



**MALVERN SWIMMING
ASSOCIATION**

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MALVERN, PA 19355
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www.malvernswimming.com

HANDBOOK

FOR PARENTS AND SWIMMERS

2009 – 2010

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The Purpose of this booklet is to inform members about Malvern Swimming Association (MSA) and provide them with the necessary information about the sport of swimming and guidelines for competing.

Please become familiar with this handbook to improve your overall swimming experience.

GENERAL INFORMATION

Paul Hornsleth established Malvern Swimming Association (MSA) in 1976. The main purpose of the club is to teach and train girls and boys in the sport of swimming. Malvern Swimming Association is a member club of United States Swimming.

PHILOSOPHY

The MSA program revolves around the building of the swimmer's self-confidence. The program gives each child the opportunity to develop his or her skills at their own level of competency and at their own pace. MSA provides positive experiences and many opportunities for success at every level of swimming. It is the desire of the coaching staff that all MSA members be taught the many facets of swimming. They try to instill a belief in their abilities and a discipline that will stay with them forever. MSA is an organization started for swimmers by swimmers, and has as its goal that each individual reaches his or her fullest potential in every way.

O'Neill Athletic Center Rules

- **Parking**- the West lot is for the facility and staff during school hours (7:00 AM to 4:00 PM). This is very important and must be followed, especially by swimmers in level I that arrive before 4:00 PM. The South (back) or East (far side) lot should be used during school hours and anytime the West lot is filled. There will be days when parking will be difficult due to Malvern Prep Events. Please follow any directions that you are given by the Malvern staff.
- **Never park along the side of the road for any reason. Find a parking space.**

General Rules

- We ask that you limit the food or drink that comes into the center, especially in the locker rooms and pool gallery. This is very important. I ask the parents to help enforce this. Please police your area, be respectful of this great facility.
- Swimmers and young children are not permitted to be playing or running around in the hallways.
- Non-swimmers and parents are **not permitted** on the pool deck.
- Don't remove information from the bulletin boards.
- Parents must be on time to pick up their swimmers. We do not have a member staff to monitor swimmers after practice.
- Information for coaches should be placed in their mailbox in the pool office or e-mail them.

ALWAYS REMEMBER THAT THE MSA FAMILIES ARE GUESTS OF MALVERN PREPARATORY SCHOOL AND MUST SHOW RESPECT AT ALL TIMES!

SWIMMING

THE SPORT

The four competitive strokes are freestyle, backstroke, breaststroke and butterfly.

Each swim meet (competition) offers a variety of events and distances for each age group and classification.

In freestyle events, the competitor may swim any stroke he or she wishes. The usual stroke used is the crawl, alternate overhand motion of the arms and alternating up and down flutter kick.

The individual medley, commonly referred to as the "I.M.," features all four strokes. In the I.M. the swimmer begins with the butterfly, then changes after one-fourth of the race to backstroke, then breaststroke, and finally freestyle.

The freestyle relay consists of four freestylers, each swimming one quarter of the total distance of the event.

Races are often won or lost by the swimmer's performance in the start or turn. In the start, the swimmer is called to the starting position by the starter who visually checks that all swimmers are motionless. When all swimmers are set, the starting horn is sounded to start the race. If the starter feels that one of the swimmers has left early or gotten an unfair advantage, the race will be swum and the swimmer will be notified of the infraction and disqualified from the race.

Competition pools may be short course (25 yards or meters) or long course (50 meters). The international standard (used in the Olympics) is 50 meters. All world records are accomplished in 50-meter pools. USS maintains records for 25 yards and 50 meters.

THE RULES

The technical rules of swimming are designed to provide fair and equitable conditions of competition and to promote uniformity in the sport. Each swimming stroke has specific rules designed to ensure that no swimmer gets an unfair competitive advantage over another swimmer. The technical rules for each stroke may be found in the publication, "United States Rules and Regulations." This book may be purchased through United States Swimming.

Trained officials observe the swimmers during each event to ensure compliance with these technical rules. If a swimmer commits an infraction of the rules, he or she will be disqualified from that event, which means he will not receive an official time nor be eligible for an award in that event. Disqualifications may result from actions such as not getting to the starting blocks on time, false starting, walking on or pushing off the bottom of the pool, pulling on the lane lines, or unsportsmanlike conduct.

THE OFFICIALS

Officials are present at all competitions to implement the technical rules of swimming and to ensure that the competition is fair and equitable. Officials attend clinics, pass a written test and work meets before being certified. All parents are encouraged to get involved with some form of officiating.

Timers—operate timing devices (watches or automatic timing systems) and record the official time for the swimmer in his or her lane.

Turn Judges – observe from each end of the pool and ensure that the turns and finishes comply with the rules applicable to each stroke.

Stroke Judges – observe from both sides of the pool, walking abreast of the swimmers, to ensure that the rules relating to each stroke are being followed. The positions of Stroke Judge and Turn Judge may be combined into one position called the Stroke and Turn Judge.

Relay Takeoff Judges – stand beside the starting blocks to observe the relay exchange, ensuring that the feet of the departing swimmer have not lost contact with the block before the incoming swimmer touches the end of the pool.

Clerk of Course – arranges the swimmers in their proper heats and lanes.

Starter – assumes control of the swimmers from the Referee, directs them to “take your mark” and sees that no swimmer is in motion prior to giving the start signal.

Referee – has overall authority and control of the competition, ensuring that all the rules are followed: assigns and instructs all officials and decides all questions relating to the conduct of the meet.

If your child is disqualified (DQ'd) in an event, be supportive rather than critical. For beginning swimmers, a disqualification should be treated as a learning experience, not as punishment. A DQ alerts the swimmer and the coach to what portions of the swimmer's stroke need to be corrected. This should be considered in the same light as an incorrect answer in schoolwork...they point out areas that need further practice.

The DQ is necessary to keep the competition fair and equitable for all other competitors. A supportive attitude on the part of the official, the coach, and the parent can also keep it a positive experience for the DQ'd swimmer.

SWIMMING ORGANIZATIONS

UNITED STATES SWIMMING (USS)

United States Swimming (USS) was established by Congress as the National Governing Body for competitive swimming in the United States.

The USS headquarters are located at the Olympic Training Center in Colorado Springs, Colorado. The USS staff interacts with 59 Local Swimming Committees (LSCs) each one responsible for administering USS activities in a defined geographical area. Each LSC has its own set of by-laws under which it operates.

As the National Governing Body for the sport, USS is responsible for the conduct and administration of swimming in the United States. In this capacity, USS formulates the rules; implements policies and procedures; conducts the national championships, disseminates safety and sports medicine and information and selects the athletes to represent the United States in international competition.

The USS Headquarters provides a variety of services and programs for its membership. Among the many services are publications such as "Splash," educational programs, fund-raising activities, sports medicine program; video resources; and general information about swimming related activities. USS staff is available to assist in answering questions or providing additional information about United States Swimming. For information or assistance, contact:

USS National Headquarters
One Olympic Plaza
Colorado Springs, CO 80909
Website: www.ussswim.org

MIDDLE ATLANTIC SWIMMING

MSA is part of Middle Atlantic Swimming (MA). Middle Atlantic is the Local Swimming Committee (LSC), which supervises competitive swimming within established boundaries. The Middle Atlantic Swimming Local Swim Committee's (LSC) objective is to promote and develop a swimming program to benefit swimmers of all ages and abilities, in accordance with the standards and under the rules prescribed by the Federation Internationale de Nation Amateur (FINA), United States Swimming, Inc.

Middle Atlantic Boundaries –New Jersey, south of Mercer and Monmouth counties; Delaware and Pennsylvania, east of and including Potter, Clinton, Centre, Huntingdon and Bedford counties.

Eastern Zone—includes 11 other LSCs in addition to Middle Atlantic: Allegheny Mt.; Niagara, Adirondack and Metropolitan (NY); Maryland; Virginia: Potomac Valley; New Jersey; Connecticut; New England and Maine.

All four zones (Eastern, Southern, Central and Western) conduct All Star competitions for teams within their zone.

To contact Middle Atlantic Swimming:

Middle Atlantic Swimming, Inc.
2150 New Castle Avenue
New Castle, DE 19720
302-429-6288
Web site: www.maswim.org

MSA INFORMATION AND COMMUNICATION

Website – www.malvernswimming.com- We encourage you to visit this website often. There is a wealth of information on this site, including upcoming meets, meet entry forms, meet entry deadlines, announcements, practice changes and links to meet information and other us swimming websites.

Email – This is the main form of communication for MSA. Every effort will be made to email schedule changes and practice cancellations due to inclement weather. Please be sure that Roe Molloy has an email address for your family that is monitored daily.

Mailboxes — There are folders located in the foyer to the pool gallery (right side as you enter.) The folders are organized by level. Flyer and hardcopy information can be found in this area as well as mailboxes for Roe Molloy and Paul Hornsleth.

Bulletin Boards — There are four bulletin boards that provide information to swimmers and parents. Please check these bulletin boards at each practice.

Meet Information Bulletin Board – The bulletin board across from the pool office contains information for all swim meets. All meet information for upcoming meets, entry forms, and confirmed entries once submitted will be posted on this board.

General Information Bulletin Board – The bulletin board in the foyer to the pool gallery, next to the mailboxes, contains general team information.

Schedule Change Bulletin Board – The bulletin board in the foyer to the pool gallery, to the left as you go up the stairs to the gallery, contains any upcoming schedule changes.

Swimmer's Information Bulletin Board — The bulletin board on the right as you face the men's locker room is the swimmer's information board. Attendance, results of test sets and other pertinent practice level information will be posted on this board as well as carpool sign-ups.

Bad weather – In the event of bad or questionable weather, please check our team website at malvernswimming.com. You may call your level rep or the office at **484-595-1146** to find out if practice is on or not.

Questions concerning your child — All questions concerning your child should be directed to a coach that is working with your swimmer on a regular basis. Please do not interrupt coaches when they are trying to coach. Each coach has “inbox” on the desk in the coaches’ office outside the locker rooms. Each coach also has an email address that they will read regularly:

Pete Lee	PLee@MalvernPrep.org	Level I, IIA & IIIA
Chris Fender	CFender@MalvernPrep.org	Level I & IIB
Kerry Myers	KMyers@MalvernPrep.org	Level I, IIA & IIB
Ken Fuller	KFuller@Malvernprep.org	Level IIIA & IIIB
Colleen Bannon	CBannon@MalvernPrep.org	Level IV
Russ Makos	RMakos@MalvernPrep.org	Level IVA & IVB
Lindsey Hornsleth	LHornsleth@malernprep.org	Level IVA & IVB
Laura Boyle	LBoyle@Malvernprep.org	Level IVA&B & Clinic
Abby Sigoda	ASigoda@MalvernPrep.org	Level IIA & IIB
Jay Schiller	JSchiller@MalvernPrep.org	Level IIIB & Clinic
Frank Wills	FWills518@gmail.com	Level IIIA & IIIB
Kailey Pelton	KaileyPelton@yahoo.com	Level IVA&B & Clinic
Bevin Sullivan	BSULLIVAN2@wcasd.k12.pa.us	Level IIIB
Paul Hornsleth	PHornsleth@MalvernPrep.org	General questions

Questions concerning fee payments and balances – All questions concerning fee payments and balances should be referred to Roe Molloy at 484-595-1146 or RMolloy@MalvernPrep.org.

General questions – Each practice level has a parent representative assigned to that level. This is a person who has been at MSA for several years and is familiar with how things work. This person is a great resource and starting point for general questions you may have.

COACHING STAFF

Paul Hornsleth is Administrative Director of Malvern Swimming Association. Because of a strong desire to teach young people self-confidence and discipline, he established MSA in 1976. A graduate of Malvern Prep and Villanova University, Paul was a member of the United States Pentathlon Team while serving in the U.S. Army from 1968 – 1970. Through the years, Paul has held several positions in pool management, including being manager of the East Whiteland Swim Club, Cedarbrook Country club, Philadelphia Country Club and Malvern Prep Aquatic Center. Currently, he is the manager of the Pennypacker Country Club. His coaching credits are just as varied: East Whiteland Swim club, Cedarbrook Country Club, Malvern Preparatory Swim Team, Philadelphia Country Club, Pennypacker Country Club, Suburban Swim Club and the Swimming Clinic at Malvern Prep. In 1977, Paul served on the coaching staff of the Middle Atlantic All Star Team and served as Head Coach for the team in 1979 and 1980. He served as Coaches' representative to the Executive Board of Middle Atlantic Swimming from 1982 – 1984, the Technical Planning Chairperson (1986 – 1991) and is a member of the House of Delegates of United States Swimming. Paul is the Aquatic Director and Head Coach at Malvern Prep.

Pete Lee is Head Coach of Malvern Swimming Association. He joined the MSA program in 2002. Pete grew up in nearby Landsdowne, Delaware County and attended Monsignor Bonner High School where he raced everything from the 50 yard freestyle to the mile! That kind of strength and enthusiasm won Pete the Gold Award Winner for the Top Senior Swimmer. Since then Pete has kept himself immersed in the swimming scene. Prior to joining MSA, Pete spent 5 years at Suburban Swim Center as an assistant coach and 3 years at the YMCA in Landsdowne as an assistant coach. In his U.S.S. swimming career, Pete attended the National Age Group Coaches Conference in 1998 and the Eastern State Coaches Conference in 1999. Between 1999 and 2002 Pete was a Middle Atlantic All Star Zone Coach and most recently he attended the Eastern State Coaches Conference. We look forward to another successful season with Pete.

Jay Schiller has been involved in competitive swimming for over 45 years as a swimmer and coach! Jay was a perennial PA State YMCA finalist and champion. As a junior in high school Jay began his coaching career at the Darby Swim Club. He continued his competitive swimming career at East Stroudsburg University. After graduating from ESU, Jay began a relationship with YMCA Swimming which has lasted 23 years. Jay's first high school head coaching experience was at Cardinal O'Hara where his Boys and Girls' teams compiled a 58-1 record, 4 Philadelphia Catholic League titles and an Eastern Interscholastic title. Jay went on to coach at Penn Charter where he began a water polo program and built a Middle Atlantic aquatic club age group swim coach program in addition to his duties as an Aquatic Director and Coach during his 8 year tenure there. During his summers Jay has managed and coached at numerous Country Clubs and swim clubs in the Philadelphia area. Jay left the teaching world for a period of 9 years to work with Pat Croce's Sports Physical Therapy business, NovaCare Outpatient Rehabilitation and the Philadelphia 76ers before returning to teaching and coaching. Although he left teaching, Jay stayed involved in the sport by officiating at all level age groups through college, in addition to watching his children blossom as competitive swimmers and student-athletes, until he became the Pool Director and coach of the Chester Valley Golf Club in 2000. Jay continued his high school coaching career by rebuilding the Archbishop Carroll team prior to receiving a teaching position at Malvern Prep in 2001 where he is Chair of the Health and Physical Education Department, Water Polo Coach, Middle School Swimming Coach and assists Paul Hornsleth, a longtime mentor and friend!

Russ Makos started swimming competitively for the Chichester Swim Club and the Del-Val League swimming for the Chester YMCA. His summers were spent swimming for Knowlton Swim Club and Concord Country Club. In high school, he swam for Salesianum School in Wilmington, De where they were Delaware State Champions three out of four years. Russ also swam for Concord Country Club and the Wilmington Area YMCA during the off season. In college, Russ played water polo while attending Syracuse and Penn State Universities. Russ started out teaching Malvern swim lessons, teaching clinics

and helping out with Level III and Level IV. Russ is excited to be entering his tenth year with MSA as a coach and growing with the kids and the MSA program.

Kerry Myers, excited about entering his 12th season with MSA, grew up swimming for the West Shore YMCA. There he competed on the National level, participated in an International meet several times, and was a boy's team captain three years in a row. He continued swimming for his high school where he broke several records and led the team as captain his senior year. After graduation Kerry spent a month in the British Isles with a Student Ambassador group and then continued on as a member of West Chester University's swim team for two years. Kerry graduated from West Chester in May 2000 with a Bachelor's degree in Business Management. He used this degree for several years in the corporate world until recently when he decided to change directions and become a teacher. Kerry is currently attending Immaculata University to earn his Masters in Educational Leadership. He started teaching swimming lessons at the Y as a teenager and then at West Chester University during college. Kerry has also coached in the summers at Lenker Manor Swim Club in Harrisburg, Pennypacker Country Club, Llanerch Country Club, and recently at Philadelphia Country Club. Kerry looks forward to being a part of the swimmers lives for another season.

Chris Fender will be entering his eighth season with Malvern Swimming. He has over ten years of experience behind him that range from teaching swim lessons to assisting with both the middle school and high school programs at Malvern Prep. He graduated from West Chester University as a four-year scholar athlete on the swim team with a Bachelors Degree in Marketing. He has returned to West Chester to obtain his Masters in Elementary Education. He has finished his certification portion of the program and is teaching at St. Patrick's in Malvern. Chris is looking forward to working with the swimmers this season.

Colleen Bannon is entering her 6th season at MSA. She has been swimming competitively since she was five. She started winter swimming at Suburban Swim Club and continued at the West Chester Area YMCA when she moved to West Chester. While in high school, Colleen swam for West Chester Henderson as well as the Golden Ram Aquatics. In college, she swam at Penn State Altoona, where she was a captain and assistant coach for the team. Colleen has been teaching swimming for about 13 years and has been coaching for 11 years. Most recently, Colleen has been working with our young swimmers in Level IV and has developed a great rapport with this age group.

Ken Fuller is returning for his fifth season coaching at MSA. He has a long background in competitive swimming dating back to when he was a member of MSA. Through his career Ken has swam competitively under nationally recognized coaches Jack Simon, Richard Quick, and David Marsh, achieving All-American honors and becoming an Olympic trials qualifier. He swam locally at West Chester Henderson and Marple Newtown before moving on to Auburn University. Ken finished his college at Drexel University where he was team captain and recognized as the Drexel University Outstanding Student Athlete. Ken holds a BS in Mechanical Engineering. He is president of a company supplying engineered water treatment equipment to the municipal market located in West Chester. Ken also works out with a local masters swim group.

Laura Boyle is very excited about starting her 2nd season with Malvern Swimming. With years of swimming experience behind her, she can not wait to pass on her knowledge of the sport with the next generation of swimmers. Laura began her swimming career with Plymouth Whitemarsh Aquatic Club and Team Foxcatcher/GAAC and spent her summers swimming for Ply-Mar Swim and Tennis Club. Laura went to high school and trained at Germantown Academy under Coach Dick Shoulberg. From there she went on to West Chester University, where she swam for four years and was team captain her senior year. Laura also spent these four years teaching swim lessons with the University. She graduated with a BS degree in Public Health/Health Promotion in May of 2008. Laura is currently employed at SarahCare of Great Valley, which is an adult daycare center, as a caregiver and activities coordinator.

Lindsey Hornsleth This is Lindsey's third year coaching level IV at MSA. She began her involvement with MSA in 1997 working with Malvern Swim School and has coached clinic for the past five years. Lindsey is a former MSA swimmer and also swam in the Suburban Swim League at Pennypacker Country Club. She attended Bloomsburg and West Chester Universities graduating in 2004 with a degree in Business Management. Lindsey currently works for Vanguard in IRPS as an Operations Administrator.

Abby Sigoda is very excited to start her first season with Malvern Swimming. Abby began her swimming career at Bern Township Recreation Association where she is now the head coach and pool manager during the summer. Abby went to high school at Schuylkill Valley where she swam for four successful years under Coach Jim Burkman. From there she went on to West Chester University where she spent two seasons swimming. Abby also has spent the last 3 years teaching swim lessons at the university and the last 4 years as the head swim team coach at Bern Township Recreation Association. She is in her senior year at West Chester University dual majoring in Elementary and Special Ed. Abby is currently employed at West Chester Area Day Care Center. Abby is looking forward to getting to know the swimmers at MSA and pass on her knowledge of the sport to them.

Bevin Sullivan is very excited about starting her 1st season with Malvern Swimming. She looks forward to sharing her passion for the sport with the young athletes. Bevin has been a competitive swimmer in Chester County since she was five. She attended West Chester University where she was team captain for both the Woman's Swimming and Water Polo teams. Bevin graduated with a BS in Elementary Education and has since completed her Masters in Educational Administration. She is currently employed by the West Chester School District as a 6th grade teacher at Peirce Middle School.

Frank Wills is starting his second year at MSA. He is looking forward to a great season and excited to be back. Frank has swum competitively for many years now and is looking forward to passing his knowledge to a new generation of swimmers. He began his swimming career with his summer team, Ply-Mar, for which he is now the Assistant Manager. He eventually moved onto the more competitive US swimming with PWAC and GAAC. He was the co-captain at his high school, Plymouth Whitemarsh High School, where he made the State Championship two years in a row. Frank swam for West Chester University Men's Varsity Swim Team for four years and was a PSAC team participant for three. Frank is now working at Plymouth Whitemarsh High School as an instructional aide.

Kailey Pelton- swam at Upper Main Line Y since high school and was a national qualifier. She graduated from Great Valley High School in 2005. Kailey swam during her four years at Great Valley High School and was captain during her senior year. Upon graduation, Kailey attended the University of Delaware and swam for four years. She was a consolation finalist in the 100 and 200 yards butterfly. She graduated this spring. Kailey has coached with Jay Schiller and Chris Fender for 5 years at Chester Valley Country Club. She is currently employed as a teacher at Lynnewood Elementary School in Haverford School District.

PRACTICE GROUPS

Swimmers are assigned to a specific swim group according to their ability and level of development in the sport. This is usually accomplished through an individual stroke evaluation performed by our head coach. The groups are sequential and a swimmer will progress to the next group when he or she has demonstrated enough self-confidence and endurance to assure the coaches that the swimmer can handle the work.

Swimmers should attend only the scheduled practices for their assigned group. This ensures the proper group size and appropriate level for each swimmer.

Level 1

The Level 1 practice group is generally for swimmers 13 and over in the Malvern Program. This group challenges all swimmers at their particular level of swimming. The program is demanding and provides each swimmer the opportunity to reach their fullest potential. There are training sessions every day but Sunday.

There are two practice groups within Level 1. The following criteria must be met before moving from 1B to 1A:

1. Two years in 1B
2. Minimum age of 15
3. HS Sophomore

When 2 of the 3 criteria are met, coaches determine placement considering the practice habits, work ethic and general responsiveness to coaching, of the swimmer. Level 1 coaching staff work closely together to determine the best training environment for each swimmer.

Level 2

Swimmers enter Level 2 upon successful “graduation” from Level 3 and are placed in either group A or B. Level 2 emphasizes technique and stroke efficiency prior to making increases in practice yardage. A swimmer’s athletic maturity and skill level are taken into consideration when making final decisions on level placement. Group

Placement is determined by the following:

2A: Completion of test set and approval by the Level II coaching staff along with one of the following:

1. Achievement multiple of “A” times
2. Final season in Level 2 in preparation for their final move to Level 1

2B: Successful “graduation” from Level 3 along with the following:

1. Approval of Level 2 and 3 coaches
2. Minimum age of 11 (turning 11 does not automatically imply transition to Level 2)

Level 3

Level 3 is a stepping-stone to the next level. This group is for 10’s not qualified for 2A and top 9 year olds. Practices focus on intensity of stroke drills, starts, turns, and training techniques. Swimmers will also learn about strength building as the workouts build in intensity. There are four practices per week.

Level 4A (Ages 7 – 9)

Swimmers in Level 4A can do all four competitive strokes. The group focuses on stroke improvement. The swimmers practice starts, turns and stroke drills for all strokes. Workouts introduce and explain basic training procedures. There are three practice sessions per week.

Level 4B (Ages 8 & U)

Swimmers in level 4B must be able to do freestyle and backstroke. This training group is a stepping-stone for those swimmers who have learned to swim and want to improve their skills and learn to compete. Instruction focuses on the basic technique for all competitive strokes. The coaches encourage the swimmers to enjoy themselves while gaining self-confidence along the way. There are two practices per week.

APMSA (Aquatic Parents of Malvern Swimming Association)

Each parent of a child swimming with MSA is automatically a member of APMSA. APMSA expects each family to support and volunteer for functions organized by the parent's association. This organization has its objectives including:

- To create an environment that encourages competitive U.S. Swimming
- To assist in the development of a competitive swimming program compatible with the needs and interests of this Association.
- To support the competitive swimming of MSA.

Each family pays a participation fee that provides for funding of all APMSA activities. (See Fees Section). There are periodic meetings of the organization which will be posted on the bulletin boards. APMSA encourages all members to attend. It is a good way to keep current of club happenings and stay involved in your child's sport.

General questions – Each practice level has a parent representative assigned to that level. This is a person who has been at MSA for several years and is familiar with how things work. This person is a great resource and starting point for general questions you may have.

APMSA Level Representatives and Officers:

Level 1	Tammy Salvadore	<u>tammy.salvadore@rsli.com</u>
Level II	Lisa Trudel	<u>lmtrudel@msn.com</u>
Level III	Lauren May	<u>lulumay70@hotmail.com</u>
Level IV	Colleen Fruhwirth	<u>camfruh@comcast.net</u>
Co-Presidents:	Marcy Palser Hincks Colleen Fruhwirth	<u>hincksm@aol.com</u> <u>camfruh@comcast.net</u>
Secretary:	Julie Umberger	<u>jjumberger@verizon.net</u>
Treasurer:	Cathy Garvey	<u>jGarvey105@aol.com</u>

TITLE	INDIVIDUAL (S)	JOB RESPONSIBILITY
CO-PRESIDENTS	Marcy Palser Hincks Colleen Fruhwirth	Oversees all functions of the parent organization. Conducts all board meetings & general meetings.
SECRETARY	Julie Umberger	Records & distributes minutes from all meetings. Organizes and maintains bulletin boards. Provides Monthly APMSA Updates.
TREASURER	Cathy Garvey	Manages all APMSA Funds.
COMPUTERS/FEES	Roe Molloy	Collects monthly coaching fees, prepares USS registrations and provides other support to MSA program.
MID-ATLANTIC REPRESENTATIVE	Pete Lee Mary Beth Siverling	Attends quarterly Mid-Atlantic meetings and reports back to board any new information
PRACTICE LEVEL REPRESENTATIVES	1 Tammy Salvadore 2 Lisa Trudel 3 Lauren May 4 Colleen Fruhwirth	Facilitates communication and needs between the Board and the practice level. Acts as “partner” to new families to inform them of the MSA program. Individual must be familiar with the MSA program and attend all board meetings
MEET ENTRIES	Paul Hornsleth	Consolidates meet entries submitted by individual swimmers into an electronic entry for the MSA team.
GIFT ORDER COORDINATOR	Julie Umberger	Works with vendor to order all team gifts (run/swim, end of year team gift).
RUN-SWIM BREAKFAST	Jonathan and Debbie Stern	Coordinates volunteers and provides continental breakfast to participants of the event held in October.
JUMP-START MINI MEET	Stacey Brennan	Works with a committee and meets periodically to prepare for APMSA’s sole fundraiser. The meet is held in June and includes summer swim clubs. Works independently to organize the meet and submits a financial statement to the board following the meet.
PIZZA PARTY (FOLLOWING RED/WHITE/BLUE MEET)	Stephanie Iocovino	Distributes information to families, obtains headcount, orders food, assigns clean-up crew, etc. Held in October.

TITLE	INDIVIDUAL (S)	JOB RESPONSIBILITY
PATCHES	Jean Zimmerman	Manages the recording & distribution of USS patch program.
TRAVEL	Patty Shaughnessy	Arranges Hotel accommodations and posts all information for "away" meets.
AWARDS BANQUET	Cindy Heintzelman Terri Divas	Arranges for facility and menu. Sends invitations and coordinates responses and drafts program for the evening.
LONG COURSE BREAKFAST Summer 2010	Eileen Tecce	Coordinates the end of season breakfast for LC swimmers preparing for summer Junior Olympics or summer league championships(July).
STROKE AND TURN OFFICIAL		Completes training provided through MA Swimming. Represents MSA as Stroke and Turn Official.
TRAVEL MEET FOOD COORDINATOR	Sue Geiser	Coordinates Saturday Team Banquet and the pizza/lunch at Travel Meet

STRENGTH AND EXERCISE PROGRAM

The program at MSA is a combination of Nautilus, medicine balls, calisthenics, running and aerobics. All groups participate in aerobics and stretching. Any swimmers who have a medical problem should make the coaches aware of it so they can adjust the swimmer's exercise program. Swimmers with chronic shoulder problems should be doing special strengthening exercises. Swimmers do flexibility exercises every day before training. Our entire team from Level 1 to Level 4 participates in the stretching program. It is very important for swimmers to be on time and prepared for the dry land portion of their training session.

TEAM APPAREL

Swimmers are encouraged to wear the MSA team suit and cap (if worn) in all swim meets. Additional team apparel – parkas, bags, t-shirts, sweat suit, etc. are also available. All team apparel, suits and accessories will be available through the website store at www.tuttlemarketing.com Click on the School/Company Store Icon, click on Malvern Swimming and the password is MSA. The online store will be open September 1 to September 30. On October 1, the store will be closed and all orders will be placed, bagged and delivered to Malvern with your name on it. The orders will arrive mid-October. For your holiday shopping convenience, the store will re-open on November 1 through November 15 with orders arriving at the end of November.

SOCIAL FUNCTIONS

Malvern Swimming Association is unique in the fact that it provides many opportunities for socialization among its swimmers and their parents.

APMSA hosts the following social activities:

- Kickoff BBQ in early September
- Level Activities during the season
- Red/White/Blue Intra-squad meet in October followed by a fun-filled pizza party to kick-off the winter season
- Run/Swim Competition in the fall. Each participant receives a participation gift and breakfast is provided following the event.
- Spring Awards Banquet at Chester Valley Country Club – all swimmers receive team gifts
- Long Course Breakfast held during the summer

To celebrate the season, all swimmers and their families are invited to the MSA's Banquet held in mid-April at the Chester Valley Country Club. This is a full dinner buffet banquet where all swimmers are honored, team gifts are distributed and special achievement awards are given.

FEES

A **One-time fee** is collected to cover:

- **APMSA Fee** – Each family must pay an annual participation or APMSA membership fee. This fee of \$75.00 per family with one swimmer and \$25.00 per each additional swimmer allows APMSA to cover the cost of pizza parties, team gifts, coaches' gifts, chaperone expenses for travel meets, the swimmers' costs for the end of year banquet, and any other extras needed to keep swimming fun for our children! APMSA welcomes all interested parents to their meetings.
- **USS Registration Fee and Equipment Fee** – An annual fee of \$105 per swimmer is payable to MSA and covers the maintenance and purchase of equipment as well as the cost of registering with United States Swimming for insurance purposes. Returning swimmers with MSA will automatically be registered upon receipt of the fee. New swimmers will receive a registration form and will be registered upon the receipt of their fee and the completed form. Swimmers previously registered with United States Swimming that are transferring from another club will receive a registration form and transfer form (note: there is an additional transfer fee) and will be registered upon receipt of their fees and completed forms.

Monthly Training Fees -- Training fees vary based on the swimmer's training group and are due on the first of each month. **All checks for training fees should be payable to Malvern Prep.** Contact Paul Hornsleth if you require special payment arrangements. It is MSA's policy that only the first two swimmers from each family pay the training fees; there is no charge for additional swimmers. **There is no reduction in fees if a swimmer has chosen a modified schedule.** Families can elect to pay the fees in one installment, two installments, or monthly. Swimmers are committed for the season they register:

Fall/Winter:	September through March
Spring:	Mid-April through Mid-June
Summer:	Mid-June through August

Fundraising Fee—Every swimmer has a \$50 obligation which is due in February. Information will be sent out in early February.

COMMENTS FROM THE COACH

Parental support and involvement will always be an important part of the philosophy of Malvern Swimming. For the MSA program to be successful, you must play an important part. Parents, like swimmers, must work together in harmony. Your role is largely supportive in nature, encouraging your child in all situations. Parents should be as active as possible in APMSA. This is the best way to become actively involved in your child's sport.

Please realize your role as a swimming parent. To go beyond just supporting your swimmer may be detrimental to them. Remember that your part is not that of an assistant coach. Never become involved in stroke corrections or race tactics. You should reinforce what the coaches have drilled. A coach does what they feel is best for that swimmer. If there is a problem or something goes uncorrected, please inform the coaches. Don't tell someone who has no control over the situation. We must work together as a team.

We offer the following guidelines:

1. Support your swimmer as often as possible, especially at their low points.
2. Become active in APMSA.
3. Do not be on the pool deck during a meet or at practice.
4. Do not talk to the coaches while they are conducting practices. Talk with them after practice, send them email or leave a note in their mailbox to contact you.
5. Confer with the coaches about your child's progress; do not make your own judgments.
6. No stopwatches at practice. You end up coaching and your child ends up racing when they shouldn't.
7. Be passive during practice. If something goes unnoticed, please mention it to the coach after practice.
8. Know your swimmer's best times. Keep a record of performance. A supportive parent never has to ask, "Is that your best time?" Congratulations are in order after a good swim.

SUGGESTIONS FOR A SUCCESSFUL SEASON

1. Even though you may be in a car pool, **please** come into the pool area regularly to read all bulletins and notices of schedule changes, upcoming events and meets.
2. Swimmers should not play in the parking lot area. Many cars travel through the lot and we do not want any one injured.
3. Remember, we are guests at Malvern and it is our responsibility to keep the locker rooms clean. There is no food or drink permitted in the locker rooms, gallery or athletic center. We ask the swimmers and siblings not to "rough house" in the center.
4. MSA's swim shop has items available for purchase including bags, parkas, etc. Please call Peg Smith or leave a note in her box advising what is desired. Checks should be made payable to MSA. Do not ask a coach during practice.
5. **Do not interrupt the coach during practice.** The time coaches spend answering questions is time take away from the swimmers.
6. Keep a positive attitude
7. **Get involved!**

THE A/BB/C PROGRAM OF AGE-GROUP SWIMMING

Basic Policy: The A/BB/C swimming program creates a stronger incentive situation in Age-Group Swimming. Due to the large numbers of swimmers in the Middle Atlantic Region (LSC), USS meets are sometimes very large. These large meets tend to restrict the growth of the Age-Group programs as many children never progress through a winning phase and become discouraged. Dividing the age-group swimming program into three mutually exclusive classes (i.e., Class A, BB, and C), allows a swimmer to set and achieve goals in smaller steps thereby improving their self-confidence and attitude toward swimming.

1. A swimmer will qualify for a given class when they have bettered the qualifying times set by the Qualifying Times Committee for the event in a USS sanctioned meet (qualifying times are updated yearly).
2. Once a swimmer qualifies for a new class in an age group, for example an "A" time in any particular event, they may not enter that event as a "BB" or "C" level swimmer while the swimmer remains in that age group. This also pertains to the swimmer achieving a "BB" time in a particular event. He or she may not swim that event again in any future "C" meets. Penalties will be imposed upon any swimmer who violates this regulation. If an event has been officially entered and the A or BB times are achieved after the entry deadline, the swimmer shall be allowed to participate.
3. Swimmers may swim up in classification for relays only. For example, C class swimmers may swim in relays in A or BB meets. However, no swimmer may swim in a relay below his classification in a given stroke and distance.
4. A swimmer changing age groups will be classified A or BB in the new age group only in those events where he or she already has better than the A or BB qualifying times for the new age group.

SPECIAL ACHIEVEMENT PATCHES

U.S. Swimming sponsors an achievement patch program. Below is a copy of the Patch Request Form that needs to be submitted to the patch chairperson when a swimmer achieves a standard for a patch. Forms can also be found by the meet bulletin board outside Paul Hornsleth's office. The guidelines for the patches are:

- Patches start at the 9-10 age group
- Patches begin at the BB level. MSA does not issue patches for B times.
- Swimmers receive one patch **per stroke, not event**. So if you earn an A patch in 50 free, you would not request another when an A time is reached in 100 or 200 free.
- When a swimmer moves up in age group, the patches start all over again. This includes BB patches.
- Patches for each achievement level (BB, A, AA, etc) are the **same** for every age group. In other words, an A patch looks the same whether it is for 9-10 or 11-12. You may have seen oval patches on swimmer's bags; these were the old patch system from a number of years ago.
- Patches are issued for **USS sanctioned meets only**. We do not issue patches for the Red, White & Blue meet or developmental meets at Malvern.
- It is not necessary to use a different form for each patch requested. You can list all requests from a meet on one form; just show the event, time, and patch requested.
- Place completed Patch Request Forms in the "Zimmerman" mailbox.

PATCH REQUEST FORM

Swimmer's Name

Age (As of Meet)

Swim Meet Name

Date of Swim Meet

Event Name & Distance

Official Time

Patch Requested

Parent's Signature

USS MEETS

Before a swimmer may compete in a sanctioned USS meet, they must have an official USS registration number. U.S. Swimming registration is valid for one year. You will receive registration information early in the fall as to the procedure for making application. Note that U.S. Swimming uses a swimmer's initials and birth date to create their registration number. The format is the swimmer's birthdate (MM/DD/YY), followed by the first three letters of the swimmer's first name, the first letter of the middle name, and the first four letters of the last name. For example, the USS registration number for John Q. Swimmer whose birth date is 1/6/80 would be 010680JOHQSWM.

Competition in USS meets is by age group and class. A swimmer's age on the first day of the meet determines their age group and a swimmer's **best time** in an event determines their class. There are three classes (A, BB, and C) in each age group. MSA posts USS time standards to determine time qualifications for each class in each age group on the meet bulletin board. (See the last page of this handbook). They are also contained in the USS handbook that each family may order from, U.S. Swimming, Middle Atlantic office.

USS meets are run by class. For example, a meet may be a BB/C meet, an A meet, an A/BB/C meet, or an A/BB meet. Refer to the time standard sheet to establish which meets your swimmer is eligible to swim. Meets that will have coaches in attendance will be marked as a "focus meet" or "team effort" on the meet announcement posting. A Sample entry form is provided. If you are in doubt as to which meets to enter, ask a coach or your partner for some direction.

There is a "no false start" rule in effect for USS meets. If there is an early start or forward movement at the start, the heat will be allowed to swim and any swimmers involved in the infraction will be disqualified.

Meet information for Mid-Atlantic meets can be found at www.maswim.org

END OF SEASON MEETS

Mini-champs – this meet is for any swimmer 8 & under. It is a 2 day meet which allows for swimmers to swim the events at a regular mini-meet as well as new, longer events.

West Regional Meet – this meet is for 9 & older swimmers to swim events for which they do not have a qualifying time for Junior Olympics. It is a 3 day meet which allows swimmers to try more events than they can swim at a regular meet. Swimmers can swim some events at this meet and also swim any events at Junior Olympics for which they have met the qualifying time. Swimming at this meet does not eliminate you from swimming at Junior Olympics.

Junior Olympics (JO's) – this is a qualifying meet for 9 & older swimmers who have met posted qualifying times. The qualifying times will be posted by Middle Atlantic prior to the sign up period for the meet. The qualifying times are usually at least an "A" time, but can vary depending on the age and gender for each event, so it is important to check the listing of qualifying times. Swimmers can swim this meet and also swim events at the West Regional Meet for which they did not meet the Junior Olympic time standard. Swimming at Junior Olympics does not eliminate you from swimming other events at the West Regional meet.

Sectionals – this is a qualifying meet and is generally for senior swimmers, however any swimmer who meets the qualifying time can swim. Events are not broken out by age group, only by gender. The qualifying times for this meet will be posted prior to the sign up date, and you should be speaking to a coach about this meet if your child is making those times.

Zones – this is an All Star meet in which the Middle Atlantic Zone competes against other zones in the Northeast. It is for 9 & up swimmers who are selected from a pool of applicants based on their times achieved throughout the current USS season. The team is made up of the top two swimmers from the

Middle Atlantic Zone for each event in each age group and gender. You must complete an application during the season to be considered for this team. The application information will be available on the Middle Atlantic website. If your child has any chance of making this team, you should speak to a coach and complete an application to be considered.

MEET ATTENDANCE

We offer the following recommendations for attending the meet and ensuring the swimmer has the opportunity to perform at their best:

1. Arrive at the time designated by the coaches to allow for the swimmer to have a proper warm-up and appropriate discussion between the swimmer and the coach relative to his or her events.
2. The swimmer should be provided with nutritional snacks/lunch and water.
3. Extra towels and sweats should be packed as well as games, headsets, etc. to ensure the swimmer is warm and “entertained” between events.
4. The swimmer should not leave the pool deck during the meet unless he or she has advised the coach.
5. After each event, the swimmer should see the coach for feedback relative to the swim so that specific feedback can be given concerning the swimmer’s performance. This is for the benefit of both the swimmer and parents. Please have your child do this so the coaches can better evaluate their performance while it is fresh in everyone’s mind.
6. The swimmer should check with the Coach prior to leaving to ensure that he or she has completed all events/relays.
7. Meet results are posted, by event, during the meet. Official times and places can also be obtained by contacting the Middle Atlantic Swim website: www.maswim.org.

PROCEDURE FOR ENTERING MEETS

1. Every time your swimmer has practice, check for newly posted meet information for upcoming meets that MSA is entering as a team. This information is posted on the bulletin board outside Paul Hornsleth's office and on our website Malvernswimming.com. Info can also be found on the Mid-Atlantic Swimming website, which is www.maswim.org. Please read ALL information on the meet announcement sheets carefully. Also **note the handwritten ENTRY DEADLINE date and time on the front of the meet information. This is the date your entry form and check are due to MSA for your swimmer to compete in the meet.** This date will be much earlier than the entry due date in the meet information, which is the date MSA must have its consolidated team entry into the meet director.
2. Complete an entry form for each swimmer planning to compete in the meet. Entry forms can be found hanging next to the bulletin board or on the website. A computerized form that can be printed at home must still be turned into meet box with entry fees by due date. A copy is also found in this handbook. Please include ALL necessary information. This includes name of meet, date of meet, swimmer's name and USS registration number, event numbers (which can be found on the meet announcement sheets or on www.maswim.org), entry times, cost per event, surcharge (if applicable) and total amount paid.
3. Place the completed entry form and your check **in the Meet Entry Box** located next to the family mailboxes as you enter the pool area. Checks for USS meets are to be made payable to Malvern Prep. (As you read the meet announcement sheets, you will see things such as "checks payable to Jersey Wahoos" or another club. DISREGARD THIS. Your check should be made payable to Malvern Prep. We then write one check to cover all entries.)
4. Once MSA's ENTRY DEADLINE has passed for a given meet, check the bulletin board outside Paul Hornsleth's office for the consolidated preliminary meet entries. This posting allows you to check your swimmer's entry for errors. If you find an error, please contact Paul immediately. A cutoff date for reporting errors will be stated on the posting; it will normally be about 48 hours. After that time, the final entries will be submitted to the hosting meet director and no changes to the entries can be made.

Notes:

- Please do not combine entries for multiple meets. **You need to complete a separate entry form and write a separate check for each meet.** If you have more than one swimmer entering a single meet, you need to complete an entry form for each swimmer, but you can write a single check. Write in the memo line of your check the meet for which you are submitting payment.
- NO ENTRIES WILL BE ACCEPTED AFTER THE DEADLINE POSTED.
- **Under no circumstances may you contact a meet director on your own to submit or change an entry. This only jeopardizes the club's relationship with Mid Atlantic Swimming.**
- Coaches determine who swims in relays. The parent's group at Malvern (APMSA) pays the relay fee. **You are not responsible for paying relay fees.**

ENTRY TIMES:

1. MSA maintains a database of all times from the USS meets. If you leave the entry time blank on your entry form, the fastest time from the database will be entered (USS requires the fastest time be entered.) Only official USS times may be used.
2. Times from non-USS meets, such as the in-house Malvern Developmental meets, are not considered official and cannot be used to enter in a meet.
3. If a swimmer does not have an official USS time, you should submit "No Time" for the event.
4. If the database has not yet been updated from the most recent meet when entries for a future meet are due, and the swimmer did obtain a best time at the recent meet, the best time should be entered on the form with the date/meet at which it was achieved.
5. You should contact Paul Hornsleth if you have any questions on the fastest times maintained in the database for a swimmer.

FUNDING FOR OLYMPIC TIME TRIALS, SENIOR NATIONALS, JUNIOR NATIONALS AND SECTIONALS

In order to encourage MSA swimmers to reach their maximum potential and to allow them to enter all meets for which they qualify, APMSA will help fund the travel expenses for a swimmer who has qualified for Olympic Time Trials, Senior Nationals, Junior Nationals or Sectionals. Following are the guidelines for those subsidies:

1. Budget Allocation
15% of the fund raising money every year is allocated to the Travel Budget. The Travel Budget will be initially funded with \$2,000. The money in the budget should not exceed \$5,000.

2. Use of Funds
This Travel Budget will be used to subsidize a swimmer's expenses for attending the following meets:
 - Olympic Time Trials
 - Senior Nationals
 - Junior Nationals
 - Sectionals

3. Allocation of Travel Money to Swimmers
Travel money will be allocated to the qualifying swimmers in the following ways:
 - A swimmer must have an individual qualifying time for the specified meet. If a swimmer is only swimming on a relay team, they will not receive money.
 - A swimmer must qualify in the same course as the meet (i.e., Long course meters for Summer Sectionals).
 - The APMSA President will confirm the amount of money that a swimmer is receiving from USS to ensure that the amount APMSA is providing does not exceed the swimmer's existing deficit.
 - Money will be allocated per meet and the sum of money will be divided among the qualifying swimmers. A maximum amount of money per swimmer will be specified.
 - Sectionals: \$ 800 will be budgeted for travel. The maximum amount per swimmer is \$50.
 - Junior Nationals: \$1,000 will be budgeted. The maximum amount per swimmer is \$100.
 - Senior Nationals: \$1,200 will be budgeted. The maximum amount per swimmer is \$150.

DIRECTIONS

CENTRAL BUCKS SOUTH HIGH SCHOOL

PA Turnpike East to PA 611 North, Exit 343. Slight right off exit onto Easton Road/PA 611 for 6 miles. Turn left on Bristol Road for 1.6 miles, then left onto Folly Road. School is located at 1100 Folly Road, Warrington, PA.

DELAWARE SWIM TEAM 2150 New Castle Ave. 302-655-5501

Follow Route 202 South to 95 South in Wilmington. Take 95 South to 295 South (signs say to Delaware Memorial Bridge). Take the last exit before the bridge, which is New Castle Ave. Turn right at the first light, the pool is next to the Howard Johnson's.

EMMAUS HIGH SCHOOL

Take the PA turnpike to the Northeast Extension and follow it north to exit 33 (Lehigh Valley). Take Route 22 East to the first exit, which is Route 309 south (Quakertown). Note that Route 309 converges with Interstate 78. Exit at Cedarcrest Blvd. Turn right onto Cedarcrest and proceed approximately 2 miles (past Lehigh Valley Hospital and Lehigh Community College) to the Emmaus High School stadium on the left. Take the next left turn onto North St. Take a left into the parking lot.

EPHRATA

Take PA turnpike west to exit 21 (Lancaster/Reading). Proceed straight from tollbooth to stop sign. Turn left on to Route 272 South and continue until you come to 322 East. Take Route 322 East through the next traffic light and go over the bridge. After the bridge make a sharp right and proceed to the stop sign. The pool is straight ahead.

FRANKLIN & MARSHALL COLLEGE

Take route 30 west past route 501. Route 30 will veer to the right (sign says York, PA). Follow Route 30 to just past the Park City mall (right) and exit for Old Harrisburg Pike. As you approach the end of the off ramp, get in the left hand lane. Turn left at the end of the ramp and proceed to F&M College--approximately 1.5 miles on the left.

OR

Take the PA Turnpike to Exit 286 (Lancaster/Reading) and take Route 222 South to Route 30 West. Proceed to Harrisburg Pike Exit. Turn left onto Harrisburg Pike and drive 1.5 miles to F&M College. From Harrisburg Pike, turn left at first traffic light after passing under student overpass. As you enter the parking lot, McGuinness Pool is located in the Alumni Sports & Fintess Center to your left.

GERMANTOWN ACADEMY

Take the PA Turnpike to the Fort Washington exit. Remain on exit ramp past the Route 309 exits, the Sheraton and the Holiday Inn. At the very end of the ramp, turn left onto Bethlehem Pike. Take the first right and cross Morris Road. The first driveway on the right is the academy.

GLOUCESTER COUNTY (GCIT)

Take Route 202 South to Route 322 East and continue over the Commodore Barry Bridge until it dead ends into Route 45 (Harrison House Diner on left). Take a left on Route 45, proceed for one mile and take a right on Break Neck Road (Heritage Dairy Store). Proceed for a few miles to the light at Glassboro Road (Getty Station and WaWa). Go through the light and take the next left turn (Tanyard Road). Pass Gloucester College and proceed to the entrance of the Gloucester Institute of Technology on your right. At the bottom of the hill turn right into the parking area.

OR

Take I-76 East to Philadelphia. Follow the signs and go over the Walt Whitman Bridge. I-76 becomes 42S in NJ. Follow 42S to the second exit--Route 55S. Follow Route 55S to the second exit, Exit 56B (47 North.) Bear Right onto Delsea Drive. At the first light, take a left onto Bankbridge Road. At the first light, turn left onto Tanyard Road. Continue 1/4 mile to the bottom of the hill, and GCIT will be on the left.

**LANCASTER AQUATIC CLUB
Golden Meadows Swim Club**

Take Route 30 West past 501. Route 30 will veer to the right (sign says York, PA); follow Route 30 to just past the Park City Mall (right) and exit for Old Harrisburg Pike. As you approach the end of the off ramp, get in the second lane from the right (right lane is Park City Mall entrance). Turn right at the end of the ramp and proceed 1.5 miles to Route 741. Cross over 741 and continue on Old Harrisburg Pike for .3 miles. Golden Meadows is on the right.

**LITITZ COMMUNITY CENTER
Five Star Swim Club**

PA Turnpike West to Lancaster Exit 286 (Lancaster-Reading.) Take 222 South to the Rothsville/Brownstown Exit. Follow Route 772 West. Left on 501 South. At the first traffic light (Rt. 772 W) make a right onto Orange Street. Make a right on Second Avenue (1st right past the High School). Follow around High School, the Community Center is on your left, Campus Drive.

NORTH BALTIMORE AQUATIC CLUB (Outdoor Pool)

Follow Route 202 South to Route 95 South to the Baltimore Beltway (695). Proceed West towards Towson. Exit onto Route 83 South (Jones Falls Expressway) and proceed 3.5 miles to the Northern Parkway Exit. Turn left onto Northern Parkway and proceed 2 blocks to Falls Road (traffic light). Turn left and proceed for 0.5 miles on Falls Road. Proceed through the light at the Smith Ave. Bridge to Smith Ave. (no bridge) and turn left. Proceed for 200 feet and turn left on Cottonworth Ave. The pool is on the left under the Smith Ave. Bridge.

NRG - NESHAMINY MIDDLE SCHOOL

Take the PA Turnpike East to US-1, Exit 351 towards Philadelphia/Trenton. Follow Rte.1 North to the Bellevue Ave. exit toward PA-413. Turn right onto S. Bellevue Ave. Turn Left onto S. Pine St./PA-413. S. Pine St./PA-413 becomes Langhorne-Newtown Rd. The school will be on your left, across from St. Mary's Hospital. Park in the lot behind the school. Enter through the doors marked pool.

PARKLAND HIGH SCHOOL AQUATIC CENTER

Take the PA Turnpike to Exit 33. Take Route 22 East, then exit onto Cedar Crest Blvd North (take a right at the end of the ramp.) Travel north on Cedar Crest Blvd for approximately 1.9 miles. Parkland High School is on the left. The pool is on the left-hand side of the complex. Park in the parking lot in front of the school, closest to the Athletics door. Walk through the Athletics entrance to admissions. Follow the signs inside the school.

PENN STATE UNIVERSITY--McCOY NATATORIUM

Take the PA Turnpike West. Take Exit 247-- Harrisburg East (I-283). Continue on 283 North. After about 3 miles, take 83 North. After about 3 miles, take 81 South. Take exit 67B (322 West.) Follow 322 West to State College. At Boalsburg, stay on 322 West (Mt. Nittany Expressway) to Penn State exit. Go left onto Park Ave. Follow to the second light past stadium. Turn left onto campus. Pool is past the first stop sign, on the left.

SUBURBAN SWIM CLUB POOL

Take Rte. 252 South. Approximately 1 mile after crossing over Route 3, take a left at the light onto Gradyville Rd. The Swim Club is ahead on your left.

UNIVERSITY OF DELAWARE Carpenter Sports Building Newark, Delaware

Follow Route 202 South to 95 South at Wilmington. Proceed on 95 South to Newark, Delaware. Get off at the exit for 896 West, which becomes South College. Follow South College for approximately 3 miles past E. Main Street. At this point the road changes to North College. The pool is on the right. Pass the pool and cross the railroad tracks. Park in the Hollingshead lot on the left.

WEST CHESTER UNIVERSITY

Take Route 202 South to Route 926. Turn right onto Route 926 and proceed to New Street. Turn right on New Street and proceed approximately 2 miles. You will see the stadium on the right. The pool is in the field house just past the stadium.

DATES TO REMEMBER*(some activities/dates may change)*

August 18	Evaluation for new swimmers @ 6:00 PM
August 27	Evaluation for new swimmers @ 6:00 PM
September 9	Practice Starts for Level I & II
September 11	MSA Team Barbeque (No Practice)
September 14	Practice for all levels begin this week
September 22	Mandatory Parent Meeting 7:00 PM No Practice.
September 23-26	Practice level meetings –times TBA Swimmers/level coach
September 26	Fall Clinic Starts
October 9	Red/White/Blue Meet
October 17 th	All swimmers/Pizza Party to follow Malvern Prep's Homecoming No Practice Sprint A/BB/C @ EMAC
October 23	Mini Meet at Malvern 6:30 WU
October 25	Grade School Invitational @ Malvern Boys 4 th thru 8 th grades 1:00 PM Organize a team at your school Great meet for 9-13 boys at MSA
October 24-25	Fall Classic (Mandatory for Level I)
October 31	Run/Swim @ 8:30 AM
November 8	Mini Meet @ FCA
November 13-14	A/BB/C Meet GRA @ WCUniversity*
December 4-6	A/BB/C/ Mini @ MALVERN*
December 11-13	TYR CUP*
December 12	Fall Clinic ends
December 22	Last practice before Christmas
December 23-31	Special Christmas Schedule

January 2	Normal Practice Schedule resumes
January 2	Winter clinic begins
January 9-10	A/BB/C @ FSSC*
January 22-24	Elite Meet
January 23-24	A/BB/C Meet @ CBST
February 13-14	A/BB/C & Mini Meet @ FSSC *
	Travel Meet ALL SHOULD ENTER
February 27-28	Last Chance Meet @ CBST
March 11-14	Junior Olympics @ TBA*(ALL QUALIFIED SWIMMERS)
March 13	Winter clinic ends
March 16	1 st Spring clinic starts
March 16-20	NCSA Jr.Champs
March 20-21	Mini Champs @ GCIT All Level IV
March 26	Last practice of the winter session
March 26-28	MA Senior Champs @ TBA
March 26-28	BB/C Champs @ TBA
April 6	Spring Session begins for Level I
April 12	Spring Session begins for other levels
April 20	2 nd Spring clinic begins
May 15	Spring clinic ends
June 19	Spring session ends
June 21	Summer session starts
August 6	Summer session ends

***TEAM FOCUS MEETS
ALL ELIGIBLE SWIMMERS ARE HIGHLY
ENCOURAGED TO ENTER**

