

The New Albany Aquatics Club

The New Albany Aquatics Club was first organized as a competitive swim program in 1994 as the New Albany Swim Club by swimmer and coach Stephanie Zurich Donley, and formally incorporated as a 501(c)3 non-profit entity (New Albany Aquatics Club, Inc) in 2005. NAAC continues to serve its original purpose of providing the finest comprehensive swim program in the area for swimmers of all ages and abilities:

NAAC has had champions at all levels except Senior Nationals, the US Open and Olympic Trials; literally hundreds of High School All Americans, Sectionals, Zones, Age-group champs and qualifiers, etc.

Current club accomplishments:

- Fastest High School boy in America in the 50 free
John Sands 20.19 – February 2004
- Five NCSA Junior National Championship swims.
- USA Junior National Record boys 200 yard freestyle relay 2002
- National USA Record 17-18 boys 200 meter freestyle relay 2003
- Seven USA Ohio Records, which includes 5 relays and 2 individual events
- Averaging 10 top 16 times a year
- Anne Weilbacher 2004 Olympic trials (U. of Michigan)
- Joe Doyle 2008 Olympic Trials (Ohio State University)
- Qualified swimmers individually and relays to Juniors and Nationals
- Fourth Largest USA Sectionals team March 2004
- Five swimmers with eight events listed on the All-Time Ohio Honor Roll
- 10 Central District High School Records
- Two Pool Records at The Ohio State University
- Six time High Point Age Group State Champs
- Numerous Age Group state Champions
- Barbara Kay Mini Meet Champions and three time Champion runner up
- Over the years have had swimmers compete:
 - Olympic trials
 - Nationals
 - US Open
 - Juniors USA and NCSA
 - Ohio State High School Championships
 - USA Sectionals
 - Zones
 - Quads
 - Age Group State Championships

Our coaches have developed an extensive program that combines swimming and dryland with an emphasis on core strength, Pilates, Yoga, leg and arm speed (reaction speed). Weight training is an option for those ready. Nutrition, recovery and overall mental and physical health are all emphasized.

NAAC's home base is the natatorium at New Albany High School. The day to day operations of the club are supervised by the head coach and coaching staff with the support of the parent booster organization which serves in many capacities for the benefit of NAAC's swimmers and programs. NAAC is a member club of USA Swimming through the Ohio LSC.

NAAC swimmers have extended their careers at these colleges and universities:

- The Ohio State University
- University of Michigan
- Wright State
- Bowling Green State University
- Ohio University
- University of North Carolina
- Davidson College
- Johns Hopkins University
- Xavier University
- Butler University
- DePauw University
- Kenyon College
- Dennison University
- University of Toledo
- Eastern Michigan University
- Miami University of Ohio
- University of Cincinnati
- University of Kentucky
- Georgetown University
- Ashland University
- College of Wooster
- Duke University
- Notre Dame
- Princeton
- Columbia
- Air Force Academy
- Illinois Institute of Technology

NAAC maintains a website at www.newalbanyaquatics.com.

As a coach-run, parent-supported swim club, NAAC is dedicated to providing excellence to its swimmers through consistent, challenging training at each of its levels.

If you have questions about our training programs or wish to visit one of our practices, contact info@newalbanyaquatics.com. Additional information about our coaches, practices and programs can be found on our website.

Fee Information

A non-refundable deposit of \$100 is due at registration. This deposit will be applied to your training fees. Payment for preseason, water polo and the Breakers group is due in full at registration.

Training fees may be paid using one of the following three options:

Option A: Payment in Full – full year commitment. Payment is due by mid August and can be made by through our online registration system.

Option B: Fees may be paid monthly, using a credit card, debit from a checking or savings account or echeck. Fees will be posted to your account on the 15th of each month. Other fees as listed below are due in full by mid August.

USA Swimming Membership Fee

The annual USA-Swimming membership fee is required for each athlete in order to be on any USA deck for practices and/or meets. Membership includes registration card, swimmer insurance, benefits and “*Splash*” Magazine subscription. This fee is non-refundable and due upon registration.

Non-New Albany Resident Fee

A non New Albany Plain Local School District Resident Fee of \$50 per swimmer. This fee is non-refundable and due upon registration.

Training Fees

Training fees cover the cost of coaches’ salaries, pool rental and other team operation costs.

NAAC Refund Policy

The Board of Directors will consider requests for refunds.

- Prior to calculating any refund, all amounts owed to the club must be paid (i.e. entry fees, etc.)
- Moving out of town - 100% refund of the remaining pro-rata portion of the season's fees based on the remaining full months of the swim season of financial commitment (fall/winter, spring, summer).
- Medical reasons (injury, serious illness) as supported by a doctor's excuse - 100% refund of the remaining pro-rata portion of the season's fees based on the remaining full months of the swim season of financial commitment.

Registration Agreement

In consideration of the acceptance of my child to participate as a member with the New Albany Aquatics Club (“NAAC”) I agree that I will be personally responsible to NAAC for any training, meet entry or other fees that are incurred while my child is a member of the team. I agree that, if there is an outstanding balance still due in the case my swimmer chooses to discontinue swimming with NAAC before the end of the 2010-2011 season, NAAC will charge that outstanding balance to the credit card that I have placed on file. I also agree to keep a valid and effective credit card number on file at all times after I register for NAAC. I agree that, even if I fail to keep a valid and effective credit card number on file, I am still obliged pay all training, meet entry and other fees that have been charged to my account. I further agree that a \$100 registration fee must be paid by credit card before my registration for NAAC will be accepted and I understand that the registration fee is not refundable or transferable.

Cancellation Policy

I agree that by registering my child to train with New Albany Aquatics Club ("NAAC"), I am obliged to pay the training fee for the group my swimmer is placed in. I acknowledge that I am entitled to cancel my participation in NAAC up to but not later than 14 days after the first published training session for this child's group, as indicated on the NAAC website. If I do so, I will not be responsible for paying the assigned training fees. However, I agree that, even if I cancel my swimmer's participation in NAAC, the registration fee is not refundable or transferable and the funds that I have paid as of the date of my cancellation are not refundable to me. I further agree that if I do not cancel my participation in NAAC by the 14th day of the published training season, I am obliged to pay in full the training fee for the group my swimmer was assigned to.

New Albany Aquatics Training Group Descriptions

TRAINING GROUP DESCRIPTIONS & COSTS

The New Albany Aquatics Club (NAAC) offers nine training groups ranging from the Breakers to the Masters Team. Programs vary in intensity, amount of training time, the meet participation expectations and the additional dry-land training provided. Movement within the practice groups will happen at the coaches' discretion based upon skills improvement, attendance and commitment to the sport.

Training Seasons: Fall Only-Preseason Training and Water Polo

Fall/Winter/Spring Only-Breakers, Jr. Ripples, Ripples, Waves and Tsunami

All other groups train on a year round basis.

There will be a break between seasons for the training groups.

All practice schedules will be posted on the home page of our team website. While we strive to maintain a consistent practice schedule, please check it regularly for any updates, especially during any school breaks.

Fees for each of the programs have been developed based upon a projection of a total number of practice hours in the water and for Dryland training.

BREAKERS

This group is designed for the beginning swimmer who can swim one lap of freestyle and backstroke and has had prior swim lessons. Practices will emphasize the development of the four strokes, diving and fun water activities

Suggested Age Range: 4-8 year olds
Schedule/Frequency: 1 per week
Cost: Fall/Winter/Spring, \$335

JR. RIPPLES

This group is designed for the developing swimmer who is ready to move beyond the basics. Practices will emphasize instruction on all four competitive strokes through drills and fun water activities.

Suggested Age Range: 5-9 year olds
Schedule/Frequency: 2 per week
Cost: Fall/Winter/Spring, \$495

RIPPLES

This group is designed for the young swimmer who is ready for the next level of swimming. Practices will emphasize instruction on all four competitive strokes through drills and fun water activities. While this group is mainly instructional, it will consist of a small amount of interval training and endurance work.

Suggested Age Range: 6-10 year olds

Schedule/Frequency: up to 3 per week

Meets: Participation in B Meets, Mini-meet, and highest level of competition is recommended

Cost: Fall/Winter/Spring, \$585

WAVES

This group is designed for the emerging competitive swimmer that has the knowledge and ability to swim 50 yards of each of the four competitive strokes. Practices will emphasize mechanics in all four strokes, starts, turns and prepares swimmers for competition in swim meets. Drills and stroke technique will be the primary emphasis in practice with a moderate amount of endurance work. Regular attendance at practice and participating in the B meets, mini-meets and highest level of championship is encouraged. *Evaluation is required*

Suggested Age Range: 7 – 11 year olds

Schedule/Frequency: Up to 3 practices per week

Desired Minimum Attendance: 2 practices per week

Meets: Participation in B Meets, Mini-meet, and highest level of competition is recommended

Cost: Fall/Winter/Spring \$620

TSUNAMI

This group is designed for the competitive swimmer. Practices emphasize competitive stroke technique, starts and turns and an understanding of the pace clock. There is increased focus on conditioning and endurance work. Regular attendance at practice and participation in local and out-of-town meets is strongly encouraged. *Evaluation is required*

Suggested Age Range: 8 - 12 +/-

Schedule/Frequency: Up to 4 per week

Desired Minimum Attendance: 3 practices per week

Meets: 4-6 per season, plus the highest-level championship meet the swimmer qualifies for

Cost: Fall/Winter/Spring \$830

HURRICANES

Swimmers in this group have a higher level of competitive swimming experience. Practices emphasize drill and stroke technique refinement as well as an increased endurance conditioning. Dryland training is introduced along with goal setting and an understanding of time standards. Meet goals are Ohio A, AA, and Zone competitions. *Evaluation is required.*

Suggested Age Range: 9 - 14

Schedule/Frequency: Up to 6 per week including Dryland

Desired Minimum Attendance: 4 practices per week
Meets: 5-7 per season, plus the highest-level championship meet the swimmer qualifies for
Cost: Full Year
NAMS 7th or 8th grade student-\$1225
NA resident 5th/6th graders and non-residents -\$1450

CYCLONE

This group is comprised of the more skilled and experienced swimmers ages 14--18. Endurance, speed, and perfection of stroke mechanics are expected at this level. Goal setting and race strategy are also developed. Total commitment to all aspects of swimming is expected in this group therefore, it is expected that each swimmer make a full year commitment. Dry land training is required and a key component. Swimmers in this group are striving to maximize their age group abilities. A strong commitment to attendance, practice efforts, and meet participation is desired. Meet goals are AA's, Zones, Sectionals, High School District and States. *Evaluation is required.*

Suggested Age Range: 11-14
Schedule/Frequency: Up to 6 per week including Dryland 1-2 times per week
Desired Minimum Attendance: 4-5 practices per week
Meets: 5-10 per year, plus the highest-level championship meet the swimmer qualifies for
Cost: NAMS 7th or 8th grade student-\$1855
NAHS Student-\$1685
All others-\$2085

NATIONAL TEAM

This group is designed for our most competitive swimmers and has mandatory minimum attendance requirements at pool and dry land workouts. Swimmers in this group are highly competitive High School swimmers and have achieved Sectional cuts. They are striving to achieve Junior National, Senior National and Olympic trial qualification times. They are expected to attend the highest championship meet for which they qualify. Practices stress advanced conditioning, technique refinement, and preparation for high school and collegiate championship competition. Swimmers and their families will meet with the coach. *Evaluation is required.*

Suggested Age Range: 14+
Schedule/Frequency: Up to 11 per week.
Desired Minimum Attendance: 80% of weekly evening practices on a 3-week cycle.
Meets: Per commitment agreement
Cost: Full Year: NAHS Student-\$1770
Non-NAHS Student-\$2170

HIGH SCHOOL TRAINING – Pre Season

This group is for swimmers whose goal is to make the New Albany High School swim team. The focus of practice is conditioning and stroke mechanics. Training will be for six (6) weeks and practices will stress technique refinement. Regular attendance at practices is desired. *Evaluation is required.*

Suggested Age Range: 14-18
Schedule/Frequency: Up to 4 Days per week
Desired Minimum Attendance: 3-4 practices per week
Meets: Not required but highly suggested.
Cost: Fall: \$200

HIGH SCHOOL BOYS WATER POLO

Participants will be introduced to basic rules & regulations, basic drills & skills, and basic conditioning exercises associated with the sport of water polo.

Suggested Age Range: 13-18

Schedule/Frequency: Up to 4 Days per week

Desired Minimum Attendance: 3-4 practices per week

Cost: Fall: TBA

RETURNING COLLEGE SWIMMERS

Since many of the past New Albany Aquatics Club swimmers swim in college and want to continue training over their breaks, holidays, and summer, the head coach and board has set up guidelines for this training.

1. Prior to long course season, each swimmer will contact the head coach to set up a mutual contractual agreement based on work schedules or class schedules. Once that schedule is in place, it will be the swimmers responsibility to follow it completely. If for any reason it changes, please contact the head coach. If you fail to adhere to the schedule agreed upon, or are constantly late for practice, you will be asked to not return.
2. Each returning swimmer will be required to possess a current USA card. A registration fee must be paid at the time of registering on line.
3. Each returning swimmer will be required to represent the New Albany Aquatics Club at the Ohio Senior Meet or Junior/Senior National Meet and are encouraged to participate in any or all other meets offered to the senior group.
4. It will be every college swimmer's responsibility to adjust to the club's training schedule which includes being on time to meets, morning and afternoon practices. Every returning swimmer will be treated with the same attention and respect as any other swimmer on the team.
5. Every swimmer will be asked to sign and abide by the New Albany Aquatics Club Swimmer Code of Conduct before they begin training.

We enjoy having our "old" swimmers return! College swimmers are looked upon as role models for all our younger swimmers and we expect them to conduct themselves appropriately.

NEW ALBANY AQUATICS CLUB

PARENT CODE OF CONDUCT

As a parent of a swimmer (or swimmers) and member of the New Albany Aquatics Club, I agree to abide by the following guidelines and obligations:

1. Practice **teamwork** with all parents, swimmers, and coaches by supporting the values of **Discipline, Loyalty, Commitment, and Hard Work**.
2. As a parent, I will not coach or instruct the team or any swimmer at a practice or meets (from the stands or any other area) or interfere with the coaches on the pool deck.
3. I agree to demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child (or children), other swimmers, parents, officials and the coaches at meets and practices.
4. I agree to maintain self-control at all times. I recognize that:

SWIMMERS-SWIM

COACHES-COACH

OFFICIALS-OFFICIATE

PARENTS-PARENT

5. As a parent, I understand that criticism, name-calling, use of abusive language or gestures directed toward the coaches, officials, and/or any participating swimmer will not be permitted or tolerated.
6. Enjoy involvement with the New Albany Aquatics Club by supporting the swimmers, coaches, and other parents with **positive** communication and actions.
7. Fulfill my obligations to assist with duties assigned to New Albany Aquatics Clubs at meets, including timing.
8. Ensure that all payments due New Albany Aquatic Club are made in a timely manner so the Club is able to meet its obligations relating to pool rental, coaching salaries and meet entry fees.
9. I agree to abide by the New Albany Aquatics Club's Fund Raising obligations for each family as set forth by the Board and the Fund Raising Committee.

SANCTIONS

I agree that should I conduct myself in such a way that brings discredit or discord to the New Albany Aquatics Club, or USA Swimming, I voluntarily subject myself to disciplinary action, including, but not limited to suspension or expulsion from the New Albany Aquatics Club.

Parent Signature

Parent Signature

NEW ALBANY AQUATICS CLUB

SWIMMER CODE OF CONDUCT

The following code of conduct is in effect throughout the year. Some of the rules and guidelines refer to swimmers traveling to out of town meets. Each swimmer by signing this Code of Conduct agrees to abide by the rules set forth and if the swimmer fails to do so, he or she will be subject to disciplinary action as deemed appropriate by the coaching staff.

1. Every New Albany Aquatics Club (hereinafter "NAAC") swimmer will be respectful of their peers, coaches, and parents. Any swimmer not acting in such a manner will be asked to change or stop that behavior and if failing to do so, will be subject to disciplinary action.
2. The coaching staff holds the final word on any rules, regulations, or disciplinary action.
3. The consumption or purchase of alcohol, smoking or chewing tobacco, or use of any other illegal substance of any kind will not be allowed. In addition, any team member found or suspected to be in the presence of others (regardless of team affiliation) partaking in any of the above activities will be subject to the same punishments and probable expulsion from NAAC.
4. While attending out of town meets, at no times will male and female athletes be in the same room together unless a coach or chaperone is in the room or has approved the situation. This applies to NAAC team members or members of any other team.
5. No loud or boisterous behavior will be tolerated in the hallways or public areas of any hotel, and such behavior should be kept to a minimum in your rooms.
6. Be punctual to all team practices, meetings and warm-up times.
7. All NAAC team members agree to abide by the rules, practice, and meet guidelines as set forth by the coach for their respective group and level.

I recognize my responsibility to abide by the rules and requirements of the New Albany Aquatics Club and I acknowledge that my coach has informed me their expectations and rules.

Swimmer _____ Date _____

Practice

Practice requirements-please be punctual, coaches will keep attendance. If your swimmer is sick or injured, please email the coach and let them know. Your swimmer may only practice with their appropriate group.

Communication

The main form of communication for all groups will be email and posts to our website. Please check the website for any changes to the practice schedule, meet warm-up times and general information. We also have a facebook page.

Dryland

Dryland and weight lifting (varies with training groups) is held on the campus of the New Albany High School.

Swim Meets

- a. We will have a minimum of one coach at each session but usually more.
- b. Your training group coach will not always be at the meet for all sessions.
- c. Coaches will not be and aren't responsible for deck entries at any meet. If you miss our meet entry deadline, you will miss the meet. Events will not and usually can't be changed at the meet.
- d. Please don't occupy coaches during a meet with questions that aren't directly related to the meet.
- e. Coaches will take care of all relays and they will be final. Our basic policy is simple. Four fastest!
- f. Scratching finals is strictly prohibited at Championship meets. Scratching prelims to time trial for Zone cuts at Championship meets will not be allowed. You are swimming for the Team at Champs!
- g. Wear your team suit and cap at all competitions.
- h. We highly encourage relay only swimmers at Champs and will do our best to inform you about relays starting in January.
- i. Swimmers need to be at the pool for warm ups, ready to go, 15 minutes prior to the posted warm-up time. If you are late coaches may scratch your swimmer from that day's events and relays.

Importance of Zones and JO cuts (We want swimmers to strive for them but not on the obsessive level)

Zones – fun and a reward but don't worry about it. Scratching at Championship meets is strictly prohibited especially for time trialing for zones. You either make the cuts or you don't. Team Hotels and signing up for zones is each individual's responsibility.

TERMINOLOGY

Blocks: Diving blocks that the swimmers start from.

Bullpen: Area swimmers must report to promptly when their event number is announced. This is where swimmers are lined up in the proper heats and lanes.

Deck: The area immediately around the pool. Per USA Swimming rules, parents are not permitted on the deck at any time during practices or meets.

DQ: Disqualification. A technically incorrect stroke, kick, flips turn, or false start. Examples of this are; Backstroke- toes are out of the water on a start. Freestyle- false start or missing the wall on a turn. Times do not count.

Events: The race in which the swimmer is participating..

False Start: Leaving the blocks before the sound of the starter or before swimmer touches the wall on relay exchanges. This leads to disqualification.

Flags: Backstroke flags. These are used by backstrokers as markers. During warm-ups they should count how many strokes it takes them from the time they see the flags till the time they reach the wall, and remember this during the race.

Free Relay: Four swimmers taker turns swimming one leg of freestyle.

Heat: One race within a single event. Most events have more than one heat. Swimmers with the fastest times are placed together in the last heat.

Heat Sheets: A listing of all swimmers by heat and lane assignments at a meet. These may be purchased before the meet.

Lanes: The lanes that the swimmers are assigned to for a particular event. Lane numbers are designated by the swimming blocks.

Official: A person who is trained in making sure that the swimmers are completing strokes correctly and are following USA Swimming rules and regulations. It is their responsibility to DQ any swimmers who violate these rules.

Qualifying Time: Established times set by the Meet Director for entry into a particular meet.

Referee: The official who is in charge of all other officials at a meet. The referee makes all final decisions and sees to the running of the meet.

Scoring: The times for all swimmers in all heats in a particular event are scored fastest to slowest. The fastest times places first, next fastest second and so on.

Seedtime: The time used to enter a swimmer into a meet. This determines a swimmer's heat and lane assignment.

Starter: The official responsible for the start of each heat and calling swimmers to the blocks.

Stroke Judge: The official that determines the legality of a swimmer's stroke and/or their turn

What to Watch in a Swim Meet

A guide to all of the strokes, the pool, strategies and more (reprinted from USA-Swimming)

The Racing Course

The length of a short course racing pool is 25 yards. The length of a long course racing pool is 50 meters. World records may only be set in 50-meter (long course) or 25-meter pools.

Freestyle

In the freestyle, the competitor may swim any stroke he or she wishes. The usual stroke used is the Front Crawl. This stroke is characterized by the alternate overhand motion of the arms and a flutter kick which can be either a six-beat-per stroke or two-beat-per-stroke cycle rhythm. The slower two-beat kick is used in the distance races, while the faster, six-beat kick is used in the sprint events and at the very end of the distance races. In all U.S. Swimming and FINA competition, each swimmer's head must surface within 15 meters of the start of the race. This rule was passed at the 1998 FINA Congress in Perth, Australia..

Backstroke

In the backstroke the swimmer must stay on his or her back, except during the turns. The stroke is an alternating motion of the arms -- much like the crawl stroke -- with a flutter kick. Since April of 1991, a swimmer is no longer required to touch the wall with his or her hand before executing the turn maneuver. The key to proper interpretation of the backstroke rule is the phrase "continuous turning action", i.e., a uniform, unbroken motion with no pauses. In a more technical interpretation, after the shoulder rotates beyond the vertical toward the breast, a continuous simultaneous double arm pull may be used to initiate the turn. There shall be no kick, arm pull, or floatation that is independent of the turn. The position of the head is not relevant. In all U.S. Swimming and FINA competition, each swimmer's head must surface within 15 meters of the start of the race.

Breaststroke

Perhaps one of the most difficult strokes to master, the breaststroke requires simultaneous movements of the arms on the same horizontal plane. The hands are pushed forward from the breast on or under the surface of the water and brought backward in the propulsive stage of the stroke simultaneously. The kick is a simultaneous thrust of the legs called a "frog" or breaststroke kick. No flutter is allowed. Swimmers must touch the wall with both hands at the same time before executing their turn.

Butterfly

The most physically demanding stroke, the butterfly features the simultaneous overhead stroke of the arms combined with the dolphin kick. The dolphin kick features both legs moving up and down together. No flutter kicking is allowed. As in the breaststroke, swimmers must touch the wall with both hands before turning. The butterfly was "born" in the early 1950's as a loophole in the breaststroke rules and in 1956 became an Olympic event in Melbourne, Australia. In all U.S. Swimming and FINA competition, each swimmer's head must surface within 15 meters of the start of the race. This rule was passed at the 1998 FINA Congress in Perth, Australia.

Individual Medley

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

Medley Relay

In the medley relay, all four strokes are swum by four different swimmers. No swimmer may swim more than one leg of the relay, which is swum in backstroke, breaststroke, butterfly and freestyle order.

Freestyle Relay

In the freestyle relays, four swimmers each swim one fourth of the total distance. As in the medley relay, no individual may swim more than one leg of the relay.

Starts and Turns

Many races are lost in poor starts and turns. In the start, the swimmer is called to starting position by the starter who visually checks that all swimmers are in the down positions and still. Then, once the starter is satisfied, the race is started by either a gun or electronic tone. If the starter feels that one of the swimmers has jumped early, the race will be recalled and the offending swimmer disqualified. Quick turns are essential to a good race. In all events the swimmer must touch the wall, but in the freestyle and the backstroke, the swimmer may somersault as he or she reaches the wall, touching only with the feet. In the other two competitive strokes, the swimmer must touch the wall with both hands before executing the turn.

Strategies

The sprint races are an all-out scramble from start to finish. The slightest mistake can cost precious hundredths of seconds -- and the race. The 200-meter events require the swimmer to have a sense of pace as well as the ability to swim a controlled sprint. This distance is considered by many swimmers to be the most difficult to master. The 400, 800 and 1500-meter freestyles require the swimmer to constantly be aware of where they are in the water and the fatigue of their muscles. Swimming the first portion of the race too fast can sap a swimmer's strength and cause a poor finish. Swimming the first portion of the race too slowly can separate the swimmer from the pack and make catching up impossible. Swimmers may elect to swim the race evenly (holding the same pace throughout the race) or they may "negative split" the race. A negative split occurs when the swimmer covers the second half of a race faster than the first half. In the late 1970s and early '80s "negative splitting" was considered the way to win a distance race. World records have been set by Janet Evans and Jorg Hoffman using "even pace" strategies as well.

Championship Meet Summary – Age Group (ages 14 & under) Winter Season: September through March

PREVIEW

Below is a summary for *Ohio Championship meets* that NAAC will compete in during the winter season. These meets are *in addition to regular meets*, or ‘invitational’s’, held throughout the season. All swimmers are expected to swim in the highest level championship meet for which they qualify. Your primary group coach will assist you in your planning.

ALL-STAR QUADRANGULAR CHAMPIONSHIPS (Quads)

Second weekend in January, (IUPUI in Indianapolis)

This is an All-Star meet by selection only. Generally, you must apply for the Ohio “All-Star” QUAD team sometime in December –and the deadline is very strict. Parents are responsible for submitting applications by the deadline. Any swimmer with a National “AA” may apply. The organizers for this meet are made up of 1 representative each from the Lake Erie chapter (northern Ohio) and the Ohio Chapter (southern and mid-Ohio). These organizers will collect all applications and notify the top 4 swimmers in every event they have made the team; this notification is done before Christmas. Then, swimmers must reply with confirmation or decline. The meet pits Ohio versus Indiana, Kentucky, and Illinois a four-state showdown. Since the Ohio H.S. season has begun at this point of the season, many high school swimmers choose not to participate in this meet since they are bound by HS competition rules.

OHIO REGIONAL CHAMPIONSHIPS

February (Dayton, Cincinnati, Columbus, and Toledo)

There are four (6) Ohio REGIONAL CHAMPIONSHIP meets in Ohio: Dayton, 2xColumbus, 2xCincinnati, and Toledo. The New Albany Aquatics Club is assigned to one of the Columbus area meets, usually held at St. Charles High School and Upper Arlington High School. This 3-day championships meet (Fri-Sat-Sun format) is for swimmers in the 10-under, 11-12, and 13-14 age groups. All 14-under swimmers slower than the OHIO JUNIOR OLYMPIC time standard in a particular event compete at the REGIONAL CHAMPIONSHIPS in those events. This meet is a prelim/final format, which means everyone swims their events during preliminary heats the morning. Then, the top 16 swimmers in each even return to swim finals at night. Medals are given to 1-8 place and ribbons are awarded to 9-16 place. Awards are only given to swimmers in finals. Swimmers who achieve an Ohio JUNIOR OLYMPIC time standard at the REGIONAL CHAMPIONSHIPS, regardless of where they place or when they swam the event (prelims or finals) automatically qualify for the OHIO JUNIOR OLYMPIC STATE CHAMPIONSHIPS which takes place a few weeks later (see below).

TIME TRIAL QUALIFIER MEET

February Tuesday after REGIONAL CHAMPS (Upper Arlington, Ohio)

(Swimmers may deck enter at the meet) –Sometime, between the REGIONAL and JUNIOR OLYMPIC Championship meets, this is a special “Last Chance” Qualifier one-day session for swimmers who want to attempt to achieve a time standard outside of the championship meets above. This meet typically takes place during one evening after school, usually falling on a Tuesday. Swimmers of any age may participate in this event. The criteria are that swimmers must be close to the time standard he/she is attempting to achieve in order to enter the event. If time permits, the order of events is swum twice. No awards are given at a “LAST CHANCE” MEET. Although we encourage swimmers to compete at the traditional meet to enjoy the benefits of swimming prelims and finals, as well as receiving awards, sometimes a swimmer is in need of one or two time standards which would make the

end-of-season championship season less hectic. This Qualifier meet is an excellent option to consider – but you should always get the opinions of your group coach.

OHIO “JUNIOR OLYMPIC” STATE CHAMPIONSHIPS

March (Bowling Green, Ohio)

There is one (1) OHIO JO SHORT COURSE CHAMPIONSHIP meet in Ohio. This 3-day championship meet is for swimmers in the 10-under, 11-12, and 13-14 age groups. There is team scoring at this meet. All swimmers who have achieved ‘JO’ time standard at any time during the season and who are members of ‘JO’ relays are expected to compete at the state meet. This meet is a prelim/final format. Medals are given to 1-8 place and ribbons are awarded to 9-16 place at finals only. Also, an award is presented to the Ohio Outstanding "Male" and "Female" Swimmer of the Meet Award to the swimmer that scores the most Power Points – a scoring system that is part of USA-Swimming’s “IM EXTREME CHALLENGE” program which is based on the cumulative point total of each individual race the JO Championships; points are generated based on age and event. Age Group ‘High Point’ winners are also awarded.

Championship Meet Summary – Senior Age (15 & Over)

Winter Season: September through March

PREVIEW

Below is a summary for *Ohio Championship meets* that NAAC swimmers will compete in during the winter season. These meets are *in addition to regular meets*, or ‘invitationals’, held throughout the season. All championship and invitational swim meets listed on our schedule are optional except in the case when an athlete qualifies for the USA Speedo Sectional (or higher) level. Your primary group coach will assist you in your planning. Please keep in mind that once a Middle School or High School swimmer competes for their school, they are not allowed to compete for NAAC until the last meet of their High School Season.

High School Championships are not USA-Swimming competitions. High School Districts and Championships are technically USA official observed meets and are counted by USA swimming. High School Sectionals are not observed and do not count towards USA swimming time standards.

HIGH SCHOOL SECTIONAL CHAMPIONSHIP

Various locations throughout Ohio – early Feb

All high school swimmers compete at the SECTIONAL level. This is the first step to the "Road to Canton". High School swimmers are entered in a maximum of two (2) individual events and two (2) relay events by their respective high school coach. If swimmers place high enough in their event(s) after all of the SECTIONAL results are compiled, then he/she advances to the DISTRICTCHAMPIONSHIPS on the following weekend. The boys and girls are broken into two divisions, Div. I and Div. II. Contact your high school for information on what division you compete in.

HIGH SCHOOL DISTRICT CHAMPIONSHIPS

Ohio State University (OH) – mid Feb

There are four (4) DISTRICT CHAMPIONSHIP held throughout the state of Ohio. Approximately the top 120 swimmers in each event across the state qualify to this level of high school swimming. If a swimmer places high enough in their respective event(s) after all of the DISTRICT results are compiled, then he/she advances to the STATE CHAMPIONSHIPS on the following weekend.

HIGH SCHOOL STATE CHAMPIONSHIPS

Canton (OH) – late Feb

Regarded as one of the fastest and most exciting state meets in the country, the OHIO HIGH SCHOOL STATE CHAMPIONSHIPS is one of the highest levels of high school competition found anywhere. Almost every year Ohio swimmers are recognized as national individual champions and/or National Team Champions because Ohio is one of the strongest swimming areas in the USA. Only the top 24 swimmers and top 24 relays in the state qualify for this event. The meet is a two-day format with preliminary swimming on day 1 and finals (top 16) on day 2. The crowd is packed with people cheering on every race, as well as college recruiters throughout the crowd watching prospective athletes compete. All boys and girls throughout Ohio are divided into “Div I” and “Div II” based on school population sizes.

OHIO SENIOR CHAMPIONSHIPS

March, usually in Oxford (OH)

There is one (1) Ohio SENIOR SC Championship meet in Ohio. This meet is setup for swimmers who are 15-over and 14-unders high school swimmers that are not competing at the Ohio JUNIOR OLYMPIC Championships in March. NAAC won the Ohio SENIOR Championship Men’s meet in 2008, qualified several swimmers to Junior Nationals, and established several meet records and one national record. The Ohio SENIOR Championships is a

prelim/finals format. The Head Coach will discuss with all senior aged swimmers if they are to attend this meet, or one of the other championship meets instead.

USA SPEEDO SECTIONAL CHAMPIONSHIPS

March and August, locations TBD, (usually in OH or IN)

The Sectional Championship Meet is for senior swimmers who meet strict "SECTIONAL" qualification standards. (Visit the time standards section to see the qualifications for this meet). There are several "sections" across the country (we are in section 3). The format for this meet was established in 2000 by USA-Swimming . Most swimmers who qualify for the sectional meet are expected to compete at this meet – the Head Coach will guide senior swimmers on the entries for this meet.

USA JUNIOR NATIONAL CHAMPIONSHIPS

December, March, August locations TBD

Spring Juniors, since returning early 2002 by a coaches' organization called NCSA, have been mainly held in Florida. The cuts are located on the NCSA website.

Summer Junior cuts are slightly faster to shrink the size of the meet and have been held in conjunction with another USA championship meet, either US OPEN or Nationals, and the location can be anywhere in the US. Cuts are posted by USA swimming with the meet packet.

How to Enter Meets

There are two ways to enter your swimmer into meets. This is applicable to all NON OHSAA High School Meets.

The first option is to go to the meet schedule page on the web site, and click the button for “sign up for meets”. This will take you to a window where you log into your Activenetwork Account. Then select which swimmer you are signing up for meets. Then go through all of the meets of the season and select which days for each meet you will be able to attend. Then hit Submit at the bottom.

The second option is to log directly into your Active network account. Select View/Edit Forms on the “My Account” tab. Then select the View/Edit for Meet Declaration under your swimmers name and it will take you to a list of all the meets. Select which days you will be attending which meets, and hit submit at the bottom and you will be entered. You are able to come back to this tab and change the days of declaration up until the deadline.

After the deadline, the coaches will enter the meet based on the days selected in the system. If you are unable to attend a day you have signed up for, you will still be charged for the events the coach selected for you to swim on that day.

The coaches will pick the events that the swimmers will be swimming at that meets. Entry fees will be collected shortly after the meet finishes, when we receive the results file. Once we receive the results file, we will charge each account with the correct amount for entries fees based off all of the individual and relay events that were swum at the meet.

Equipment Checklist – please have all equipment ready for use by the first day of practice

- We are rebranding our colors to match the school colors and a team fitting is scheduled for Sunday, September 19, 2010 in conjunction with our mandatory parent meeting
- Minimum requirements are a black Speedo racing suit and team cap.
- Coaches will have caps available to purchase this fall/winter season at meets and practices.

Equipment required

- Training fins for all swimmers in Breakers, Jr. Ripples, Ripples, Waves and Tsunami-available through Kastaway Swimwear
- Water bottle at every practice
- A snorkel for all swimmers in the Tsunami and Hurricane groups-available through Kastaway Swimwear
- Goggles
- Cap (all girls and boys with longer hair)

Internet Resources

New Albany Aquatics Club Homepage

www.newalbanyaquatics.com Updated each week with team news, meet information, pictures, practice updates, top times, etc.

Swim Connection

<http://www.swimconnection.com/oh/> A service designed for Parents, Coaches, and Swimmers in Ohio. Best times, historical times, and lists of top results are instantly available 24 hours a day. Every time you swim a meet, a detailed analysis report will be sent directly to your inbox shortly after the meet's conclusion and your results are automatically integrated into the Swim Connection database. Visit the site and click on "Register Now", then follow the instructions. Confirm the e-mail you'll receive, and you're on your way! Subscription cost for the 2010-2011 swim year beginning September 01 2010, is \$7.50.

You can pay for your membership online with your credit card at the following web address:

<https://www.swimconnection.com/oh/exec/paymembership>

USA-Swimming Homepage

www.usaswimming.org The official homepage of USASwimming which contains hundreds of pages of valuable resources, programs, and great information related to the sport. There is a portal for swimmers, parents, and coaches. Check out the special section dedicated to new swimming families each fall found under the "Parents" tab!

Ohio Swimming, Inc. Homepage

www.swimohio.com Ohio Swimming, Inc is our local chapter's website for swimming news, handbooks, Officials' information, and other items related to our local region. There are 60 "chapters" in the USA.

Ohio High School Swim Meets

www.swimmeet.com This is the place to go for meet packets and all information pertaining to OHSAA swim meets that are not regular school dual meets. All invitational meets and championship series information will be available there.

Comments from the Coaches

Please visit the “Parent” section at www.usaswimming.org for excellent resources.

Parents: Try one of these each day...

... Be supportive of your swimmer by getting him/her to practice and meets regularly.

... Remind your swimmer that talking with the coach before and after a race is key to “learning” how to race at a young age, as well as learn from immediate feedback after a swim.

... Remind your swimmer that swimming is a long-term development sport and whatever happens at a young age is not indicative of what happens at the high school and collegiate level.

... Remind your swimmer that giving 100% ALL the time, not SOME of the time, is the quickest way to see results.

... Remind your swimmer that the coaches on the New Albany Aquatics Club are fair and care about each athlete. They are professionals that want you to be the best you can be.

... Be a support system for your swimmer if he/she is having a bad day. The first reaction may be to “fix” whatever is wrong, but sometimes your child just wants to be heard and attempting to “fix” something may not teach a valuable lesson.

... Remind your swimmer that you are very proud of him/her. Swimming is one of the most challenging sports available. The ability to swim up-and-down a pool and race other swimmers is much harder than it appears. The physical and mental skills children develop will remain with them for the rest of their lives.

...Communicate with your coach, and encourage your swimmer to communicate: issues related to swimming, level of enthusiasm, meet performance, practice attendance, and troubles at home. The coaches are here for YOUR swimmer, not the other way around.

Parents: You are your swimmer’s biggest role model, whenever possible, try to avoid these moments...

... Become upset with your swimmer if he/she has a swim that is not up to your standards.

... Become overbearing, upset, yell, or demean your swimmer in the stands. This can make your child feel like a failure and inadequate.

... Compare your swimmer’s performance to another swimmer on the team or from another team.

The worst: “When you were 10, you were faster than Johnny, now Johnny is faster than you.”

... Chart your swimmers performances and graphically show how he/she will be qualifying for Nationals in 4 years based on current trends.

... Think physical development hinders long-term success. This is a misconception. Hard work, dedication, and drive are what determine success in swimming, especially as the athlete enters the high school and collegiate years.

... Videotape all of your swimmer’s performances and then analyze the swims at home later. Your swimmer may appreciate it at a young age if this is done every once in awhile, but over the longhaul it can lead to early departure from the sport.

... Go bonkers after your swimmer wins a big race, out-touches another competitor by an eyelash, or wins MVP at a meet. Be excited and proud, but don’t look silly.

... Bribe your child with prizes for accomplishing a certain feat. This may work for immediate success, but prevents the internal desire necessary for long-term success.

... Express frustration about coaches, the program, other families, or other swimmers at practice or at swim meets. Emotion levels are elevated at all sporting events when our children are involved –do your best as a parent to keep emotions in check so you won’t wake up with the “Oh-my...what-did-I-say-yesterday?” feeling.

Everything You Wanted to Know About Swim Meets But Were Afraid to Ask

(Excerpt from USA Swimming's Sample Club Handbook) Please be sure to check with your swimmer's coach for specifics that may be different from the examples below.

Swim meets are a great family experience. They're a place where the whole family can spend time together.

Listed below are some very in-depth guidelines geared to help you through your first couple of swim meets. It may seem a little overwhelming, but we tried to be as specific and as detailed as we possibly could. If you have any questions, please ask your coach.

Before the Meet Starts

1. Arrive at the pool at least 15 minutes before the scheduled warm-up time begins. This time will be listed in the meet information handed out to all swimmers and also in the team newsletter.
2. Upon arrival, find a place to put your swimmer's blankets, swim bags and/or sleeping bags. The team usually sits in one place together, so look for some familiar faces.
3. Find the check-in place. Usually, parents are not allowed on deck so this may be a responsibility of your swimmer or your swimmer's coach. Make sure your swimmer checks in with his or her coach!
 1. Check for special posted instructions in the check-in area. Usually one will need to circle the swimmer's name or "#" before each swimmer's name, in each event he or she is swimming, that day. If this is not done, the swimmer will not be allowed to swim that event. Check-in is required so that the people running the meet know who is actually at the meet. After check-in, the meet administrators "seed" the swimmers into heats. Heat and lane assignments will be posted, so be sure your swimmer knows where to look!
 2. Sometimes the meet is "pre-seeded" and no check-in is required. You and your swimmer can find heat and lane assignments by purchasing a program.
4. Once "checked in", write or have the swimmers write each event-

number on his or her hand in ink. This helps him/her remember what events he/she is swimming and what event number to listen or watch for.

5. Your swimmer now gets his/her cap and goggles and reports to the pool and/or coach for warm-up instructions. It is very important for all swimmers to warm-up with the team. A swimmer's body is just like a car on a cold day-he/she needs to get the engine going and warmed-up before he/she can go all out.
6. After warm-up, your swimmer will go back to the area where his/her team is sitting and wait there until his first event is called. This is a good time to make sure he/she goes to the bathroom if necessary, gets a drink, or just gets settled in.
7. The meet will usually start about 10-15 minutes after warm-ups are over.
8. According to USA Swimming rules (because of insurance purposes), parents are not allowed on deck unless they are serving in an official capacity. Similarly, all questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to a coach. He or she in turn, will pursue the matter through the proper channels.
9. Psyche Sheet or Heat Sheets. A psyche sheet is usually available for sale in the lobby or concession area of the pool. It lists all swimmers in each event in order of "seed time". When the team entry is sent in, each swimmer and his/her previous best time (up to the date that the entry was submitted) in that event is listed. If the swimmer is swimming an event for the first time, he/she will be entered as a "no-time" or "NT". A "no-time" swimmer will most likely swim in one of the first heats of the event. A Heat sheet may be available close to the start of the meet that lists the actual heat and lane a swimmer will be competing in.

Meet Starts

1. It is important for any swimmer to know what event numbers he/she is swimming (again, why they should have the numbers on their hand). He/she may swim right away after warm-up or they may have to wait awhile.
2. Generally, girls' events are odd-numbered and boys' events are even-numbered. Example: "Event #26, 10-Under Boys, 50 freestyle"
3. Most meets are computerized. There are generally two ways a swimmer gets to his/her lane:
 1. A swimmer usually reports directly to his/her lane for competition a number of heats before he/she actually swims.

- Check with your swimmer's coach for specific instructions.
2. In some novice meets, a swimmer's event number will be called, usually over the loudspeaker, and he/she will be asked to report to the "clerk of course" or "bullpen". Swimmers should report with his/her cap and goggle. Generally, girls events are odd-numbered and boys events are even-numbered. Example: "Event #26, 10-Under Boys, 50 freestyle, report to Clerk of Course." The "Clerk of Course" or "bullpen" area is usually where all swimmers checked in before the warm-up.
 1. The clerk will usually line up all the swimmers and take them down to the pool in correct order.
 2. You can expect at least 4-8 heats of each event.
 4. The swimmer swims his or her race.
 5. After each swim:
 1. He/she is to ask the timers (people behind the blocks at each lane) his/her time.
 2. Depending on the coaches' instructions, the swimmer may be asked to do some recovery swimming if a "warm down" pool or lanes are available.
 3. The swimmer should then go immediately to his or her coach. The coach will discuss the swim with each swimmer. Some coaches may wish to talk with the swimmer before her recovery swim.
 6. Generally, the coach follows these guidelines when discussing swims:
 1. Positive comments or praise
 2. Suggestions for improvement
 3. Positive comments
 7. Things you, as a parent, can do after each swim:
 1. Tell him how great he did! The coaching staff will be sure to discuss stroke technique with him. You need to tell him how proud you are and what a great job he did.
 2. Take him back to the team area and relax.
 3. This is another good time to check out the bathrooms, get a drink or something light to eat.
 4. The swimmer now waits until his next event is called and starts the procedure again.
 8. When a swimmer has completed all of her events she and her parents get to go home. Make sure, however, you, as a parent, check with the coach before leaving to make sure your swimmer is not included on a relay. It is not fair to other swimmers who may have stayed to swim on a relay where your swimmer is expected to be a member and she is not there.

9. Results are usually posted somewhere in the facility. Awards are often gathered for a team and given to the coach at the end of the meet. The coach will give the awards to the swimmers at a later time.

What Happens If Your Child has a Disappointing Swim?

If your child has a poor race and comes out of it feeling badly, talk about the good things. The first thing you say is, "Hey that is not like you. I know you are disappointed, but it's not the end of the world!" Then you can go on and talk about the good things the child did. Don't talk about the negative things and don't keep talking about the race. Drop it and get your child to focus on the next race or something enjoyable coming up after the meet! Limit the "post mortems!"

If your child comes up to you and says, "That was a bad race, don't tell me it wasn't," there is nothing wrong with a swimmer negatively evaluating a race. The important thing is for the child not to dwell on it. You should move the swimmer on to something good. "All right, you have had a bad race. How do you think you can do better next time?" Immediately start talking about the positive things.

What To Take To The Meet

1. Most important: Swim Suit, Team Cap--and goggles (if your swimmer uses them). Always have an extra pair in case they break!
2. Baby or talcum powder--To "dust" the inside of swim cap. This helps preserve the cap and makes it easier to put on.
3. Towels--Realize your swimmer will be there awhile, so pack at least two.
4. Something to sit on. Oftentimes the swimmer area may be located in a gym or cafeteria. Example: sleeping bag, old blanket, or anything that will be comfortable to sit on. The swimmers will be spending a lot of time on it.
5. Sweat suits: bring one. Each swimmer may want to bring two because they can get wet and soggy.
6. Team T-shirts: Two or three. Same reason as above.
7. Games: travel games, coloring books, books, anything to pass the time.
8. Food: Each swimmer is usually allowed to bring a small cooler. It is better to bring snacks. They usually have snack bars at the meet, but the lines are long and most of the time they only sell junk food.
Suggestions for items to bring:
 1. Drinks: Hi-C, Fruit juice, Gatorade

2. Snacks: Granola bars, Fun fruits, yogurt, cereal, jello cubes, sandwiches

Once you have attended one or two meets this will all become very routine. Please do not hesitate to ask any other parent for help or information!

These meets are a lot of fun for the swimmers! He/she gets to visit with his/her friends, play games, and meet kids from other teams. He/she also gets to "race" and see how much he/she has improved from all the hard work he/she has put in at practice.

Special Parent's Note:

The pool spectator area is usually very warm. Therefore, you need to make sure you dress appropriately. Nothing is worse than being hot at a swim meet. It makes the time pass very slowly! At some of the meets, the parents are allowed to sit with the swimmers at the blanket area. If you don't think that a gym floor is comfortable, feel free to bring folding chairs to sit on. Better yet, become an official and get involved! You get to be close to the action and take the focus off of your own child!

Frequently Asked Questions

- How do I know what group to register my swimmer for? *The coaches will do an evaluation on your child and let you know the appropriate group you should register them for.*
- How do I know what meets to enter my child in? *The swimmers that are just starting out should consider one meet a month with the B meets being highly recommended. All others should also do a meet a month and look at what fits into your schedule. Everyone will end with their appropriate championship meet. The 8 and unders championship meet is the Barbara Kay Mini Meet and the 9 and older swimmers championship meet is the Regional Meet. The championship meet you attend depends on your age the day of the meet.*
- Does my swimmer have to participate in meets? *Participation in meets is not mandatory, but highly recommended. The swimmer will be able to see their progress at meets and have fun with their friends. The coaches will be able to give valuable feedback in race situations.*
- Who picks the events my swimmer is in? *The coaches pick the events your swimmer will be in. Meets are a great opportunity for them to try events. The coaches work hard in practices preparing your swimmer for all the events.*
- Can my child request an event? *The swimmers can speak to their coach about an event they would like to be in or try, but ultimately it is up to the coach as to what event(s) your swimmer will be in. The coaches only put the swimmers in events they feel they are ready for or need to try.*
- When is a good time to talk to the coaches? *The best time to talk to a coach is after practice or by email. Give them 24 hours to respond to an email please.*
- My swimmer's goggles broke at the meet. What do we do? *Try to always have a back up pair of goggles in their bag. If you don't though, the meet host usually has a vender on site that you can purchase another pair from.*
- My swimmer lost his cap. How does he get a new one? *Have your swimmer ask their coach for a new cap. The coaches have caps to purchase, and your account will be charged. If your swimmer wears a cap in meets, a team cap must be worn.*
- How do the coaches decide who is on a relay? *Many times the coaches have to put together relays together at the beginning of meets with not a lot of time. It is very important that your swimmer is at warm up on time. We look at who is there for warm ups and then go through the best combinations. Championship meet relay teams are based on the four fastest times.*
- Can we leave the meet early if we are tired or sick? *Please never leave a meet without talking with the coach on deck first. If your child is sick, always let a coach know that your swimmer isn't*

feeling well and needs to leave. If your child is tired or doesn't want to swim an event, please have your swimmer come and talk to the coach on deck.

- *Do we have to stay at the team hotel that is listed on the website? It is nice for the swimmers and their families to stay at the same hotel and builds team unity. Plus, we receive better rates if we are all staying at the same location.*
- *Why can't I go down on deck with my swimmer at the meet or practice? It is a USA rule that parents are not allowed on deck at meets or practice. Each swimmer is insured by United States Swimming. This is for liability reasons.*
- *Why does my swimmer need fins? It is highly recommended that your swimmer have their own fins at each practice. They are used for flexibility, building strength, teaching proper kicks, and helping to maintain good body alignment (positioning) in the water.*
- *Can my child participate in others sports while doing swimming? Yes, but it becomes more difficult as they get older and are in the higher groups. It is recommended in the higher groups that they make so many practices a week, and it is not always possible when they are doing another sport at the same time. It is a good idea to try others sports in the fall and spring when swimming in on a break. Summer is also a good time to try other sports.*
- *Why does my swimmer have to practice on Sunday? The High school, Middle school, New Albany Aquatics Club, and other community groups use the pool throughout the week. Time is scheduled for all the groups, and practices are spread out throughout the week. It is helpful to have a practice on a non school night for the younger swimmer, and Sundays are highly attended practices for the younger groups.*
- *What is USA-S and why do I pay extra for that? NAAC is a club member of USA Swimming, Inc. and Ohio Swimming, Inc., which operates locally as a Local Swim Committee (LSC). All registered group members of NAAC need to be members of USA Swimming. With this, swimmers have liability insurance at all USA Swimming approved events, practices and meets. Additionally, swimmers will receive a copy of the SPLASH magazine published by USA Swimming and have an opportunity to participate in meets and special camps and other special events sponsored by USA Swimming and Ohio Swimming. USA Swimming is the national governing body for amateur competitive swimming in the United States. USA Swimming divides the country into 59 Local Swimming Committees (LSC). As the national governing body for the sport, USA Swimming is charged with the responsibility to formulate rules, conduct national championships, disseminate safety and sports medicine information, select competitors to represent this country in international competition, and ensure the development of its member club and age group swimmers. USA Swimming is the ruling body of sanctioned swimming meets in the United States for meets in which NAAC participates.*
- *Can I watch my swimmer practice? Parents/family are encouraged to show a great deal of interest in their child at practice. For the younger groups, parents are welcome, but not required, to observe practice from the bleachers. The coach requests, however, that you refrain*

from talking or interacting with your child during practice. This can be disruptive and confusing for the swimmer and the other children on the team.

- *How is my swimmers age determined for the meet? The age of the swimmer is determined by their age on the first day of the meet.*
 - *What if my swimmer wants to participate in a swim meet that I am unable to attend? Talk with other parents of the swim club to make travel arrangements for your child. Most parents are more than willing to help others out in transporting swimmers to and from swimming events. If your swimmer is old enough to drive, please talk to the coach about the team's policy on them driving to meets.*
-

FAQ-Financial

- My credit card that is on file is about to expire. How do I give you the new number? *In order to provide a new credit card for the account, please log into your personal account, and click the make a payment icon. Once in this area, please make a \$1.00 payment to your account to any category that needs a payment, which will leave the new credit card on file with your account, and will be used by the club the next time a draw is made.*
- I want to use a different credit/debit card for my monthly payments. How do I change that in my account? *When the club executes the next draw, it uses the last form of payment that was used in the system. So in order to use a different credit card or bank account for the next draw, you must log into your personal account, and click the Make a payment icon. Then make a \$1.00 payment to any category in your account using the new payment account, and then this will be the new account that will be used to make your next draw. Be sure and make any changes prior to the 15th of the month, which is when the club executes the next draw.*
- My account did not have enough money in it for the last draw. What should I do now? *Please call Dave Wharton (Club Bookkeeper- 774-8544) to let him know that your account did not have the funds needed for the last draw. We will eventually get the report, but by then we may be working on the next draw which would mean that you need two monthly payments. Once you let him know what has happened, you can log into your account and make a payment on your own to get caught up. If you are unsure of your payment amount, then please let Dave know and he can provide that to you. The payment schedule for the year was provided at the beginning of the season. If you don't make an individual payment on your own, Dave will be contacting you to make all payments to get caught up. You will be responsible for a fee that the club will incur for failed payment, and that is \$30.00.*
- How do I check the balance on my account? *To check your statement balance, please log into your account and click the Statement tab, and that will provide you with a statement of all charges, and payments made to your account this year.*
- How do I pay for meet entries? *The club is fronting the fees for swim meet entries this year, but once your swimmer has participated in a meet, you should be prepared for those fees to be drawn from your account the same way the monthly fee is drawn. Please be prepared that the club will try and make that draw as soon as the fees have been posted to your account. The club will not wait until the 15th of the month to draw it with the monthly draw.*

- My swimmer just got a cap from the coach? How do I pay for that? *The coaches notify the bookkeeper when they give a swimmer a cap, and the bookkeeper adds the cap charge to your account and will draw that at the next month draw.*

- How do I know if my swimmer is signed up for a meet already? *To check your entries to a meet, please log into your account, and click the edit information icon, which will bring up your swimmers names, and 2 options to click under their name. One option in their New Albany Team Registration information, the other option is a Meet Declaration option. Click on the meet declaration option for the swimmer you are checking entries for and it will bring up all the meets left for the season. Click the meets and days you will be attending meets, and then be sure to hit submit at the bottom of the page. You will need to do this for each swimmer in the family. This process can also be used to change your choices of days and meets that you had already signed up for.*

- My child doesn't want to swim anymore. Can we get a refund? *Refunds are considered for swimmers that are new to the sport within the first 14 days of the start of the season. Beyond that refunds, are not granted. In order to hire quality coaches, and maintain a staff that works with the team, we are not able to issue refunds after the season has started. We hire the coaches based on the sign ups.*