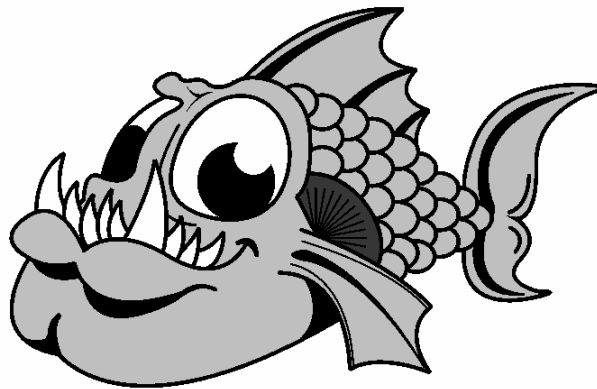


# Lower Merion



**Aquatic Club**  
**2006-07**



## **A letter from Greg Smith, Head Swim Coach**

To all LMAC Families:

As we enter the 2006-2007 season, I wanted to send out a message to outline how I see the team and more importantly to hopefully share some insight into where I hope we will be able to go. The Lower Merion Aquatic Club has been for me, as for many people, a great addition to my life. Through this team I was taught the value of teamwork, sportsmanship, hard work, drive and dedication. I have been a part of the team when we didn't have a shot of winning a dual meet and have seen it grow to become the League Champions. I have been able to train with some of the best coaches and mentors around and through it all; my love of the sport has grown. My personal goal is to share this experience with each one of the children here and to work and to provide guidance to each swimmer so that they too have the opportunity to reach their own personal goals.

Alanna Beckett, Chris Brunner, Kerry Smith, Kristen Yiengst, Rob Cohen will be joining me this year on the LMAC coaching staff. As a group it should be noted that we have 3 Collegiate NCAA Division I swimmers, 2 Collegiate NCAA Division III swimmers and all 6 coaches have competed at the highest levels of high school swimming including PIAA Districts and States. Amongst this group there are over 30 years of coaching experience, with all ages and varying degrees of skill; with the common denominator amongst us being a passion for Swimming. As a group, the coaching staff realizes that we each bring different experiences to the table and want to share this with everyone. To that effect I have worked to set up a schedule that allows each coach to be here so that they will be able to work with each one of the swimmers on the team.

Swimming by it's nature is a very individual sport which is one reason that I will be implementing some rules to have us function better as a true "team" unit. In doing so, the kids will be forced to work more as a cohesive unit and will strive to do best for both themselves and the team. This atmosphere will ultimately result in the children having more fun and hitting goals that they in the pre-season would not have thought to be achievable.

As noted in the message I sent out this summer, I also look to add a dry-land program for the older kids. This will include bungee cord exercises, medicine ball exercises and abdominal exercises that will help with flexibility and core strength. These exercises have two purposes initially to help with the prevention of injury as a result of the repetitive nature of swimming and secondly to help build core strength and ultimately give the kids an edge they otherwise would not have.

I have been extremely impressed with the turnout over the initial weeks of the season including both try-outs and the first week of practice and I look forward to continuing onto a great season.

Finally, I'd like to ask the parents as a whole to do their best to be involved. As noted every year in the parents meeting, it is extremely important that we have the proper help for the swim meets throughout the season. I'd also like to ask that you help in other ways. I believe that all of the children on the team, even though few may actually admit it, take a certain amount of pride in swimming faster and training harder when their parents are around. Obviously we are all busy people but if you can even be around for one practice it will show your kids that you are staying involved and that you want to know what is going on. There is ample deck space and even a balcony if you wanted to watch from above.

We will be having a Pizza Pep Rally and Picture night that I would like everyone on the team to attend, obviously with a team this size the more help we get for those events the better. And the Parents Committee is always looking for more help so if you have the time, please volunteer. As a former LMAC swimmer and son to someone who was on the Parent's Board it is appreciated, again even if not so noted at the time. I look forward to meeting everyone at the parents meeting and throughout the season. Feel free to grab me if you need anything.

Greg Smith  
Head Swim Coach, Lower Merion Aquatic Club

## **PRACTICE SCHEDULE - STARTS MONDAY, SEPTEMBER 18**

### **Mon:**

8&U- 6:00pm to 6:45pm

10&U- 6:45pm to 7:30pm

11&O- 7:30pm to 8:45pm

### **Tues and Thurs:**

12&U- 6pm to 7pm

13&O- 7pm to 8:45pm

### **Wed:**

8&U- 6:00pm to 6:45pm

10&U- 6:45pm to 7:30pm

13&O- 7:30pm to 8:45pm

### **Fri:**

8&U- 6pm to 6:45pm

10&U- 6:45pm to 7:30pm

### **Note:**

**Practice Schedule will change in November, please check the LMAC website and bulletin board for updated information**

### **LMAC EVENTS**

**October 3, 2006** – General Parents' Meeting – 6:30 PM – Ardmore Gym (Please arrive early)

**October 13, 2006** – Pizza Party/Pep Rally – 6:30 PM - Main Gym & Snack Bar (RSVP signup sheet will be on bulletin board by Ginger's office)

**November 13, 2006** – Team Pictures & Make your own Sundae Party –6:30 PM -Pool & Snack Bar – Please arrive early

**February/March, 2007** –Team Awards Banquet – Date to be determined later –Check bulletin board and website for more information.

**Lower Merion Aquatic Club  
Team Meet Calendar  
2006-07**

<b>Date</b>	<b>Opponent</b>	<b>Boys Team</b>	<b>Girls Team</b>
November 4	Central Bucks East*	Home*	Away
November 11	Upper Merion	Home*	Away
November 18	Plymouth Whitemarsh	Away	Home*
December 2	Methacton	Away	Home*
December 9	Radnor	Away	Home*
December 16	Norristown	Home*	Away
January 6	Division Championship Meet - North Division Team (TBD)	Home*	Away
January 13	League Championship Meet - American Conference Team (TBD)	Away	Home*
January 20	Make-Up Date or Bye		
January 27	Last Chance Swimming Meet (Upper Merion)	Away	Away
January 28	Last Chance Diving Meet (Upper Dublin)	TBD	TBD
February 3 and/or 4	Division Swimming Championships – “B” Champs	TBD	TBD
February 10 or 11	SAL Swimming Championships – “A” Champs	LaSalle University	LaSalle University
February TBD	Division Diving Championships	TBD	TBD
February TBD	SAL Diving Championships	TBD	TBD

\* Home Meets - Warm-ups 10:00 AM, Meet Start 10:30

**LMAC Home Meets**

Episcopal Academy  
376 North Latches Lane  
Merion, PA 19066

From Lower Merion High School, take Montgomery Avenue east to Old Lancaster Road. Take slight right onto Old Lancaster Road. Go 0.3 miles, and then turn right on to N. Latches Lane. Follow to school entrance on left.

- **Regular Season Meets** -The bulk of the season consists of four dual meets. Each team swims and dives against all of the other teams in their division of SAL.
- **Division Championship Meet** – Swim meet against team from the North Division of the National Conference. Team in North Division will have same standing as LMAC in the West Division i.e. if LMAC Girls are in 1<sup>st</sup> place in the West, they would swim against the first place team in the North division. Swimmers must compete in 40% of dual meets to be eligible to swim.
- **League Dual Meet Championship Meet** – The winner of the National Conference Division Championship meet will compete against the winner of the American Conference in the league dual meet championship. The runners- up of the conference dual meet championship competes against the other runner up in the consolation league dual meet championship. Swimmers must compete in 40% of dual meets to be eligible to swim.
- **Divisional “B” Championships** – Each division holds a division meet. Swimmers are seeded according to their best times for a particular event. ALL swimmers/divers are eligible for "B" championships (but cannot swim in the events for which they qualified in "A" championships. There is a limit on the combined number of entries for A&B Championships). Swimmers must compete in 40% of dual meets to be eligible to swim. "B" championships are individual competitions only, no team scoring.
- **"A" League Championships** – SAL individual championships and only swimmers/divers with the top 18 times/scores (plus 2 alternates) in the entire league in each event are eligible for "A" championships; however, due to limits on the number of events a swimmer may compete in swimmers above the 18<sup>th</sup> position in the top 40 list may become eligible to participate. The meet is limited to 18 swimmers per event but these swimmers may not always have top 18 times. Coaches notify swimmers/divers of their eligibility for "A" championships after a league seed meeting that occurs following the League Dual Meet Championships. Swimmers must compete in 40% of dual meets to be eligible to swim. "A" championships are individual competitions only, no team scoring.
- **Invitational Swim Meets** – Additional meets hosted by SAL teams. These are often held on Sundays and are open to any league member. There is a small fee per event and swimmers may choose the events in which they swim. These meets are considered "extra" and are entirely optional. Invitational meets are sanctioned by SAL, meaning that times from these meets are considered in the seedings for championships. Most invitational meets require that swimmers sign-up to swim in the meet 3 or 4 weeks prior to the meet. LMAC does not attend the meets as a team and the LMAC coaches may not attend the meets, they are for individual swimmers to participate in as they wish. As its name implies, the Last Chance Meet for swimmers on January 27<sup>th</sup> and for divers on January 28<sup>th</sup> is the last chance for swimmers and divers to qualify for the League Championship meet. Check SAL website: [www.suburbanaquatic.org](http://www.suburbanaquatic.org) for info.

Date	Location
November 25	Norristown Harvest Meet - swimming
December 3	Central Bucks Holiday Classic - swimming
December 30	Central Bucks Holiday Classic - diving
January 7	Centennial Odd Age Meet - swimming
January 14	Pennsbury Splash -swimming
January 27	Upper Merion Last Chance Meet - Swimming
January 28	Upper Dublin Last Chance Meet - Diving

## Directions to Pools

### **LMAC Home Meets**

Episcopal Academy  
376 North Latches Lane  
Merion, PA 19066

From Lower Merion High School, take Montgomery Avenue east to Old Lancaster Road. Take slight right onto Old Lancaster Road. Go 0.3 miles, and then turn right on to N. Latches Lane. Follow to school entrance on left.

### **Central Bucks East**

Directions from Blue Route or PA Turnpike: Take the Blue Route to the Pennsylvania Turnpike. Take the PA Turnpike to Exit 27:Willow Grove (Route 611). Take Route 611 North toward Doylestown. Some crossroads you will pass are County Line Road, Street Road, Almshouse Road, Edison Furlong Road. Stay in the left near Doylestown to get on the by-pass. Follow 611 North bypass to Route 202 North Exit. Follow Route 202 North to the town of Buckingham (approx. 4 miles). Turn left at the traffic light onto Route 413 North. Go ¼ mile to the top of the hill to the first street on the right, Anderson road. Turn right. Go approximately 1 mile to the high school. The parking lot and the pool will be on your left.

### **Upper Merion**

From Lower Merion High School, Montgomery Avenue until it becomes S. Gulph Road. Follow S. Gulph Road, turn slight right onto S. Henderson Road. Crossing DeKalb Pike (Rt. 202) S. Henderson Road becomes N. Henderson Road. Turn left onto Prince Frederick St. Turn left onto Crossfield Road at Upper Merion High School.

### **Plymouth Whitemarsh**

North on blue route, I-476, to Exit 19 toward Germantown Pike-East/Plymouth Meeting. Merge onto Chemical road. Turn right onto W. Germantown Road. Take for slightly more than one mile. H.S. on left.

### **Methacton**

From the Turnpike – Exit at Valley Forge. Take ramp on right for 422 West. Exit at Route 29 North / Ursinus College exit. Travel on 29 North until a T intersection. Turn right. Go over bridge and bear left on the other side – onto Germantown Pike. At 2nd stoplight turn left onto Kriebel Mill Road. High School is on your left.

Alternate Turnpike – Exit at Norristown. Take Germantown Pike West. Cross over 202. Cross over 363 (Valley Forge Road). At 2nd stoplight turn right onto Kriebel Mill Road. High School is on your left.

### **Radnor**

From Exit 13 of I-476 ("Blue Route", Villanova/St. Davids Exit):  
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.

### **Norristown**

Blue Route I-476 North toward Plymouth Meeting. Take Germantown Pike Exit 20 toward I-276 W/ Pennsylvania Turnpike. Turn slight right on to W. Germantown Pike. Follow for approximately 5 miles. Turn left onto N. Whitehall Road. Follow to Norristown High School, 1900 Eagle Drive.

For LMAC team information - [www.lowermerionaquaticclub.org](http://www.lowermerionaquaticclub.org)

**LaSalle University**

Joseph Kirk Memorial Natatorium, Hayman Center, 20th St & Olney Ave

US 1 North (Roosevelt Expressway), to Broad Street Exit (Route 611). Left on Broad Street (North), go one mile to Somerville Avenue. Left on Somerville to Ogontz Avenue. Right on Ogontz to second light (Olney Avenue). Left on Olney to first light (20th Street). Go straight through the light. At the next light make a left into the parking lot.

## Meet Instructions

- **All swimmers are required to stay on deck for the ENTIRE meet.** Swimming for LMAC is a team sport and it demonstrates good sportsmanship to stay and to cheer for all swimmers on the team. Arrangements to leave a meet early must be made prior to the meet with the coaches.
- Bus times, warm-up times and meet start times for all meets, Home and Away, will be posted on the bulletin board near Ginger's office prior to the meet. This information, as well as directions to the Away meets, will also be available online at our website **[www.lowermerionaquaticclub.org](http://www.lowermerionaquaticclub.org)**.
- All swimmers must ride the bus to the Away meets unless the coaches and/or the team reps are informed beforehand. The buses will leave promptly from Lower Merion High School. Please be on time.
- Swimmers who will be taking the bus back to Lower Merion must provide a note to the team reps. Parents must pick up their swimmer promptly at Lower Merion High School after the meet.
- All LMAC Home meets will be held at the Episcopal Pool unless otherwise noted because the depth of the Lower Merion pool prohibits the use of starting blocks.
- Reminder: Swimmers should not use the lockers at the Episcopal School. If your swimmer locks their clothing in a locker at Episcopal, LMAC cannot unlock them. Last season, a few swimmers had to go home without their belongings because the custodial staff at Episcopal could not be contacted.
- Swimmers who will not be swimming in a meet **MUST** inform the coaches in writing by Wednesday prior to the meet.
- An unexcused absence from a meet will result in the swimmer forfeiting the next meet.
- If your child becomes ill the day of the meet, call the team rep for your swimmer's team.
- Remember to check the SAL website at [www.suburbanaquatic.org](http://www.suburbanaquatic.org) for meet results, top 40 times, etc.
- Boys' Rep: Dawn Hahn, cell # 484-832-4396
- Girls' Rep: Lisa Ford, cell # 610-608-2890, home # 610-642-0613

## LMAC Meet Volunteer Opportunities

Parent participation is a necessity for running an organization such as Lower Merion Aquatic Club. There are many opportunities for helping out at LMAC but one of the most important is to volunteer your time during a swim meet.

Besides getting \$50.00 back from your LMAC dues, you have the chance to have a “front row” seat for the swim meets. The advantages are many – it is cooler on the deck than in the stands, you can watch your child race from a great vantage point, and you will learn the finer points of swimming and swim meets!

Sign-up lists will be posted on the bulletin board across from Ginger’s office for each meet. Help is always needed to run the meets. Don’t be shy; ask your team rep how you can help the day of the meet.

Girls’ Rep: Lisa Ford, cell # 610-608-2890, home # 610-642-0613

Boys’ Rep: Dawn Hahn, cell # 484-832-4396

- **Timers** – This is the most popular meet job between both new and experienced swim parents. You operate a stopwatch to time the swimmer in our assigned lane during the race and record the swimmer’s times. Each lane has three timers who are provided with stopwatches. They must start their watch at the start of the race and stop it at the end of the race. The median time is recorded as the swimmer’s time. In pools with touch pads, this is still necessary because of the possibility of equipment malfunctions.
- **Runner** – The runner collects the times from each lane and takes them to the scoring table.
- **Scoring Table**
  - **Scorers** record the times and results following each race and track the scores. The job requires knowledge of the computer program (Meet Manager) used for the computerized scoring system. This job requires training by LMAC parents experienced in Meet Manager and Team Manager. Helpers and/or trainees are always welcome.
  - **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 training by LMAC parents familiar with the timing system. Helpers and/or trainees are always welcome.
  - **Announcer** - Announce the names of the swimmers in each event and work with the Starter/Referee to keep the meet moving quickly and smoothly.
- **Finish Judge** – Judges to observe the end of a race and decide the order in which the swimmers finished the event (i.e., who won).
- **Stroke and Turn Judges** - 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 the US Swimming stroke regulations, and a willingness to fairly disqualify swimmers when appropriate. Those who are interested in this job usually "apprentice" with someone who has done it before. We provide a copy of the rules, and a master with whom you can apprentice. There is also a training program available from the Suburban Aquatic League (see below).
- **Starter/Referee**: The Starter/Ref runs the events in the meet by ensuring that the swimmers start simultaneously and oversees all the other meet officials. This is a leadership position that requires experience and a take-charge personality. It requires knowledge of the US Swimming stroke

regulations. It is up to the Starter to keep the meet moving. There is also a training program available from the Suburban Aquatic League (see below).

- **Starter/Ref and Stroke/Turn Clinics:** Monday, 10/16 thru Thursday, 10/19 @ 7 PM and Monday and Tuesday 10/23 and 10/24, and Thursday, 10/26, All @ 7 PM. Once final dates and locations have been confirmed they will be posted on the SAL Website. The following clinic has been confirmed as to time, date & location: **Methacton** Wednesday, 10/25 @ 7 PM. Check the SAL Website for more information.
- **Bus Monitor:** A great way to get to know the swimmers is to join them on the bus to their Away meets. Bus monitors must ride the bus to and from the meet, insure that any swimmers taking the bus back to Lower Merion High School are on board, and remain at the high school until parents pick up all swimmers.

## 2007 Suburban Aquatic League Scholarship

Look for information about the \$500.00 Suburban Aquatic League Scholarship to a 2007 Graduating Seniors.

Information and application for the 2007 SAL Scholarship will be available on the SAL website under Latest News. For information purposes though, last year's application required the following information.

SAL Senior Award- \$ 500.00

Intent -To assist a male and female swimmer or diver in their pursuit of post-secondary education. There will be a boy and a girl from each division eligible for \$500.

### Eligibility

Currently enrolled high school senior.

Registered Swimmer or Diver in current swim season and a contribution of at least three years of swimming or diving for Sal during the high school period.

Planning on attending post-secondary school within one year following the award.

Application postmarked or received no later than TBA.

### Selection Criteria

Completeness and accuracy of application

Voluntary contributions made to your swimming or diving team

Longevity in the SAL

### Notification

Successful candidates will be announced at League Championships.

### Application Information

Please provide the following as part of your application:

1. Full name, current address & phone number, current school, likely post secondary school, and parents' full names.
2. A short narrative to assist the reviewers. The narrative could include a description of one of the following:

Your swimming or diving career with SAL

Contribution made to your team

A memorable moment or coach you experienced in our program

Any other circumstances why you should receive this award

A suggestion for improvement of our program.

Your plans to attend college

Please be brief. The selection criteria does not require a narrative that addresses each subject. Only one subject needs to be selected. It should be a subject that will allow the reviewers to get to know you and the attributes that you possess which make you worthy of this award. The letters or narrative should contain information about what makes the candidate worthy of the award.

3. A letter from the Club President, League Representative or Coach (must be SAL coach) recommending the swimmer. Please submit a maximum of two letters; the committee needs to be able to devote the time necessary to all worthy applicants. It is very important to include letters, as this often includes information about the swimmers character and worthiness. It is recommended that each applicant submit two letters as this gives the committee more information about the candidates.

# LMAC SWIM SUIT ORDER FORM 2006-07

**Family Name:** \_\_\_\_\_  
**Address:** \_\_\_\_\_  
 \_\_\_\_\_  
**Phone #:** \_\_\_\_\_  
 \_\_\_\_\_

The swimsuits are *navy blue* TYR Durafast with LMAC on the left leg.  
 The Boys will have the jammer-style suit.  
 Girls' suits have an option of a thick or thin strap.  
 All styles are made of endurance material.  
 Sizing is different than Speedo or Nike suits; please try a suit on before ordering.

**Prices:**      **Boys' Jammer - \$29.00**  
                     **Female - \$44.00**

<i>Size</i>	<i>Male/jammer</i>	<i>Female</i>	
		(thin strap)	(thick strap)
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

**Total amount of order (checks payable to LMAC)      \$\_\_\_\_\_**

**SAMPLE SUITS ARE AVAILABLE IN POOL OFFICE. SUITS MUST BE KEPT AT POOL.**  
**\*\* Suits will be available for try on from September 29<sup>th</sup> until October 6<sup>th</sup>, 2006. \*\***

**All orders must be submitted with payment by October 11, 2006.**

**Please turn orders into Ginger in the pool office or Maureen Krouse – 632 Hirst Ave Havertown, PA 19083.**

**Questions, please contact Maureen Krouse – 610-446-2176 or email [mask632@comcast.net](mailto:mask632@comcast.net)**

## LMAC PARENT T-SHIRT ORDER FORM

Parents, order a special t-shirt that shows you are an avid supporter of the Lower Merion Aquatic Club.

**Note: All swimmers and divers will be receiving their own team shirt before the first meet. This shirt is different than the team shirt.**

The shirts are light blue, 100% cotton, and pigment-dyed (fabric is similar to the "Life is good" shirts) with a small piranha logo and Lower Merion Aquatic Club on the front left chest.

Shirts are available in Adult sizes, S, M, L, XL

Price: \$10.00

Family Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

# of Shirts \_\_\_\_\_ x \$10.00 = Total amount of order \$ \_\_\_\_\_

Sizes: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

All orders must be submitted with payment by October 13, 2006. Make checks payable to LMAC.

Please turn orders into Ginger in the pool office or Helene Roth –836 Beechwood Drive, Hevertown, PA 19083.

Questions, please contact Helene Roth –610-649-5145 or e-mail at [helene.roth@verizon.net](mailto:helene.roth@verizon.net)

**LOWER MERION AQUATIC CLUB  
Registration Form**

Family's Name: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

Parent/Guardian's Name(s): \_\_\_\_\_ Home Phone No.: \_\_\_\_\_

Street Address: \_\_\_\_\_ Business Phone No.: \_\_\_\_\_

Town, State, and Zip: \_\_\_\_\_ Township of Residence: \_\_\_\_\_

Swimmer(s)/Diver(s):

Name	Gender	Date of Birth (MM/DD/YYYY)	Swimming or Diving

**Membership Fee Schedule**

Swimmer/Diver	L. Merion Township Residents	Non-L. Merion Township Residents
First Swimmer in Family	\$330	\$355
Second Swimmer in Family	\$185	\$205
Third Swimmer in Family	\$100	\$120
Fourth Swimmer in Family	\$75	\$95
First Diver in Family	\$300	\$325
Second Diver in Family	\$165	\$185
Third Diver in Family	\$90	\$110
Fourth Diver in Family	\$70	\$90

**FEE SUMMARY:**

**Membership Fee** (check or money order only; NO CASH ACCEPTED).....\$ \_\_\_\_\_  
(This fee must be made payable to Lower Merion School District and covers coaches' salaries, pool time, etc.)

**LMAC Association Fee** (check or money order only; NO CASH ACCEPTED)  
\$100 for one child  
\$120 for two children  
\$140 for three or more children..... \$ \_\_\_\_\_

(This fee must be made payable to Lower Merion Aquatic Club or LMAC and covers trophies and awards, pizza party, team pictures, team gifts, etc.)

(Remember \$50 of this fee will be refunded to you for volunteering at 3 meets)

**Registration form and checks can either be dropped off to Ginger in the administrative pool office or mailed to: LMAC, c/o Lower Merion High School, 301 East Montgomery Avenue, Ardmore, PA 19003.**

\*\*\*\*\*REGISTRATION FORM AND CHECKS ARE DUE OCTOBER 31, 2006\*\*\*\*\*