

**TO: ALL NEW AND RETURNING SWAC SWIMMERS**  
**From: SWAC Parents' Board**

A few points of information for the first week of practice:

1. SWAC will be hosting our third annual invitational swim meet this season. We are asking all SWAC swimmers (ages 14 and under) to attend. We will need plenty of parent volunteers during the meet which promises to be a great fund-raiser for our team. Please mark your calendars now for this fun meet – Sunday, November 15<sup>th</sup> at CB South. (Meet details are posted on-line and on the bulletin board. On-line, team members should view the flyer and events list and recognize that the deadline in the flyer relates to other teams in the league...the SWAC registration deadline is Friday, October 23<sup>rd</sup>.)
2. Invitational registration for SWAC swimmers is completed on-line. A detailed message about invitational meets will follow shortly.
3. Please be sure to check your family folder and the bulletin board each time you attend practice at CB South. Also visit our website ([www.cbswim.org](http://www.cbswim.org)) frequently for the latest information.
4. Contact Jen Steinberg (parent board president) if there is a problem with your family folder in the box (don't have one, name misspelled, etc.).
5. REMINDER: There will be a parents meetings at CB South on Tuesday, September 29<sup>th</sup> at 7pm. Please try to attend this meeting as important information will be covered. Also, SWAC items will be available for purchase after the meeting as noted at the end of this message.
6. Time trials will be held later in October for all SWAC swimmers ages 14 and under (including SWAC swimmers who also swim US). Details will follow on the bulletin board and website and via e-mail.\*See FYI note below.\*
7. SWAC training for various volunteer positions will take place during time trials. Our girls' and boys' reps will provide a volunteer schedule to communicate who will be trained at each session.
8. League training dates for stroke and turn judges and starter/referees are posted on the bulletin board and website. Please attend if interested. Please let the girls' and/or boys' swim reps know if you have attended (Girls: Bill Corbett – [ccbcorbett@msn.com](mailto:ccbcorbett@msn.com) and Boys: Kevin Radziul – [raziul@comcast.net](mailto:raziul@comcast.net) ).
9. Our team suit is available at Training Zone. You can visit Training Zone to purchase a suit. Alternatively, Training Zone will be at CB South during time trials for suit sales (date(s) TBA). The suit is the same as last season. Wearing team suits for SWAC meets is encouraged but not required. If you need a suit you should take care of getting it as soon

as you can as the suit is a 2-year suit in its second year which often means the manufacturer does not have additional suits to send to vendors.

10. The team handbook will be updated shortly for this season. The current team handbook is available on our website. The team directory will be distributed electronically soon.

11. Each week I will be sending the team a weekly update e-mail containing important information. While I'll do my best to cover everything in this once-a-week message, sometimes circumstances (timing, importance, etc.) require that I send additional messages (this will be the case for the first few weeks!). Please read each message to keep informed...we recognize that it's a lot of information but find everything runs more smoothly when people keep themselves as informed as possible.

12. A copy of this memo has also been e-mailed to all SWAC swim team members. If you have not received the email please contact Jen Steinberg ([jensteinberg@verizon.net](mailto:jensteinberg@verizon.net) or 215-997-2129).

\*\*\*Remember to become familiar with the SWAC team website.\*\*\* <http://www.cbsswim.org>

Enjoy the first week of  
practice!

\*FYI\*:

Time Trials are held in order for the coaches to get a base-line time for each swimmer in each event. Time trials are run like a meet in that the event order of a meet is followed. Each swimmer swims each individual event for his/her age group. While there is no other team, time trials is a good way for first-time swimmers to get an idea of what a meet is like. The times from time trials will also be used as base times in the determination of personal best times for distribution of personal best ribbons. Attendance at time trials is expected. Note, however, that high school swimmers should not attend.

For our swim league (Suburban Aquatic League - SAL) a swimmer's age for this season is his/her age on October 31, 2009.

The following SWAC items are available for purchase. These are mainly left over items from prior years' team gifts and sales so quantities and sizes are limited and pricing is at or below cost (i.e., it's a deal!).

These items will be available at the parents' meeting, time trials (possibly), and the snack bar of our home meets.

Towels - \$15

Short-sleeved T-shirts (white - YM or gold - YL) - \$4

SWAC Bag - \$8

Chamois - \$3

Flannel pants - adult S (blue/gold) -\$10

Zip-up Hoodie - YL through adult XL (royal) -\$20

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