

St. Albert the Great Swim Team 2009-10 Season

Agenda

Welcome to our returning families as well as to new families who are joining us for the first time this year as we try to win our **tenth** straight Catholic Youth Swim League (CYSL) Championship. The CYSL Championship meet will be held the weekend of February 12, 2010. This means the season will come up on us fairly quickly. We will be starting practice for **new swimmers only** on Thursday October 1, and for all swimmers on Tuesday October 6.

It takes work from a lot of volunteers to help organize a swim team, to keep the practices moving, and to keep the meets orderly. We have lost several **exceptional** families in the past several years whose dedication to the swim team has been essential to our successes both in and out of the water. We have several families who have stayed on to help, even though their swimmers have graduated. It is not clear how long these folks will continue, so it is **critical** that we get the families of our younger swimmers to get involved with the practices, the meets, and the organization of the team. We cannot emphasize this enough, not only for swimming, but the entire CYO. We are going to make a strong effort to get every family involved from the beginning of the season, and try to identify those who are interested in keeping this team moving forward in the years to come. For those who are interested in becoming stroke and turn judges, meetings will be held on October 10th and October 18th at Archbishop Ryan beginning at 1 PM. There will be a date for a table clinic, and this will be sent in a separate email as soon as we have it.

PRACTICES:

We will be returning to the Northeast Community Center (AKA Holme Avenue Y) located at 2840 Holme Avenue.

Practices will take place on Tuesdays and Thursdays (beginning **October 1**) as follows:
5:15 – 6:00 PM (8 and under); 6:00 – 6:45 PM (9 and older)

Please park on Holme Avenue or on the above surrounding street.

AGAIN this year our opening practice day will be for only swimmers new to the St. Albert Team. This allows these new swimmers to get a fresh start in a less than usually crowded environment. It also makes much easier for the coaches to evaluate these new swimmers.

It is extremely important to get dressed and be out of the locker rooms as quickly as possible after practice is over since other swimmers will be using the pool at 7PM. Parents must be responsible for their children at ALL times. We are held accountable for the conduct of all children (swimmers and siblings) who come to the practices. We appreciate your cooperation with reminding swimmers to keep the locker rooms clean and removing all belongings. Children are to be in the locker rooms only to get changed – it is not the coaches' responsibility to make sure the children are getting from the locker room to the pool. Also, for those of you who drop off your children and come back at the end of practice, please be prompt as it is not the responsibility of the coaches to wait after practice ends for all children to be picked up. We have had a very good relationship and

minimal problems with the Northeast Community Center since our return five years ago, and we hope to keep it that way.

SWIM MEETS

A schedule will be distributed as soon as it becomes available. The league scheduling meeting is September 30. We expect to start the season in mid October at the latest. We will most likely have seven to eight regular season meets and hopefully one or two playoff/championship meets. Right now it is unclear how many meets will be prior to Christmas. Although we have been very dominant in the last few years, we have seen marked improvement in several league teams in the last several years and the children need to be prepared to swim in all meets. Meets last between 2 and 2 ½ hours, and the warm up is thirty minutes before the start of the meet. The season will end with the CYSL Championships in mid February.

It is **IMPERATIVE** to notify your coaches as soon as possible if you are not able to attend a meet. Meet sheets are completed on the Friday before the meet. An email should be sent to the Leightons at JohnLeighton@pol.net no later than 6PM that Friday. later All last minute phone calls due to sickness or emergency, or any sign out after 6PM the Friday before the meet should be directed to Jack and Judy Leighton (215-947-7856 (home) 215-421-7547 (Judy's cell)). The structure of the league has changed this year, as St. Bernard's school has closed, St. Martin's may leave the CYSL, and St. Cecelia's and St. David's are new members of the CYSL.

Our meets are held at LaSalle University, William Tennett High School, and primarily at NEPSCA (across the street from Archbishop Ryan High School). Because of the new teams, either this year or in the future we may swim meets at Upper Moreland High School or other local pools. When at NEPSCA, there is to be no parking in front of the facility, and if there would ever be any damages, especially in the locker room area, it must be reported to the home team prior to leaving NEPSCA.

SWIM SUITS

We will have a new team suit this year. It will be a one year suit. Please note that purchase is **OPTIONAL**. To help them last, we recommend that the suits be worn only for meets and not practices. These can be purchased at **Personal Best** (3346 Grant Avenue; 215-464-6680).

Store hours are: Tuesday/Thursday 11AM – 5PM
 Wednesday/Friday 11AM – 7PM
 Saturday 10AM – 4PM (cash or check)

The suits cost approximately \$25 for boys' suits and \$38 for girls' suits. Please try to go there ASAP if you are going to buy a suit. **Because of sizing, it is highly recommended that the girls' suits be tried on before purchase.**

COST/REGISTRATION

The team fees are: \$110 for one swimmer, \$165 for two swimmers and \$195 family maximum. This is the same cost as the last **four** seasons. Despite the increasing pool costs, the CYO Board felt it was very important to keep the registration fee unchanged. All forms (registration, permission form, and worker requests) must be signed before the

children get into the water for their first practice. Payment for the season must be rendered before the children get into the pool, unless specifically discussed with Coach Glaccum. **NO SWIMMER WILL BE ALLOWED TO SWIM WITHOUT ALL FORMS BEING RETURNED.** These can be given to Paul Macolino or Judy Leighton at practice or dropped off at 293 Madison Road, Huntingdon Valley, PA 19006. Checks should be made payable to “St. Albert the Great CYO.” There will be a full refund given if a child decides not to swim by October 15th.

COMMUNICATION

Most of the communication will be done electronically as we try to eliminate paperwork. On the registration form it is very important that you include an email address. Please let us know if you don't have an email address also, so we can have another way to communicate. We did not have a directory last year, but will try to put one together this year and would want to include a primary email address. Please make a note on the registration form if you do not want this information distributed. If a meet would need to be postponed due to weather, we will send an email blast ASAP as well as establish a phone chain. Communication is essential on a team this size. We will do everything we can to keep the lines of communication open. Please feel free to contact a coach if you have any questions or concerns.

STRUCTURE OF TEAM: Coach Glaccum will explain

PARENT INVOLVEMENT:

Swimming would cease to exist if not for parents' help. We are very fortunate to have many parents who volunteer, and we will encourage those who haven't to become more involved. **This is a critical year for us in terms of getting parents involved. We will need much more help than in previous years with running the practices as well as with administrative duties.** There are many opportunities to volunteer, as several of our parents have “graduated” in the last several years. If you are not sure what is best for you, we would be happy to lead you in the right direction. **Last year the work schedule was made on the Friday before the meet and this worked very well. We will try to honor all requests. If you cannot work a particular meet, please email JohnLeighton@pol.net the week of the upcoming meet. If you are particularly interested in a certain job for a certain meet, please let us know that also. We are going to try to pair up newer parents with some more veteran parents in each job to make it easier to gain experience with working a meet. If you have any children who have their lifeguarding certification, and are interested in working at the meets, please let us know. We are part of the CYO, and there are CYO fundraisers throughout the year that support all the programs, including swimming. Realizing that these are still difficult financial times, any participation in these activities is greatly appreciated.**

Finally, we look forward to another amazing year and hopefully a tenth consecutive CYSL championship. We thank you in advance for the time and energy you will put into having your children swim. We think it is time well spent, but we are grateful for the amount of time you will spend getting them to practices, meets, and for encouraging them along the way. We anticipate a season of personal bests, exciting finishes, team spirit, and most importantly, FUN! We thank you for all you do to make that happen. **PLEASE keep in mind our next team meeting (with information regarding champs and the rest of the season) will be in December/January.**

Bryan Glaccum 215-673-1062

Paul Macolino 215-673-9660

Judy and Jack Leighton 215-947-7856

Tim Booth 215 677-8036

Vince Everman 215-552-0066