

Highlights:

1 - Volunteering - To the majority of our families - THANK YOU for your cheery cooperation. Your help is greatly appreciated by the meet organizers and by your children. That said, I have had a few reports of people unhappy about having to volunteer at more than 2 meets. I am not sure where anyone got the idea that 2 meets is the minimum requirement but that is simply incorrect. As stated at the parents meeting: 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.** Again, this is a minimum. We are volunteering for our kids. We do have families who have real conflicts (e.g., both parents working during the meet time) and actually cannot volunteer, reducing our volunteer pool. If you're asked to help, please just do so. If you really cannot, contact your rep BEFORE the volunteer list is posted to let him know you cannot work a specific meet. As an aside - Bill Corbett will be preparing the volunteer list this week as usual but will not be at the girls meet. I will be there to check-in our volunteers and distribute watches so please look for me when you arrive.

2 - The Centennial Odd Age Swim Invitational is now available for online sign-up through our website. Details about this meet can be found by accessing the link on our site (invitationals page). The meet will be held on Sunday, January 10, 2010 and is for swimmers 13 and under. The **SWAC entry deadline is TODAY** [Tuesday, December 8, 2009] (must be registered online with payment in red invitationals folder by this date).

3 - The school break practice schedule will be emailed shortly once times when the buildings will be open are communicated to us.

4 - 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

5 - Remember to sign your swimmer in/out of this Saturday's dual meet by 9PM TODAY.

6 - 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, 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

Strohmeier, Jennifer	8
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Roth, Ali	9
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High School Graduating Seniors: Ilan Khayt, Ali Roth, Nicole Scamuffo

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

8 - Most of the girls apparel was picked up on Saturday. Boys apparel will be at the snack bar this Saturday - be sure to pick it up if you placed an order. Contact me to make alternate arrangements if these pick-ups didn't work for you.

Reminders:

9 - 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 Tuesday, December 15.

10 - Get you sweatpants size to Lisa Pierce (see previous messages for contact info) if a change needs to be made to the original listed size by this Friday (December 11).

11 - 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.

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

13 - 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.

14 - 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.

15 - The deadline for signing up for the CBAC Holiday Classic has passed. Information about the meet for those registered remains available via a link on our site and on the bulletin board. Any outstanding payments for this (or any other) meet should be placed in the red invitationals folder ASAP. CBAC does require volunteers. A list of assigned SWAC volunteers has been sent to those attending the meet.

FYI:

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.