 30th are as follow:

3-4PM 10 and unders

4-5:30PM 11 and ups

These will be combined CBAC/SWAC practices at CB South.

The regular practice schedule will resume on Monday, January, 4.

4 - All of the girls apparel has now been picked up. A couple boys apparel orders have not yet been picked up. Please contact me to make arrangements to get your apparel.

5 - The final invitational of the season (Last Chance at Upper Merion) will be held on SATURDAY, January 23. Details of this meet can currently be viewed by following the link on our website (invitationals page). Such details will be on our bulletin board shortly and online sign-up is currently available. The deadline for signing up for this meet (online and payment) will be Tuesday, January 5. Due to how the host team's timeline fits into the holiday schedule, we have made the SWAC deadline closer to the host deadline than usual so be sure to meet the deadline as we cannot accept late entries or payments.

6 - Be sure to get any outstanding payments in ASAP and...make sure you sign (and otherwise properly fill out) your checks. Our treasurer has had an abnormally high number of unsigned checks she has had to follow-up on...please save her this aggravation.

7 - CBAC Holiday Classic participants - your awards will be delivered to South on Thursday and will be in the folders as soon thereafter as possible.

8 - This is the last weekly update of this calendar year. Enjoy the winter break.

Reminders:

9 - There is no SWAC practice on the following dates. If you do not make a note of these dates now and cannot find them later, the calendar on the website is a good place to check for this info.

December 17

January 13, 20, 27
February 4

10 - The Pennsbury Splash invitational is now available for online sign-up. It is for swimmers 12 and younger and will be held at the College of New Jersey on Sunday, January 17. Information about the meet can be accessed through the link on the invitationals page of our website and will be on the SWAC bulletin board ASAP. The SWAC sign-up deadline for this meet is TODAY (Tuesday, December 15). As usual, this meet is MA accepted.

11 - The Council Rock Invitational will be held on 1/2/2010. Online registration is now available. The SWAC sign-up deadline is TODAY (12/15/2009). See our site for details of the meet. US swimmers - CR has applied for MA acceptance of this meet.

12 - See FYI below regarding minimum meets required to swim the January dual meets and league (A) champs

13 - The Centennial Odd Age Swim Invitational will be held on Sunday, January 10, 2010 for swimmers already registered for the meet. Registration is now closed. Information for those registered is on the bulletin board and can be accessed via a link on the SWAC website (invitationals page). All participants will be emailed after the 1st of the year with timing assignments.

14 - The **diving well** is **off limits** during meets and practice. Also, the **ice machine** on deck is **off limits**. This ice is mainly for use by coaches to make ice packs in the event of an injury on deck. No swimmer at any time should touch the machine - this includes opening it and eating (yuck - lots of dirty hands in there) or throwing the ice. The ice machine is also not a refrigerator - please don't put your water bottles or food items in it. This is an expensive piece of equipment - make sure your children aren't responsible for damaging it.

15 - US swimmers: the CBAC Holiday Classic has been MA accepted. Please remember that if your swimmer gets a best US time (or makes a specific time cut) at a meet that is US accepted (e.g., SAL invitationals with MA acceptance like the SWAC invitational, CBAC Holiday Classic, Norristown Harvest) YOU need to make sure Coach Stu Kukla is aware of it. While these times are recognized within the MA, they are not loaded into the database for automatic upload by coaches. So...our coaches need to search out such times. It is quite possible that a time will be missed so please be sure to tell Stu yourself.

16 - Practice times for CB South practices changed for the rest of the season beginning on FRIDAY, November 20. Times moved 1 hour later (10 and under swimmers 6:30-7:30PM, 11 and up swimmers 7:30-9PM). Now that the new practice schedule has begun, SWAC swimmers may not enter the pool deck until the time practice is called to begin as the high school teams will be swimming until then. Swimmers should still arrive 5-10 minutes before practice time to prepare to swim and stretch in the hallway with the coaches. Practice times for CB East practices will NOT change.

17 - So that we appropriately recognize our swimmers later in the season, please review the following list of participants who have been on the team for 5 or more years. Please let me know if you believe I've missed your swimmer or listed the years incorrectly. There is no need to contact me if you agree.

Andrewlevich, Emma	5
Connor, Brynn	5
Connor, Caitlin	5
Corbett, Cali	5
Duffy, Liam	5
Formica, Marissa	5
Gruber, Kathryn	5
Halner, Kaitlin	5
Halner, Kristina	5
Hutchings, Paul	5
Korch, Jake	5
Livezey, Lauren	5
Loving, Austin	5
Magri, Kelly	5
McDermott, Heather	5
McGee, Lauren	5
McGovern, Brynn	5
Mulligan, Kelly	5
Naessens, Austin	5
Nickerson, Stephanie	5
Pursell, Tyler	5
Radziul, Nicholas	5
Scamuffo, Nicole	5
Schmidt Kelsey	5
Slysh, Andrew	5
Slysh, Daniel	5
Speese, David	5
Speese, Robert	5
Steinberg, Lindsay	5
Towle, Samantha	5

Mrozinski, Samantha	6
Ross, Melissa	6
Stack, Christopher	6

Mrozinski, Sydney	7
Place, Aaron	7
Troy, Ryan	7

Glidden, Amanda	8
Place, Ryan	8
Rusciolelli, Dean	8
Strohmeyer, Jennifer	8

Roth, Ali	9
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High School Graduating Seniors: Ilan Khayt, Ali Roth, Nicole Scamuffo

FYI:

Championship Meets:

Dual/Tri Championship Meets – These meets are run just like regular season meets except that swimmers are allowed to participate only if they swam in 40% or more of the regular season meets. (That’s 2 dual meets in November and December.) These meets determine which place each team comes in in the division and the league. Times and locations for these meets are generally not available until days before the meets as these details are contingent on the results of the preceding meets. These meets will be held on January 9th and January 16th. Girls will be away and boys will be home for both of these meets. Sign-in will be as usual (Monday-Wednesday prior to the meet) for both meets.

Division (B) Individual Championships – Individual championship meet in which any swimmer is eligible to swim. (There are no minimum meet requirements to swim at Bs.) Swimmers choose their events – there is no entry fee. B Champs will be on Saturday, January 30th with girls at North Penn and boys at CB South.

League (A) Individual Championships - Individual championship meet in which only the top 18 swimmers in the league (plus 2 alternates) in each event may compete. The top swimmers are determined by times at current season league sanctioned meets. Swimmers are allowed to participate in As only if they swam in 40% or more of the regular season meets. (That’s 2 dual meets in November and December.) There is no entry fee. A Champs will be on Sunday, February 7th at LaSalle University.

SWAC swimmers need to sign-up (similar to invitational sign-up) for division (B) and league (A) champs.

More specific details regarding the championships meets (including the sign-up procedures and deadline) will be provided in January.

Protests - If you notice an error in posted meet results, contact a coach and myself immediately. In order to correct an error or lodge a protest, the opposing team and appropriate league leadership must be notified and the revised results submitted within a week of the meet.

Minimum Meet Requirements Revisited - Swimmers must compete in 40% (2) or more of SWAC regular season dual meets (our 5 meets in November and December) to be eligible to swim in the dual championship meets in January and League Individual Swimming Championships (A Champs) in February. Any rostered SAL swimmer may compete in Division Individual Swimming Championships (B Champs) regardless of number of dual meets swum. More information about the championship meets will be provided later in the season. If you require additional information now, please refer to the league documents on the league website (access via link on SWAC site).

High school swimmers must attend three (3) SWAC dual/tri meets to receive a thank-you gift from the team at the end of the season.