

Perkiomen Valley Aquatic Club

2011-2012 Season

Parent Handbook



PVAC
P. O. Box 26276
Collegeville, PA 19426-0276

Introduction

Welcome to another season at Perkiomen Valley Aquatic Club. The 2010-2011 season was an exciting and successful year and we hope to continue that enthusiasm into the upcoming swim season.

Perkiomen Valley Aquatic Club is a member of the Suburban Aquatic League. The Suburban Aquatic League has 22 member teams from Montgomery and Bucks Counties. These teams are organized into four divisions: North, Central, East and West. Perkiomen Valley Aquatic Club is in the West Division this year and will be using Perkiomen Valley High School as our home pool.

<u>North</u>	<u>Central</u>	<u>East</u>	<u>West</u>
Central Bucks East (CBAC)	Abington (ABAC)	Centennial (CAC)	Lower Merion (LMAC)
Central Bucks South West (SWAC)	Plymouth-Whitemarsh (PWAC)	Council Rock (CR)	Methacton Aquatic Club (MAC)
Hatboro-Horsham (HHAA)	Springfield (SAC)	Lower Moreland (LMSD)	Norristown (NAAC)
North Penn (NPAC)	Upper Dublin (UDAC)	Neshaminy (CORE)	Perkiomen Valley (PVAC)
Pennridge (PAC)	Wissahickon (WCAC)	Pennsbury (PENN)	Radnor (RAC)
Souderton (SOUD)			Upper Merion (UMAC)

Mission Statement

Perkiomen Valley Aquatic Club's mission is to develop and enhance competitive swimming skills, to help swimmers reach individual goals, and to promote teamwork and sportsmanship.

PVAC Officers for the 2011-2012 Season

President	Brenda Turner	484-744-1553	brenda.turner@pvaquatic.com
Vice President	Jennifer Cunningham	610-287-3908	jennifer.cunningham@pvaquatic.com
Treasurer	Mary Slomkowski	484.902.8293	mary.slomkowski@pvaquatic.com
Secretary	Kimberly Curcio	610-287-2639	kim.curcio@pvaquatic.com
Girls Representative	MaryJo Ansel	610.287.3632	maryjo.ansel@pvaquatic.com
Boys Representative	Amy Alderfer	610-454-7873	amyalderfer@verizon.net
USA Representative	Greg Ridge	610.420.1959	greg.ridge@pvaquatic.com
Diving Representative	Beccie Loss	610.831.5107	beccie.loss@pvaquatic.com
Webmaster	Bill Turner	484-686-4194	bill.turner@pvaquatic.com

Coaching Staff

Name	Position	E-mail address
Brian Zeigler	Girls Head Coach / Head USA Coach	brian.zeigler@pvaquatic.com
Geoff Wilson	Boys Head Coach / Head USA Coach	geoff.wilson@pvaquatic.com
Brett Amdor	Assistant Coach / USA Coach	brett.amdor@pvaquatic.com
Carolyn Risell	Head Guppy Coach	carolyn.risell@pvaquatic.com
Rob Bonsall	Assistant Coach	rob.bonsall@pvaquatic.com
Erin Focht	Assistant Coach	erin.focht@pvaquatic.com
Sue Underwood	Assistant Coach	sue.underwood@pvaquatic.com
Tim Kronstain	Assistant Coach	Tim.kronstain@pvaquatic.com
Dan Todd	Diving Coach	dan.todd@pvaquatic.com

Communication

Good communication is the cornerstone to the success of the team and the enjoyment each swimmer gets from participation. We have several means of communication:

E-Mail: E-mail is **our main and quickest form of communication**. If you have not registered on the web site at www.pvaquatic.com, please do so as soon as possible. If you have registered your e-mail but are not receiving anything, please check with the Webmaster, Bill Turner. If your e-mail address changed from last year, you will need to re-register your e-mail address. Schedule changes, as well as other team information, will be communicated via email. Please check your e-mail or the website for any schedule changes.

Bulletin Board: The bulletin board is located outside the pool entrance. Please check the bulletin board for updates, as well as forms for invitationals and other important information.

PVAC Web page: www.pvaquatic.com.

Swimsuits

We will be ordering new suits this year from D&J Sports (610-282-5895). They will be the solid black suits with the PVAC logo imprinted on the front. As a convenience to our team members, we will have samples available to try on during swim evaluations on the following dates: September 15th and September 16th. The table will be located outside the pool area, in the same location where the snack bar is set up for home swim meets. If you are unable to get to the school on the dates listed above, please contact D&J Sports. The suits that were selected this year are as follows:

Female	Speedo Super Pro Back (\$42)	OR	Aquablade Recordbreaker (\$64)
Male	Speedo Solid Lycra Jammer (\$29)	OR	Aquablade Jammer (\$54)

Both styles will be available in solid black.

Swim Fins

The coaches of PVAC would like all swimmers in the **DOLPHINS** and **SHARKS** practice groups to purchase ZOOMERS Swim Fins this year. Samples will be available at swim evaluations and the cost will be \$25.00. The deadline for ordering swim fins is.

If you miss the deadline for ordering fins, they can be purchased directly from D & J Sports. The phone number is 610-282-5895. When ordering the swim fins (ZOOMERS ó Yellow), please tell them that you are a member of PVAC and they will give you the team discount.

***Please note that the coaching staff of PVAC is not requiring swimmers in these groups to purchase fins.*

Personalized Swim Caps

PVAC will be ordering personalized swim caps again this season (Black Cap, Orange PV, last name in White). Order forms will be available at the Parent Meeting on September 3, as well as at swim evaluations on September 15th and 16th. The caps will be sold in sets of 2 and the cost is \$25.00. The deadline for ordering personalized caps is Monday, September 19, 2011. Questions regarding swim caps can be directed to Mary Jo Ansel (maryjo.ansel@pvaquatic.com).

PVAC Evaluation and parent Meeting Dates

Thursday, September 8th and Friday, September 9th: **RETURNING Swimmers only**

Monday, September 12th: **7PM Returning Families Parent Meeting**

Thursday, September 15th and Friday, September 16th: **NEW Swimmer Evaluations** if applicable

Monday, September 19th: **7PM New Parent Meeting**

Check the website for times. ** Swimmers are placed in practice groups (listed below) based on coaches evaluations.

Practice Groups:

- ***Guppies:*** This group is intended for swimmers who are new to competitive swimming. Emphasis will be placed on freestyle and backstroke with an introduction to breaststroke and butterfly. Note: pre-team season ends in January.
- ***Rays:*** For returning swimmers who need to become proficient in all four strokes. Emphasis will be on stroke and turn technique with an introduction to conditioning.
- ***Dolphins:*** Swimmers will be introduced to aerobic conditioning and provided with an opportunity for continued stroke and turn development.
- ***Sharks:*** Provides committed and motivated swimmers with an opportunity to practice more often and to improve aerobic conditioning.

Practice Times

Practices are held at Perkiomen Valley High School and Ursinus College. Swimmers that have been selected to participate in the SHARKS practice group will practice 2 days per week at Ursinus College. This will allow more practice time for all swimmers and divers. Practice times are listed on the attached calendar as well as on the web site (www.pvaquatic.com). **Please check the PVAC Google calendar on the team website for practice times and any changes due to water polo and high school swimming and diving meets.**

The pool is closed during PVSD recognized holidays. Practice times will be announced during in-service days.

In the event of a change in the practice schedule, or if practice is cancelled because of weather by the district, you will receive a team e-mail. The information will also be posted on the website.

Payments to PVAC

Registration is on line and may be paid with a credit card. For all other payments, the preferred form of payment to Perkiomen Valley Aquatic Club (PVAC) is via check only. This includes the following: Invitational Fees, Team Swimsuits, Caps, Fins and Spirit Wear. EXCEPTION: If cash is accepted for an item (i.e., swim cap), then a receipt will be given to the purchaser and a copy will be maintained by the treasurer.

The 2011-2012 Fees are posted on the web site.

Fundraising

The fundraising fee is \$50.00 per family. To meet the fundraiser requirement, each family must accumulate a total of 2 fundraising points. 1 fundraising point will be earned for each \$25 in fundraising orders. Examples of PVAC fundraising opportunities are: spirit wear purchases, and team fundraisers such as Joe Corbi Pizza, Yankee Candles and Wawa coupons among others.

Volunteers

Each family **MUST** volunteer for a minimum of 3 meets plus the PVAC Fall Fest. (Parents of boys may need to volunteer more often due to the team size.)

Parents may also meet the volunteer requirement by volunteering at the end-of-year banquet. Further information will be provided as the date gets closer.

Volunteer Jobs at a Swim Meet

Timer: This is the most popular job among both new and experienced swim parents. For this job, you will be given a stopwatch and assigned to a lane with two other timers. All three times will be recorded (someone will be assigned to record the times) and the median time is circled and will be used as the official time (or as backup for electronic timing systems). It's much cooler on the pool deck than in most observation balconies and you get a better view of the action.

Runner: After each race, the runner collects the timing slips from the timers in each lane, and takes them to the scoring table.

Scoring Table: This job requires knowledge of the Meet Manager computer program which is used for tracking the score at a swim meet. Individuals who work at the scoring table are critical to the success of the meet. If you are interested in learning more about this position, the league runs clinics each fall. Once you attend a clinic or training session, you will shadow someone until you feel comfortable doing the job on your own.

Finish Judge: These judges stand at either end of pool and help decide the order in which the swimmers finished the event (i.e., who placed 1st, 2nd, 3rd, etc). No technical knowledge of swimming is required.

Stroke & Turn Judge: These judges determine whether a swimmer touched the end of the pool during a turn and whether the technical aspects of the swimming stroke were legal. It requires knowledge of US Swimming stroke regulations and a willingness to fairly disqualify swimmers when appropriate. Those who are interested in this job attend a clinic, and then "apprentice" with someone who has done it before.

Timing System Operator: The timing system uses an electronic signal from the starter's device and the touch pads in the pool to determine the swimmers' times and order of finish. This information is displayed on the scoreboard and is fed into the computer program used by the scorekeeper that keeps track of the official results. This job requires a couple sessions of on-the-job training and will be arranged by a team representative.

Starter/Referee: The Starter/Referee runs the meet by ensuring that the swimmers start simultaneously. He/she also oversees all the other meet officials. It is up to the Starter/Referee to keep the meet moving.

Announcer: You announce the names of the swimmers in each event, and work with the Starter/Referee to keep the meet moving as quickly and as efficiently as possible.

Snack Bar: The snack bar is a great place to work and is one of our biggest fundraisers of the season. It helps pay for the end of season banquet, along with team gifts and awards.

50/50: This is another fundraiser and is a great way to meet everyone. You sell tickets during the meet and a drawing is held toward the beginning of the 2nd half. The winner gets half the money collected and PVAC gets the other half.

Deck Parent: The deck parent lines up swimmers behind the starting block prior to their race.

Set up and Break Down: These parents will help with the setting up before the meets and putting equipment away/cleaning up after meets.

Swimmers' Responsibility

It is the responsibility of each swimmer to be on time and ready to swim for both practice and meets. Communication is also the responsibility of each swimmer. **Attendance at meets is mandatory and if a swimmer cannot make a meet they **must indicate this on the PVAC attendance wiki prior to the Tuesday before the meet.** If it is after Tuesday, they must notify Coach Brian or Coach Geoff via email. Swimmers who do not notify their coaches in advance affect other swimmers in relays and may influence the final outcome of the meet. Swimmers are required to be attentive, show respect for their coaches and other swimmers, and exhibit good sportsmanship at all times. Swimmers are also **required** to stay until the **end** of the meet unless they have notified their coach prior to the start of the meet.

Officials Clinics

The league offers clinics at no charge in the beginning of the season for the technical jobs (Stroke/Turn, Starter/Referee). In order to be a starter/referee or stroke and turn judge, you must attend a clinic. Please check the PVAC website (www.pvaquatic.com) or the *Latest News* link on the SAL website (www.suburbanaquatic.org) for dates, times and locations of this year's Officials Clinics.

In order to receive an SAL "Officials shirt", you must do the following:

1. Attend a clinic
2. Work (2) meets satisfactorily
3. Complete a test and mail to:

Roger Ward
721 Springdell Road
King of Prussia, PA 19406

Schedule

The schedule for the 2011-2012 season will be posted on the bulletin board, as well as on the web site. Both the boys and girls teams will compete in dual meets* against each of the other five teams in our division, as well as two very important playoff meets in January. The playoff meets are against other teams who finish with the same record in their respective divisions. These meets determine our final league standing.

**A dual meet is where two teams compete against one another. Dual meets are scheduled with boys home and girls away or vice versa.*

League Championships are held at LaSalle University. The top 18 swimmers in each event in the entire league qualify for this meet. The coaches will inform you if your child is eligible for League Championships.

Division Championships are open to all swimmers of the division.

Invitational Meets

Invitational Swim Meets are optional, voluntary meets open to all swimmers in our league. The Invitational meet "atmosphere" provides a great experience for swimmers looking to choose their own events and swim against swimmers of similar ability level. There are several optional Invitational meets throughout our season, hosted as fund-raisers by member clubs of the league.

Swimmer League Eligibility

For swimming, these are the following age groups:	For diving, these are the following age groups:
8 and Under	11 & Under
10 and Under	12 ó 14
12 and Under	15 & Over
14 and Under	
Unlimited	

The age of the swimmer / diver for the entire season is **defined by their age as of October 31, 2011**

Members of school teams (excluding college) are eligible to compete. Members of college varsity aquatic teams are not eligible. Participation on an intramural college team does not bar participation. **Swimmers MUST be on the team roster, filed with the league, for ten days before they may compete for the team, either officially or unofficially.**

Events and Scoring

The SAL dual meet scoring system (follows PIAA system) and sequencing of swimming events are as follows:

DUAL MEET (GIRL OR BOY) EVENT ORDER			
Event #	Event Name	Event #	Event Name
1	11 & Under 1 m. Diving	22	13-14 100 m. Breaststroke
2	12-14 1 m. Diving	23	15 :& Over 100 m. Breaststroke
3	15 & Over 1 m. Diving	24	8 & Under 25 m. Butterfly
4	8 & Under 100 m. Medley Relay	25	9-10 50 m. Butterfly
5	9-10 200 m. Medley Relay	26	11-12 50 m. Butterfly
6	11-12 200 m. Medley Relay	27	13-14 100 m. Butterfly
7	13-14 200 m. Medley Relay	28	15 & Over 100 m. Butterfly
8	15 & Over 200 m. Medley Relay	29	8 & Under 50 m. Freestyle
9	8 & Under 25 m. Freestyle	30	9-10 50 m. Freestyle
10	9-10 100 m. Freestyle	31	11-12 50 m. Freestyle
11	11-12 100 m. Freestyle	32	13-14 50 m. Freestyle
12	13-14 100 m. Freestyle	33	15 & Over 100 m. Freestyle
13	15 & Over 200 m. Freestyle	34	9-10 100 m. IM
14	8 & Under 25 m. Backstroke	35	11-12 100 m. IM
15	9-10 50 m. Backstroke	36	13-14 200 m. IM
16	11-12 50 m. Backstroke	37	15 & Over 200 m. IM
17	13-14 100 m. Backstroke	38	8 & Under 100 m. Freestyle Relay
18	15 & Over 100 m. Backstroke	39	9-10 200 m. Freestyle Relay
19	8 & Under 25 m. Breaststroke	40	11-12 200 m. Freestyle Relay
20	9-10 50 m. Breaststroke	41	13-14 200 m. Freestyle Relay
21	11-12 50 m. Breaststroke	42	15 & Over 200 m. Freestyle Relay

Competitors are limited to three individual events plus one relay or two individual events plus two relays. An individual may not compete in more than 3 individual events plus 2 relays either at League Championships or Division championships or a combination of both. Any swimmer who has qualified to swim an individual event at League Championships, except individual medley, may not swim that stroke in a division relay.

The scoring system for a dual meet is as follows:

	Individual Events	Relays
1 st	6	8
2 nd	4	4
3 rd	3	2
4 th	2	x
5 th	1	x

USA Swimming

For those swimmers that are looking for something extra, USA swimming is for you. An additional fee is required to register for USA Swimming and covers the period from January 1 through December 31. USA swimming offers more meets; and depending upon the swimmers age group, a wider range of events (i.e., 400 IM, 200 back, 500 free, 1650 free, 200 fly, and 200 breast). To enter these meets, a swimmer must pay a per event fee. USA swimming culminates with a championship meet in mid-March (Junior Olympics (JOs)). If you have any questions regarding USA swimming, please see Brian Zeigler or Geoff Wilson.

More information about USA swimming can be found on the Middle Atlantic web site www.maswim.org (or by following the link from the PVAC website (www.pvaquatic.com)

Team Pictures

The date and time for team pictures will be announced shortly. Information will be sent out in a team e-mail; as well as posted on the website.

Team Banquet

At the end of each swim season, a team banquet is held. For the past few years, the banquet has been held in the PV High School Cafeteria and is a favorite event for all of the swimmers. The date for this year's banquet will be late February/early March. More information will be sent out as the date gets closer.

Questions??

To learn more about PVAC, please visit the club's web page at www.pvaquatic.com. Additional swimming information can be found at www.suburbanaquatic.org or www.maswim.org

DIRECTIONS (**Invitationals are optional)

Lower Merion High School

301 East Montgomery Ave • Ardmore, PA 19003

Take 422 E toward King of Prussia. Merge onto I-76 E and travel 3.6 miles to the PA-320 exit 330 toward GULPH MILLS for 0.3 miles. Take the PA-320 S ramp toward Villanova for 0.1 miles. Turn slight right onto S Gulph Rd. / PA-320. Continue to follow PA-320 for 1.8 miles. Stay straight to go onto Montgomery Ave. for 3.7 miles. End at 301 E Montgomery Ave.

Methacton High School

1001 Kriebel Mill Road • Eagleville, PA 19403

Take Rt. 29 South into Collegeville. Bear left onto Ridge Pike then turn slight left onto Germantown Pike for 2.7 miles. Turn left onto Kriebel Mill Road. The High School is on your left.

Norristown Area Aquatic Club

1900 Eagle Drive • Norristown, PA 19403

Take Rt. 29 South to Collegeville. Bear left over Perkiomen Bridge. Bear left onto Germantown Pike. Turn right on North Whitehall Road. Turn right onto Eagle Drive. You will be on the Norristown School District Campus. Park in the lot to the left. Pool entrance is at far end of building.

Radnor High School (Radnor Aquatic Club)

130 King of Prussia Road, Radnor, PA 19087

From Exit 13 of I-476 (Blue Route, Villanova/St.DavidsExit), turn left at the bottom of the highway ramp onto Lancaster Ave. Travel less than 1/2 mile to Radnor-Chester Road (Traffic Light). Turn right. Rear entrance to the high school is the first possible right turn from Radnor-Chester Road. Pool entrance is adjacent to the football stadium

Upper Merion

Crossfield Road • King of Prussia, PA

Take Rt. 422 East to the First Avenue exit. Go straight at light onto First Avenue. Stay straight on First Avenue to Allendale Road. Turn right onto Allendale to the first light. Turn left onto Keebler Road. Turn right onto Springhouse Road. Turn right onto Crossfield Road. High School is at the end of the street. Parking in front. Pool is near the left entrance.

Upper Dublin

800 Lock Alsh Ave., Fort Washington

Take the PA Turnpike (Rt. 276) East to Fort Washington exit. Take the first ramp on right to Rt. 309 North. Exit at Highland Avenue from right hand lane. At bottom of ramp turn right onto Highland Avenue. At traffic light, turn left onto Fort Washington. Turn left onto Loch Alsh Avenue. High School is on your left. Pool and parking in the rear.

Alternate Route: Take Rt. 73 to Butler Pike (Ambler). Broad Axe Tavern is on the corner. Turn left onto Butler Pike. Continue through the town of Ambler to Bethlehem Pike (Old Rt. 309). Turn right onto Bethlehem Pike and continue for about 2/10 mile – just past the Rite Aid Pharmacy). Turn left onto Lock Alsh Avenue. Continue through several stop signs. High School is on your left. Pool and parking in the rear.

*See CB South, Centennial (William Tenant) and Upper Merion directions below.

INVITATIONALS

Central Bucks East (Holiday Classic Invitational**)**

2804 Holicong Road, Doylestown

Take Rt. 113 North to Skippack Pike (Rt. 73). Turn right on Rt. 73 to Rt. 202. Turn left on Rt. 202 North. Continue on Rt. 202 North through Doylestown and past Rt. 313. Turn left on Rt. 413 North. Turn right on the first street ó Anderson Road. Parking is on left. Pool entrance is through middle doors.

Central Bucks Southwest (at CB South HS)

1100 Folly Road, Warrington, PA

From PV High School, take Route 29 South to Route 113. Turn left onto 113 East. Follow 113 through Souderton to Route 309. Turn onto Route 309 South for approximately 3.3 miles. Turn left onto Line Lexington Road. Turn right onto County Line Road. Follow for approx. 2 miles. Turn left onto 202/State Road. Follow for approx. 2 miles. Turn right onto Bristol Road for about 2 miles. Turn right onto Folly Road. School is about ½ mile up the road.

College of New Jersey (Pennsbury Splash Invitational)**

2000 Pennington Road, Ewing, NJ

Take PA Turnpike East (Rt. 276) to the US Rt. 1 exit (Philadelphia/Trenton exit). Follow US 1 North to I-95 North. Take I-95 North to Exit 4A (Rt. 31, South/Pennington Ave.) Bear right at end of ramp. Continue on Pennington Avenue to 1/5 miles to the third light. Turn left into the college main entrance and follow Metzger Drive to the right. Go around a left curve into a large parking lot on the left. The pool is in the center of the campus beyond the stadium.

Norristown (Harvest Invitational**)**

Eagle Drive, Norristown

Take Rt. 29 South to Collegeville. Bear left over Perkiomen Bridge. Bear left onto Germantown Pike. Turn right on North Whitehall Road. Turn left onto Eagle Drive. You will be on the Norristown School District Campus. Park in the lot to the right - pool entrance is at far end of building.

Phoenixville YMCA (Turkey Trot**)**

400 East Pothouse Road • Phoenixville, PA 19460

Take 29 South into Phoenixville. Cross over Rt. 23. Travel 1/2 mile to next light - Pothouse Rd. and turn left. The "Y" is down the road on your right.

Plymouth-Whitemarsh (Halloween Relay**)**

201 E. Germantown Pike, Plymouth Meeting, PA 19462

Take Germantown Pike east into Plymouth Meeting. Plymouth-Whitemarsh High School is located at 201 E. Germantown Pike (on your left). Pool is located in back, eastern end of PWHS.

Additional Info: The pool is located in the back right hand corner of the school. If you are on Germantown pike and the school campus is on your left go to the last entrance for the school - go to the back of the school. The pool is located in the back of the three story part of the school. There was a covered over hang between the two sections old vs new - the pool entrance is right there - it is probably closed that in by now.

William Tennent (Odd Age Invitational**)**

33 Centennial Road, Warminster

Take the PA Turnpike East (276) to the Willow Grove exit. Go north on Rt. 611 (Easton Road). Turn right on Blair Mill Road. Turn Right on County Line Road. Go past York Road (Rt. 263) and Jacksonville Road (Rt. 332). Turn left on Centennial Road. Follow around curves. William Tennent High School is on right. Follow the parking lot around the left side of the school. Pool and pool parking are in the rear.

Upper Merion (Last Chance Invitational**)**

Crossfield Road, King of Prussia see above directions

FREQUENTLY ASKED QUESTIONS

What is an Invitational? Is my child required to participate? What are the fees?

During the season, swimmers have the opportunity to enter SAL sponsored "Invitational Meets". These are optional meets (usually held on Sundays) that swimmers may enter to try a new event, technique or to better their times. At these fun meets, participants can win ribbons and sometimes prizes. There are additional fees charged for these meets (usually \$4.00 per event). PVAC coaches attend these meets with the swimmers.

How do I find out what Invitationals PVAC will be participating in?

Invitational information is posted on our website and also on the bulletin board. An e-mail will also be forwarded to the team with details of meet and when entry forms are due.

How do I enter an Invitational?

In order to enter an invitational, you need to fill out an entry form through the on-line system for each child that will be participating. Entry forms and the events for each meet will be posted online. The number of events that your child may enter varies from one invitational meet to another. Once you decide which events your child would like to swim, please fill out the on-line form accordingly. If you have any questions on what events your child should enter, please see one of the coaches.

Please note: PVAC will submit all entries to the team hosting the invitationals. No entry should go directly to the team hosting the invitational.

Payment?

Once you have determined the events that your child would like to participate in, please include a check (for the proper amount) payable to "PVAC" with your entry form.

If you have any questions regarding your child's participation in one of these meets, please do not hesitate to contact one of the coaches (coach@pvaquatic.com)