



Short Course 2011-12 Parents Meeting Agenda

Swimmers and Parents: Welcome to the UAC Family!

Agenda:

I. Introduction of Coaching Staff and Owner:

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| <ul style="list-style-type: none">• Head Coach:
Karim Mabrouk
Office: 914-433-1473
Email: karim.mabrouk@uconn.edu | <ul style="list-style-type: none">Owner:
Bob Goldberg
Office: 486-5618
Email: robert.goldberg@uconn.edu |
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II. Developmental Requirement for New Swimmers:

- UAC Members must be able to complete 25 yards of swimming without any assistance of both freestyle and backstroke (i.e. No help from a coach, hanging on the wall, or touching the bottom of the pool)
- In addition, all swimmers must have completed Level 3 swimming lessons
- In order to ensure proper technical development, swimmers are urged to attend every practice for the training group to which they have been assigned.

III. Training Groups:

1. **Guidelines**
 - Each swimmer is assigned to a specific training group by the coaching staff (i.e. Pups/J1s, J2/J3s, H1/H2s) according to degree of development, degree of commitment and age
 - While this may cause transportation issues for some families, it is in the best interest of the swimmers to strictly adhere to the practice schedule and not deviate from their assigned group
 - UAC families are urged to organize car-pools with other families in order to resolve such issues

2. **Group Structure**
 - **Pups and Jonathan 1 (Pups and J1s):** Developmental levels focused on learning and reinforcing the technical aspects of proper breath control, body position, and stroke technique while maintaining a fun, exciting environment
 - **Jonathan 2 and 3 (J2 and J3s):** Further focus on learning and developing the proper technique of the four strokes while refining the finer points of the sport (starts, turns, underwater swimming). Intervals are introduced at this level and swimmers compete at CCWSL and USA-S meets. J3s are required to compete in USA-S competitions.
 - **Huskies 1 and 2 (H1 and H2s):** The highest level of commitment to the sport. Swimmers must show a dedication to realizing their athletic and personal potential through the sport of swimming. H1s are required to attend 60% of the practices, while H2s are required to attend 70%. The Huskies attend CCWSL meets as well as local, regional and national USA-S competitions.

IV. Forms

1. **UAC Registration Application:** Enclosed you will find a UAC Registration Application. Please complete this form as thoroughly as possible as this information is used for your USA-Swimming Registration. Please fill out one form for **each swimmer** in your family and return to the Head Coach along with your payment.

2. **Emergency Medical Information and Release:** This form ensures that your child will receive the best care possible in the event of a medical emergency. Please complete only **one form per family** and return to the Head Coach.

V. Practice Schedule (revised & tentative):

-Pups :	TuTh: 6:15-7:30PM
-J1s;	TuTh: 6:15-7:45PM (optional Friday as well)
-J2 and J3s:	MWF: 6:15 -7:45PM (optional Thursday as well)
-H1s and H2s :	MTuWThF: 6:15-8:15PM Swim/Dryland Combo

VII. Team Suits/Equipment:

- **Each swimmer is required to wear the UAC team suit at all competitions.** Our equipment supplier, Metro Swim Shop, will hold a suit fitting/equipment sale on Tuesday, **September 27th** at the pool from 5:30-7:30PM.
- A detailed equipment order form is on-line and will be made available, at which time families will be able to order various required and optional training equipment/apparel at a discounted price.
- Please purchase goggles that the swimmer is comfortable with. Younger swimmers have good luck with Speedo Hydrospec Jrs. \$2 goggles from the Christmas Tree Shop are not recommended.
- Swimmers should not practice in the team suit. The suit will stretch and wear out. Please use practice suit(s).
- You can also shop online by following the 'Metro Swim Shop' link on our website.
- Cash, check, or charge are available for payment methods.

VIII. Frequently Asked Questions:

1. What is USA-Swimming?

- USA-Swimming is the national governing body for the sport of swimming
- Located in Colorado Springs, CO at the U.S. Olympic Training Center
- USA-Swimming membership provides certification, education and insurance to swimmers, coaches and club
- Connecticut Swimming Inc. (CSI) is our Local Swim Committee (LSC) that operates under the guidance of USA-S, there are 59 LSCs in the United States
- UAC competes in several CSI sanctioned USA-S meets throughout the season, culminating with the CT Regional, Age Group and Senior Championships in March

2. What is the CCWSL?

- The CCWSL is the Central Connecticut Winter Swim League, a recreational organization in which UAC competes during the Short Course season
- UAC will have six CCWSL dual meets followed by the CCWSL 'A' and 'B' Championships held in February
- UAC swimmers are required to compete in 3 of 5 dual meets throughout the season
- CCWSL meets are seen as an opportunity for all swimmers to compete, as well as a unifying tool used to build a sense of camaraderie, accountability and community among club members

3. Where should I park?

- If you choose to stay for the duration of practice, it is highly recommended that you park in the South Garage to avoid being ticketed
- UAC allows parents to observe practice from the bleacher area, however, we ask that you refrain from any communication with your child or your child's coach during practice and stay in the bleacher area. Please do not stand at the railing

4. How do I enter my child in a meet?

- For CCWSL meets, a sign-up sheet will be posted by the UAC mailboxes two weeks prior to the meet. Simply indicate 'yes' next to your swimmer's name in order to enter. Swimmers are expected to participate in at least 3 of the 5 Rec Meets plus Championships.
- USA-S meets will require a positive sign up by the parents. Please watch the communication board for more information.

5. How can I volunteer to help the UAC Club?

- Please inform one of the coaches your interest to help the club. Swimming required the most involvement of any sport by the parents in order to provide your swimmer a fun experience.
- A list of the various positions and leaders will soon be posted on the Information Board. We are especially focused on increasing our official pool. Please see the Head Official for more details.
- As a non-profit organization, parent involvement is absolutely vital to the sustained success of UAC; your help is greatly appreciated!

6. How do I find out if practice has been cancelled?

- In the event of inclement weather, a decision regarding cancellation of practice will be made by noon and posted on the UAC homepage (uac-ct.org) as well as being distributed via email on the master distribution list.

7. How often should I check my UAC mailbox?

- You should try to check your UAC mailbox everyday after practice. Important information regarding all things UAC is distributed through the mailboxes
- Once you submit the UAC registration form, a folder with your name will be placed in the UAC mailbox located next to the bulletin board

8. Safety

- Safety of the swimmer is paramount. There are certified coaches on the pool deck at all times trained in First Aid, CPR, and Water Safety.
- Two significant changes to improve the safety program last year are:
 1. Feet first, slide in entry by the swimmers at all time unless the coach directs otherwise.
 2. Pick up of the swimmer is required inside the pool area and immediately at the end of practice. The club does not take responsibility of your swimmer outside of the practice window.
- Repeated safety infractions may result in the swimmer not being allowed to continue to participate on the team. There will be no refund for fees paid for that period as well.

9. Web Site

- The UAC web site address is uac-ct.org.
- Information regarding upcoming meet entries, team functions, important communications, and other messages can be found on the web site.
- In addition, menu items such as the meet schedule, directions to away meets, team records, links to other pertinent swim organizations, and a key contact lists for coaches is available.

10. New Policy for 2011 – 2012 Swim Season

- Swimmers seeking private lessons in addition to the club offerings is not supported by UAC. The club is a REC Team that affords the opportunity for swimmers to advance to the next level and compete in USA Swim Meets. The philosophy of the club is to better each and every swimmer in the sport of swimming as well as providing a unique level of self-confidence for the swimmer.
- Private sessions put the swimmer, the coaches, and the private instructor in potentially a problematic situation with various repercussions.
- UAC Policy effective 9/19/2011 is to not support the use of private sessions outside of UAC and if it is determined to be occurring then dismissal from the club may occur.
- The UAC coaches are always available after practice for one on one instruction. Please have your swimmer give the coach some advance notice and the club can readily support.