

Dear New and Returning Swim Team Parents,

Jersey Wahoos Swim Club is bigger and better than ever. Our coaching staff is very excited about this upcoming season. Let's bring Wahoos into the new season with a very positive and successful attitude.

We have tried to put together a handbook that will be informative as well as helpful to all swimmers and parents in the program. After reading through the entire handbook, you should have a good idea about how USA Swimming meets are run; how your swimmer is entered into meets; all programs that are offered at Jersey Wahoos and how much support and help we need from parents to put everything together for your swimmers.

If you have any questions that cannot be answered by the Handbook, feel free to call the office during business hours for help.

We hope you and your swimmers have a great season here at Wahoos!

Yours in Swimming,

John Carroll

www.jerseywahoos.net
office@jerseywahoos.org

JERSEY WAHOOS (What is it?)

Over thirty years ago, the Sea Jay Aquatic Club was in dire financial straits, and on the verge of going out of business. At that time, there were 35 swimmers participating in their competitive program. The Sea Jay Aquatic Club, at that time, gave serious consideration to selling the facilities and closing their program.

A group of men came forward, and proposed to form a non-profit corporation, that would lease the Sea Jay facilities and keep a competitive swimming program going. This was the start of Jersey Wahoos, and from the moment it was formed, to the current time, Jersey Wahoos' sole purpose has been to provide a competitive swimming program for as many young athletes as possible.

When the original guidelines were laid down, it was the desire of the Board to offer a comprehensive program, ranging from "Learning to Swim" to national level competition. Over the past thirty some years, we have attempted to provide training for all levels of competition. This has been most difficult to do, but we feel that we have provided a program for approximately 430 swimmers a year, with objectives for most novice swimmers, the intermediate and the national and world-class swimmers.

It has been and will continue to be the goal of the Jersey Wahoos, to provide a program of instruction for all levels of swimming.

Each year, the board makes up an operating budget and then establishes the various fees to meet that budget. All expenses in the maintenance of the facilities come from the Jersey Wahoos budget. We no longer lease but have a mortgage of the facility. Jersey Wahoos continues to be a non-profit corporation. Surprisingly enough, it is almost impossible to ever break even running a competitive swimming program. If it were not for lessons, membership and fund raising, the club would have failed financially sometime ago.

It is the goal of Jersey Wahoos to continue to promote competitive swimming in South Jersey at all levels of competition.

The people listed below are the officers and directors of the Jersey Wahoos, with an asterisk indicating original Board Members:

Burt German, President *	Sprague Wise, Vice President
Bob Wineriter, Treasurer	Dave Mayfield, Secretary
Brad Glenn	Gary Carpenter Bob Horvath

WHAT IS A WAHOO?????

The Wahoo, a member of the mackerel family, is rated as the fastest fish in the sea. Reportedly it can reach a speed in excess of 50 miles per hour and is capable of tearing off several hundred yards of line in a matter of seconds. When hooked, usually by trolling, its first run is a real scorcher and has been known to burn the drag out of a reel. This fish is relatively scarce and landing one can be considered a real prize, assuming of course your tackle survives that first run. Wahoos tend to be loners and at best they may travel in tropical and warm temperature seas in small groups of two to six fish.

Annual 09/10/12 to 08/1/13
Winter / Spring 09/10/12 to 05/24/13
Summer 05/28/13 to 08/1/13

Jersey Wahoos Training Groups **2012-2013 Winter/Spring**

Other Fees Required
JW Membership - \$270/Family
USA Registration - \$60/ swimmer
Team Uniform – M-\$50 F-\$69

TRAINING CAMP I

WEDNESDAY 4:15-5:00PM(in lesson pool) **SATURDAY 4:00-5:00PM** (combined w/TCII)
Our beginning group for 4 to 6 year olds (Pre-school, Kindergarten, 1st Grade) who have no competitive experience. Emphasis will be placed on mastering all skills in the four competitive strokes. Meets will be offered to those who are ready.

Deposit: \$100
Winter/Spring: \$471

TRAINING CAMP II

WEDNESDAY 5:30-6:15PM FRIDAY 5:15-6:00PM SAT. 4:00-5:00PM (combined w/TCII)
A novice group for 8 and unders (K, 1, 2, 3 grades) who have had little or no competitive experience. Emphasis will be placed in mastering skills in the 4 competitive strokes. Swimmers should compete once a month.

Deposit: \$100
Winter/Spring: \$667

MINIA

MONDAY 5:15-6:15PM WEDNESDAY 6:15-7:15PM SATURDAY 2:45-4:00PM
Our top competitive 8 and under group (1, 2, 3 grades). This group will stress all four competitive strokes and will train and condition swimmers for competition, and develop pace and breathing patterns for various events. Swimmers will compete once a month.

Deposit: \$100
Winter/Spring: \$779

JUNIOR B1

TUESDAY 5:15-6:15PM THURSDAY 5:15-6:15PM
SATURDAY 1:15-2:45PM SUNDAY 1:00-2:30PM
Our first level Junior group for competitive swimmers emphasizing all strokes, turns, and conditioning. Swimmers will swim in USA Swimming meets throughout the season. For ages 9-11 (4,5,6 grade).

Deposit: \$100
Winter/Spring: \$1024

JUNIOR A

MONDAY 6:15-7:15PM WEDNESDAY 7:15-8:30PM FRIDAY 7:15-8:30PM
SATURDAY 11:45PM -1:15PM SUNDAY 2:30-4:00PM
Our serious swimmers emphasizing competition in USA Swimming meets. All strokes, turns, and conditioning will be reviewed. Coaching staff feels that swimmers should definitely practice 4 of the 5 session per week. For ages 9-12 (4,5,6 grade)

Deposit: \$100
Winter/Spring: \$1164
Annual: \$1241

JUNIOR A1

MONDAY 7:15-8:45PM TUESDAY 6:15-7:45PM THURSDAY 6:15-7:30PM
FRIDAY 6:00-7:15PM SATURDAY 8:15-10:15AM SUNDAY 6:00-7:30PM
Our top Junior group for swimmers who are serious about training and competition. Conditioning of each athlete is a major priority of this group. Coaching staff feels swimmers should definitely practice 5 of the 6 session each week. For ages 11-14 (6,7,8 grade). Shave and Taper meets are required. (High school swimmers should move to Senior groups unless transitioning into Senior A1.) LC Sunday 6:00am-9:00am (selection only)

Deposit: \$100
Winter/Spring: \$1493
Annual: \$1815
(Annual for JrA1 includes both Short and Long Course for summer)

EARLY SENIOR A

TUESDAY 7:45-8:45PM THURSDAY 7:30-8:45PM FRIDAY 8:30-10:00PM
SATURDAY 10:15AM-11:45AM SUNDAY 4:00-6:00PM
A group for the swimmer who isn't quite ready for the Junior A1 group and can't commit to the Senior A program. Strokes, turns, and conditioning will be emphasized. Swimmers will swim in USA swimming meets throughout the season For ages 12,13,14. Grades (7,8,9).

Deposit: \$100
Winter/Spring: \$1227
Annual: \$1311

SENIOR A

MONDAY 8:45-10:00PM TUESDAY 8:45-10:00PM WEDNESDAY 8:30-10:00PM
THURSDAY 8:45-10:00PM SATURDAY 5:45-8:15AM SUNDAY 7:30-9:00PM
For High School aged swimmers (14 years old and older- 9,10,11,12 grade) who are not quite ready for the commitment to the Senior A1 practices or who wants to supplement their training for high school swimming. Includes a dry land program. Local USA Swimming meets are required. Team Travel meets are by selection only, swimmers then must adhere to Senior A1 requirements.

Deposit: \$100
Winter/Spring: \$1521
Annual: \$1605

SENIOR A1

MONDAY thru FRIDAY 3:00-6:30PM
SATURDAY 5:45-8:15AM OR SATURDAY (LC) 6:00-9:00AM
MORNING PRACTICE 3 TIMES PER WEEK (4:45-6:15AM- M, W, F)
This is a year round group, involved in an intensive training program, practicing 21 to 30 hours per week. Good technique is a prerequisite with an emphasis on training and gearing towards the Senior National level. *School year attendance requirements: (9TH & 10TH Grade – 7 practices), (11th & 12th Grade – 8 practices). During the summer a minimum of 9 workouts per week is required. New members should contact John Carroll for conference. Wahoos has one of the top Senior programs in the Eastern United States. Grades 9, 10, 11,12.*

Deposit: \$100
Annual: \$2396

Coaching Staff

<u>Group</u>	<u>Coach</u>	<u>Position</u>	<u>Days</u>
Pre-Team	Ann Rychlik	Head	Pre 1 & 2 Prep A & B
	Jesse Palmer	Assist	Pre 1 & 2 Prep A & B
	Doug Mann	Stroke	Pre 1 & 2
	Paulina Leone	Stroke	Prep A
Training Camp I	Doug Mann	Head	All
	Jesse Palmer	Assistant	Wed
	Kelley Mangold	Stroke	Wed
	Paulina Leone	Stroke	Sat
Training Camp II	Jesse Palmer	Head	All
	Denise Paglia	Assistant	Wed, Fri
	Lisa Gutekunst	Stroke	Wed, Sat
	Ann Rychlik	Stroke	Fri, Sat
Mini A	Chris Waggoner	Head	All
	Danielle Willard	Assistant	All
	Jesse Palmer	Stroke	Wed, Sat
	Dave Washisk	Stroke	Mon
Junior B1	Jim Villa	Head	Tue, Thu, Sat
	Tara Rodack	Assistant	Tue, Thu, Sun
	Dean Hutchinson	Stroke	Tue, Thu
	George Breen	Stroke	Sun
	Dave Washisk	Stroke	Sat
	Chris Brookover	Stroke	Sat
Junior A	Jim Villa	Head	Mon, Wed, Fri, Sat
	George Breen	Assistant	All
	Chris Brookover	Stroke	Mon, Wed, Fri, Sat
	Meredith Morley	Stroke	Wed
	Dean Hutchinson	Stroke	Mon
	Vanessa Rosa	Stroke	Sun

Coaching Staff

<u>Group</u>	<u>Coach</u>	<u>Position</u>	<u>Days</u>
Junior A1	Karen Clemens	Head	Mon, Tu, Fr, Sat, Sun(am)
	Bruce Brockschmidt	Assistant	M, Tu, Th, Fr, Sa, Su(am)
	Dean Hutchinson	Stroke	Mon, Tue, Thu
	Max Ettore	Stroke	Mon, Thu, Fri
	Bryan Hsu	Stroke	Tue, Thu
	Vanessa Rosa	Stroke	Sat, Sun (pm)
	BJ Kraemer	Stroke	Fri
	Ryan Egan	Stroke	Volunteer
Early Senior A	Chris Brookover	Head	Tue, Thu, Fri, Sat
	James Villa	Assistant	Tue, Thu, Fri, Sat
	Dean Hutchinson	Stroke	Tue, Thu
	George Breen	Stroke	Fri, Sat, Sun
	Vanessa Rosa	Stroke	Sun
Senior A	Bob Querubin	Head	Mon, Tue, Wed, Thu, Sat
	Jim Villa	Assistant	Mon, Tue, Wed, Thu
	Ken Faykes	Stroke	Sun, Mon, Tue
	Todd Hutchinson	Stroke	Thu
	Vanessa Rosa	Stroke	Wed
	Bob Cristella	Stroke	Sat
	Dean Hutchinson	Stroke	Mon
Senior A1	John Carroll	Head	All
	Max Ettore	Assistant	All
	Vanessa Rosa	Stroke	Mon, Wed, Fri
	Jim Villa	Stroke	Tue, Thu
	Bob Cristella	Stroke	Fri (am)
	Dean Hutchinson	Stroke	Sat (am)
Masters	Jeff Clemens	Head	

2012-2013 Schedule

(As of 6 September 2012)

DATE	MEET	LEVEL	LOCATION	HOST
Sep. 27-29	USA Master Coach Ed Spencer visits JW			
Oct. 10	Mini Time Trials	(5:00-7:00pm)	Wahoos	Wahoos
Oct. 13-14	Swim-A-Thon	ALL	Wahoos	Wahoos
Oct. 17	SRA1/SSC	(4:00-7:00pm)	Wahoos	Wahoos
Oct. 17	SRA/NRG/RAD	(7:00-9:30pm)	Wahoos	Wahoos
Oct. 20-21	JW Senior Fall Classic		GCIT	Wahoos
Oct. 20-21	Eastern States Clinic		Wahoos	Wahoos
Oct. 26-28	Autumn Harvest	A/BB/C	Wahoos	Wahoos
Oct. 31	<i>HALLOWEEN – NO PRACTICE</i>			
Nov. 3-4	MA Age Group Distance (“A” 14/u)	???		MA
Nov. 11	FCA Mini Meet	Mini	Friends Central Sch	FCA
Nov. 17-18	Thanksgiving Meet	A/BB/C	GCIT	Wahoos
Nov. 22	<i>THANKSGIVING DAY – NO PRACTICE</i>			
Nov.29- Dec. 1	USA Winter Nats	Qualify	Austin, Tx	USA
Nov.30- Dec. 2	Turkey Clause Invite	BB/C	U. of Md	Machine
Dec. 2	Snowman Mini	Mini	Wahoos	Wahoos
Dec. 6-9	Star Invitational	A-Selection	Buffalo, NY	Star
Dec. 20 – Jan. 1	<i>HOLIDAY BREAK – NO PRACTICE (except SRA1)</i>			
Jan. 2	<i>PRACTICE RESUMES</i>			
Jan. 11-13	AG Elite Meet (14/u)	Qualify	GCIT	MA
Jan. 12-13	Winter Blizzard	ALL	Wahoos	Wahoos
Jan. 20	Mini	Mini	Malvern Prep	MSA
Jan. 19-21	SR Elite Meet (LC)	Qualify	GCIT	MA
Feb. 3	1650 Meet	Selection	Wahoos	Wahoos
Feb. 9-10	Sweetheart (T/F 13/o)	A/BB/C	GCIT	Wahoos
Feb. 17	Feb Mini Meet	Mini	Wahoos	Wahoos
Feb. 23-24	Last Chance Meet	Non JO	Wahoos	Wahoos
March 7-10	JO’s (14/under)	A to A+	GCIT	MA
March 12-16	NCSA JR’s	Qualify	Orlando, Fl	NCSA
March 16-17	Mini Champs	Mini	GCIT	Wahoos
Mar 22-24	Regional Champs	Sub JO	U. Del	DST
March 27-30	MA SR Champs	Qualify	TBA	MA
Mar 28-30	Eastern Zone’s	Selection	Webster, NY	Eastern Zone
Mar 29 - Apr 7	<i>SPRING BREAK – NO PRACTICE</i>			
April 3-6	Showcase Classic	Qualify	Clearwater, Fl	NASA
April 8	<i>PRACTICE RESUMES</i>			
April 28	Berkeley Dual Meet	BB/C	Wahoos	Wahoos

A Meet Entry Tutorial

All team meets will be posted on our website under “**EVENTS**”. When a meet has been opened for online entry, an email will be sent out to JW families. Be sure to read these emails completely. Also, print out the meet invitation and look it over to become familiar with all other details. Another email will be sent 7 days prior to the entry deadline. Once the deadline has passed, there will be **NO** late entries. (*If you cannot attend a meet, please hit the “decline” button. This helps us administratively to know who is not going to attend*)

Now it is time to officially enter the meet online. There are three places on our **team** website www.jerseywahoos.net where you will find the meet you are looking for. ❶ You can click on “**EVENTS**” at the top of our home page, “**TEAM EVENTS**” under the picture on the home page, or you can find the meet under “**JERSEY WAHOOS MEETS & TEAM FUNCTIONS**” at the bottom of our home page. ❷ Once you find the specific meet you are looking for, click on the link for “**ATTEND THIS EVENT**”. Once you do this, you should come to a page where you will see your child(ren) listed at the bottom under Member Name. ❸ Click on the child you wish to enter at that time. You will be taken to a new page with a scroll box next to “**Declaration**”. ❹ Scroll to “**Yes, please sign (your child's name) up for this event**”. You will then see a list of events pop up. ❺ Click on the events your child has chosen (or coach has assigned) for that meet. Please make sure you are aware of possible qualifying times there may be for a particular meet. (you will see qualifying times listed if they exist). Remember to adhere to the entry limitations stated in my email and on the meet invitation. For example, some meets swimmers are allowed 3 individual events per day. If this was the case, you would need to make sure you did not click on more than 3 events in the same day. ❻ Once you have selected the events that your child would like to swim, **CLICK ON SAVE CHANGES AT THE BOTTOM OF THE PAGE**. Your child is now registered for the meet.

Other Important Notes:

It is very important that you adhere to the deadlines that are designated for **OUR TEAM**. ***This deadline is earlier than the deadline posted on the meet invitation by the host club.*** The reason for this is because many meets often get filled up fast because there are so many kids who want to attend. Each meet host club has to abide by a 4 hour session duration rule. This means that they often decline to accept entries after they have a full session. This can come well before the meet entry deadline they designate on the meet invitation. As a result, we often have to send in our entries really early. Don't get shut out of a meet. Try to get into a habit of entering your child prior to the deadline that JW gives. This deadline is always available when the meet is posted and emailed out to everyone.

When reading the meet invitation, you will see an entry form at the end. You do not need to fill this out. This is for teams entering on paper which we will never do. We will always be using the online system so once you register online, you are done doing what you need to do.

A Meet Entry Tutorial

After you have entered the meet, you will be invoiced for the meet fees at a later date (invoices are created on the 25th of every month). Please note, once you have entered your child online, and JW sends the entries to the host club, you will be invoiced for the entry fees even if your child does not end up attending the meet. This is because JW has to pay for any entries we send to a host club. Please be mindful of this. If we happen to enter a meet that has relays the coaching staff will make a decision on entering those events. If relays are entered, the swimmers making up the relays will bear the cost of the relay entry. *The decision on which swimmers to place in those relays will be made solely by the coaching staff at the meet.*

Starting with the 2012-2013 winter season, there will be 75 cents per event charge to help offset the increasing costs of sending the coaching staff to swim meets. In addition, at meets where the coaches will have to stay over night, there may be additional per swimmer fees.

Be sure to write down and save the events for which you register at each meet. If at any time you want to see what events you have signed up for just click on "Events" on the main menu just as if you were to register for a meet. Find the meet in question and click on "Attend This Event". This should give you the entries for that meet for all swimmers under your account.

You must complete your entries by the entry deadline posted for OUR TEAM. This deadline is always available when the meet is posted and emailed out to everyone. You can also find this deadline on the Event page. There will be NO LATE ENTRIES once the online entry deadline passes.

If you are NOT attending the meet, please click on the "NO (childs name) will not be attending" at step (4) to indicate you are not going. This is a big help for administrative purposes.

JERSEY WAHOOS ANNUAL SWIM-A-THON

SATURDAY, OCTOBER 13

SRA 5:45 AM - 8:00 AM
JRA1 7:30 AM - 10:00 AM
ESRA 10:00AM - 12:00PM
JRA 12:00PM - 2:00PM
JRB1 2:00 PM - 4:00 PM
MINI A 4:00 PM - 6:00 PM
TCII 4:00 PM - 6:00 PM
TC I 4:00 PM - 6:00 PM

SUNDAY, OCTOBER 14

JRA1 7:30 AM - 10:00 AM
TCI 10:00 AM - 12:00 PM
TCII 10:00 AM - 12:00 PM
MINI A 10:00AM - 12:00PM
JRB1 12:00 PM - 2:00 PM
JRA 2:00 PM - 4:00 PM
ESRA 4:00PM - 6:00PM
SRA 6:00 PM - 8:00 PM

*GENERAL MEMBERSHIP HOURS - SATURDAY 6:00 PM - 10:00 PM / SUNDAY 8:00 PM - 10:00 PM

Tips for the swim-a-thon

1. Tell people that it is a tax-deductible contribution. Tax number #irs-78-5038.
2. Explain that 85% of the pledges will directly assist south jersey swimmers, and 100% in swimming.
3. Tell your sponsors how many laps you completed last year and how many you will do this year so that they may prepay their pledge or make a fixed contribution.
4. Don't be afraid to ask for a pledge, people will always contribute to a good cause.
5. Don't get discouraged at refusals - keep trying!!
6. Write letters to friends and relatives to donate. Tell them about our program and the swim-a-thon.
7. All swimmers doing 200 lengths should concentrate on having prepaid pledges or contributions.
8. Turn in the swim-a-thon money as soon as possible. Remember the deadline so that you can be eligible for prizes.

PLEASE NOTE:

- 1. Wahoos team goal is to raise over \$35,000 and be one of the top 10 clubs nationally in Swim-A-Thon fundraising.**
- 2. We would like to have a swimmer average of \$100 per swimmer.**
3. The group raises the highest dollar amount per swimmer will be treated to a group outing.
4. Individually, there will be many prizes given to swimmers who raise money. Prizes will be announced and be on display in the sprint lane swim store.
5. All swimmers who bring in more than \$40 will receive a special Wahoos Beach Towel.
6. Take the challenge - get into the Wahoo spirit, go out and get pledges or donations. We need your help to keep our program one of the best in the country in our biggest fund raising effort of the season.
7. Your swim-a-thon packet will be handed out in the practice groups. Any general members who wish to swim on Sunday can get their information in the office and can swim in membership hours on Sunday, October 11.

LET'S HAVE A GREAT WAHOO TEAM EFFORT!!!

USA Swimming Meets

All USA meets held in this district must be sanctioned by the Local Swim Committee (LSC). To receive this sanction, a club must meet standards established by the LSC. There are various levels of USA meets:

Mini Meets	8 & Under
C Level Meets	Age Group (9 years and over)
B Level Meets	Age Group (9 years and over)
BB Level Meets	Age Group (9 years and over)
A Level Meets	Age Group (9 years and over)
Senior Meets	Men and Women Open

The group coach will place the swimmers in the meets and events that are appropriate for each swimmer. A child has to meet a time standard to move from one level to another. The age group for a meet would depend on the age of the swimmer on the first day of the meet.

MA Swimming Events for 8/unders

25, 50, 100, 200 Freestyle
25, 50, 100 Backstroke
25, 50, 100 Breaststroke
25, 50, 100 Butterfly
100, 200 Individual Medley

USA Swimming Events for 10/Unders

50, 100, 200, 400/500 Freestyle
50, 100 Backstroke
50, 100 Breaststroke
50, 100 Butterfly
100, 200 Individual Medley

USA Swimming Events for 11/12

50, 100, 200, 400/500, 800/1000, 1500/1650 Freestyle
50, 100, 200 Backstroke
50, 100, 200 Breaststroke
50, 100, 200 Butterfly
100, 200, 400 Individual Medley

USA Swimming Events for 13/overs

50, 100, 200, 400/500, 800/1000, 1500/1650 Freestyle
100, 200 Backstroke
100, 200 Breaststroke
100, 200 Butterfly
200, 400 Individual Medley

A child has to meet a time standard to move from one level to another. The age group swim for a meet would depend on the age you are the first day of the meet.

USA competition is very beneficial because it allows the swimmers to compete on their level of ability and gives them the opportunity to swim all the competitive strokes at the various distances. This gives the swimmers plenty of opportunities to see what kind of progress they are making.

There are entry fees for USA meets. This is mainly to pay for the awards that are provided for teams and individuals as well as the administrative costs and supplies needed to run a meet. As a point of information, as a minimum, ribbons are provided for at least the top 6 places in Mini, C level, and B level meets; while medals are provided for a least the top 3 places in A level and Senior meets.

All meets that Wahoos enters relays, will have an added cost per event to cover the relay cost. At any meet Wahoos is not staying overnight as a team, but has to lodge coaches (JO's, B/C Champs, etc.) there will be a surcharge for each swimmer to help cover these coaching expenses.



USA Swimming is very pleased to announce an exciting new program ... the **I.M. Xtreme Challenge**. The IMX Challenge is a motivational program whereby swimmers will be scored and ranked nationally on their performance in a combination of five or six events. The purpose of the program is to promote versatility in age group swimming while advocating greater participation and development across a range of events that are integral to long term success in swimming.

Following is a series of key points detailing information about this new program:

Program Description

Swimmers will participate in a designated combination of five or six events and, based on the power points scored for each of those swims, earn a combined score that will be called the IMX Score. These combined scores will be ranked by single ages with rankings and recognition available on the USA Swimming website.

IMX Score

Using Hy-Tek Single-Year Age Group Power Points, all USA Swimming registered athletes earn an “IMX Score” based on the cumulative point total of the combination of IMX events for their age level. The overall IMX score, as well as the swimmer’s current best score for each IMX event, appears on the athlete’s *My USA Swimming* page. As times in these events improve, the swimmer’s IMX score is automatically updated. ***In order to receive an IMX score, a swimmer must legally swim each IMX event for their age level in a sanctioned meet at least once during the season.***

Age Groups and Events

The following single age groups and event combinations will be tabulated and scored for both men and women:

9 & Under; 10-year olds:

200 IM, 200 Free, 100 Back, 100 Brst, 100 Fly

11-year olds; 12-year olds:

200 IM, 400/500 Free, 100 Back, 100 Brst, 100 Fly

13, 14, 15, 16, 17, and 18 -year olds:

200 IM, 400 IM, 400/500 Free, 200 Back, 200 Brst, 200 Fly

How to Participate

Participation in this program is easy. Using the data available in the STAR database system, USA Swimming will automatically compute scores and results for all athlete members. Swimmers only need to compete in the IMX combination of events for their age group and they will be part of the program.

Toyota Virtual Club Championships Program Description

Purpose: Recognize and highlight clubs that are developing athletes and achieving success multiple levels in the club swimming continuum emphasizing the team element in club swimming. This program serves as a key part of the Athlete Development & Performance component of the Club Recognition Program.



at

Period: The Virtual Club Championships will be tabulated annually for both the short course and long course seasons. Short course rankings will be tabulated using results achieved between September 1 and May 31. Long course rankings will be tabulated using results achieved between Sept 1 – August 31.

Tabulation: All registered USA Swimming clubs will be scored automatically. The USA Swimming Star Times Data Base will be used in combination with the Hy-Tek Single-Year Age Group Power Point system. The program will score single age groups from 11-18 years old. After all eligible swims have been scored using the power point system, a team score for each registered USA Swimming club will be calculated. The tabulation will occur once every evening.

Team Event Limit: Each team will be limited to two entries per event by age group and gender. The program will automatically tabulate which two events in combination with other teammates produce the highest team score.

Individual Event Limit: Each swimmer will be limited to four events. A swimmer may contribute only four times per season even if they age up (i.e. may have two times selected as an 11-year old and two as a 12-year old, but not four as an 11-year old and four as a 12-year old). The program will automatically tabulate which four events in combination with other teammates produce the highest team score. **For larger clubs, the computer will go through more than 1,000,000,000,000 (1 Trillion) calculations to determine the optimum score!**

Eligibility: For a swimmer's point total on a specific swim to count toward the overall team total, the athlete and/or their swim must meet the following eligibility criteria:

Times must have been achieved while representing a registered USA Swimming club (no unattached times may be used).

Age Groups and Events: The following event results will be tabulated for both men and women:

- ★ 11 & 12 year olds – 50 Fr, 100s of each stroke, 200 Free, 4/500 Free, 200 IM (8 events).
- ★ 13, 14, 15, 16, 17, & 18 year olds – All recognized Olympic events (13 events).
(Women the 1000y/800m free and for Men the 1650y/1500m will be the long distance event scored.)
- ★ No relays will be scored.

View Options: A viewer has four options to look at their club ranking:

- 1 If you select no option you will see all clubs sorted by national rank
- 2 Select Club will see only the selected club (it will show the national rank and then show VCC rank=1)
- 3 Only looking at clubs in their LSC (will show the national rank first then the rank within the LSC)
- 4 Only looking at clubs in their Zone (will show the national rank first then the rank within the Zone)

"View Detail" Option: A team may choose to look at the detail summary chart by clicking on the *View Detail* link on the far right-hand side of the ranking. At the beginning of the report, the viewer will see a chart that will quickly give coaches the ability to assess strengths and weaknesses of the team.

- ★ Sprint freestyle for 11 & 12 year olds includes: 50 & 100 freestyles.
- ★ Sprint freestyle for 13-18 year olds includes: 50, 100, 200 freestyles.
- ★ Distance freestyle for 11 & 12 year olds includes: 200 & 400/500 freestyles.
- ★ Distance free for 13-18 year olds includes: 400/500 free & either the 800/1000 for Women or 1500/1650 for Men.
- ★ The 11 & 12 year olds in the IM column only have the 200 IM while the 13-18 year olds include the 200 and the 400 IM.
- ★ Following the chart is the detail breakdown of every swimmer that was used in the computation of the team's score.

JERSEY WAHOOS SWIMMING.....

WHERE DOES IT FIT IN U.S.A. SWIMMING?

WHAT PROGRAMS DO JERSEY WAHOOS OFFER?

Wahoos has over 400 swimmers competing on all levels, from learning to swim to the National level.

We participate & host Mini, "C", "B", "A", and Senior level meets.

The governing body of swimming in the eastern half of Pennsylvania, all of Delaware, and New Jersey south of Trenton is Middle Atlantic Swimming, Inc.,



There are four Zones in the United States, ours being the Eastern Zone. Representatives from JW and Middle Atlantic attend meetings and are an integral part in the planning of our All Star Zone Age group Meet - the finest meet our age group swimmers can attend. All our MA/LSC committee members are at the monthly meetings, making plans and decisions with our swimmers best interest in mind. You only have to walk into a MA meet to see many Wahoo parents active "on deck". We have more certified officials than any other MA club. We also have many qualified and experienced behind the scenes people as well. When you see all the Wahoo parents working at a meet you can be proud of all these volunteers. Any parent interested in being a part of MA, please contact John Carroll.

WHAT DOES ALL THIS MEAN FOR YOUR SWIMMER?

Wahoos is present at all levels of swimming. When decisions are made, our people are there with your swimmer in mind. Meets are run smoothly and as fairly as possible with quality people making considered judgment calls and knowledgeable enforcement of swimming rules. This benefits your swimmer. Swimmers work hard to bring their times down. Wahoos parents are doing the ir best to give those swimmers every opportunity to swim fast in a fair meet and reap the reward of hard practice - fast times.

Each swimmer is charged a \$58.00 registration fee per year. Part of this fee is sent to Middle Atlantic Swimming, part is for the swimmer's USA card and the remainder goes to offset various printed materials, mailing costs and administrative expenses etc., incurred by USA Swimming.

THE A,BB,B,C, LEVEL AGE GROUP SWIMMING PROGRAM

BASIC POLICY: This swimming program is designed to create a better incentive situation in the Age Group Swimming Programs where, due to the large number of swimmers in the association, the meets are very large.

- 1. Swimmers will qualify for a given class when they have bettered the qualifying times set by the MA/LSC Qualifying Times Committee for their stroke in a sanctioned meet.**
- 2. A swimmer may only advance once in a given stroke but maintain level standard on distance. For example, a swimmer could be "A" level in the 100 freestyle but "B" level in the 200 freestyle and "C" level in the 500 freestyle.**
- 3. In a meet designated as a Middle Atlantic LSC Class "B" age group meet, a swimmer may not enter an event in which they qualify as an "A" or "C" swimmer. In class "C" age group meets, a swimmer may not enter an event in which they qualify as an "A" or "B" level swimmer. If an event has been officially entered and the "A" or "B" times have been achieved after the entry deadline, the swimmer shall be allowed to compete. A swimmer maintains his designated classification for the duration of the meet even if he qualifies for the next class during the meet.**
- 4. "C" class swimmers may swim in relays in "A" or "B" meets. Swimmers may swim up in classification for relays only. No swimmer may swim a relay below his classification in a certain stroke or distance.**
- 5. A swimmer changing age groups will be classified "A", or "B" in the new age group only in those strokes where he has already bettered the "A" or "B" qualifying times for the new age group.**

When a swimmer enters a USA meet, he is representing the Jersey Wahoos Swim Club. If he places in the event, he may or may not score points for the Jersey Wahoos - depending on whether or not the meet has team awards. Jersey Wahoos may enter as many qualified swimmers in a USA meet, in as many events allowed, as they have swimmers. Several weeks or days before the meet, entry sheets will be given to each individual swimmer on what events the coach has decided for them to swim. That sheet and the entry fees and any applicable surcharge should be turned into the office before the closing date.

MEET ENTRY & FEE COLLECTION PROCEDURE

- 1. USA meet information will be given to the swimmers by the group coach a few weeks before the entry deadline. Meet information can also be found on the counter at Jersey Wahoos Swim Club. There are certain meets over the course of the season where Wahoos swimmers are required to represent their team.**
- 2. A Jersey Wahoos Swim Meet sign-up Form will be given to your child by his/her coach prior to the deadline date with the events his/her coach feels they should swim.**
- 3. Check to assure that the name and age are correct on the form and then the form should be turned into the office along with the required entry fee and any applicable surcharge. Entry forms will not be accepted without the proper monies. (A copy of the entry form is on the next page).**
- 4. It is your responsibility to make sure these forms and the proper entry fee is in on time. Please put the entry form and entry fee in an envelope marked with the swimmer's name, the name of the meet, and the amount enclosed. The office does not have any change, so please pay with a check or make sure you have exact change. It is important that all entries are received by the deadline because the office must then prepare an entry and mail them and other information to the meet hosts by their stated deadline.**

5. All entries will be handled through the Wahoos office. If you wish to represent the Wahoos in a meet outside the MA/LSC area, it must be approved by the coaching staff.
6. All of the swimmers should be interested in swimming all age group appropriate events over the course of the season. The coaches will be requesting your participation in a variety of events during the season - not just the events you consider your strongest or "yours".
7. Jersey Wahoos USA hosted meets are mandatory for Wahoo swimmers whose times are on that particular level, be it Mini, C, B, or A. We need a good team effort for our home meets. Parents will be called to help with these meets - it requires 30 some workers to run each session of a meet. When our children are entered in a Jersey Wahoo USA Meet, please volunteer for one of the many jobs; such as timer, scorer, starter, awards, announcer, stroke & turn judges, Colorado operator, program & food sales, and computer input. Non-swimming brothers and sisters are always needed as runners. We will run a clinic to help those new to swimming.
8. Swimmers will not be entered into any meet without payment for that meet. Please turn in payment with entry form. Please stay informed about the meet schedule and meet entry procedures.

Definitions

Event - Distance, stroke, sex and age group to be swum; i.e. 200 yd. butterfly - Boys 11-12

Heat - A division of an event when there are too many swimmers to compete at one time

Seeding - When all entries are received each event is "seeded". After all entry times are put into the computer, the meet is seeded. This assigns swimmers to lanes and heats from slowest to fastest so that swimmers all swim with those closest to them in ability; Seeding with the fastest times in the last heat and the fastest swimmer in each heat in lane 3 then 4, 2, 5, 1, 6. This set up is for a 6 lane pool. In an 8 lane pool, lane 4 is fastest, then 5, 3, 6, 2, 7, 1, 8.

Timed Finals - Competition in which only heats are swum and final places are determined by the times in these events.

Trials & Finals - Event first swum at trials (prelims) session, (prelims) then top qualifiers return to swim again at finals. Trials seeded with circle seeding.

Circle Seeding - Seeding where the fastest three heats are seeded in a "round-robin" fashion. Here is an example using a 6-lane pool. An event with 24 people would be seeded as follows:

<u>Lane #</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
Heat 1	23	21	19	20	22	24
Heat 2	15	9	3	6	12	18
Heat 3	14	8	2	5	11	17
Heat 4	13	7	1	4	10	16

The number beneath each lane number corresponds to the seed position of the swimmer with the number (1) being fastest and number (24) being slowest. If you have any questions regarding meets, swimming terminology, or your swimmers participation in any phase of the Wahoos program - please come to the coach or office staff for information.

SWIMMERS TEAM GUIDELINES FOR PRACTICES AND MEETS

SWIMMERS MUST ADHERE TO THE GUIDELINES IN ORDER TO PROMOTE TEAM UNITY, GOOD SPORTSMANSHIP AND ASSIST EACH SWIMMER TO DEVELOP TO THEIR FULLEST POTENTIAL.

1. Please report on the pool deck at least 15 minutes before your scheduled practice to do stretching exercises. NO Swimmers allowed in the weight room without a coach present.
2. All team members must wear hats to and from practice during the winter months. You cannot win a race without workouts - you cannot workout when you are sick.
3. Do not leave the pool area during practice at any time without the coach's permission.
4. During a meet, all swimmers are to remain in the team area unless given permission to leave by the coach. When you are not swimming, you should be cheering on your team.
5. All swimmers are to conduct themselves in a sportsmanship like manner at all times.
6. After you swim each event, report to your coach. If you are disqualified for any reason, do not argue with the official, but immediately report to your coach with the official's ruling.
7. Swimmers should eat a good meal about 3 hours before the scheduled time of the meet or a practice.
8. Whenever a swimmer is having difficulty, your coach will be there to listen. Should you have a question, you feel overlooked, or you are not being given a fair chance, go to the coach and discuss the problem freely. You are very important to us, if you miss the coach at practice, you can schedule a meeting by leaving a note in the office, and the coach will get back to you promptly. We try to have any problems between a coach and a swimmer resolved by them. Only when that fails, or in the case of smaller children, do we want the parents to be involved. Self-reliance, responsibility, and fairness are all part of the Jersey Wahoos experience.
9. Please check the bulletin board or the front desk daily, they contain vital information about upcoming meets and other notices of importance.
10. Please be quiet and still while the coaches are instructing your practice group. Be courteous to all coaches & teammates.
11. Please DO NOT wait in lobby before practice. Please wait in the bleachers.

JERSEY WAHOOS FACILITIES GUIDELINES

1. There is NO chewing gum allowed in the building at ANY TIME.
2. NO glass bottles of any type.
3. NO SMOKING ON THE PREMISIS (INSIDE OR OUTSIDE) AT ANY TIME!
4. Recycle plastic bottles by disposing in blue/green recycle bins.
5. Any swimmer caught defacing Wahoos property will be suspended and or dismissed from the program and held responsible for damages. If defacing of Wahoos continues to be a problem, locker room privileges will be revoked for the practice group responsible.

PARENTS TEAM GUIDELINES FOR PRACTICES AND MEETS

- **NO SMOKING ON WAHOOS PROPERTY AT ANY TIME!**
- Make sure your children have warm clothing at meets. It can get chilly in the winter sitting around waiting for their next event.
- PLEASE do not come down on the pool deck during a practice to talk to your children or the coach.
- Please do not coach your children from the balcony.
- Give your children support and encouragement, not criticism. Let the group coach be the disciplinarian, and mentor. If you feel the coach is missing something your child is doing incorrectly, or you have a question, please discuss it with the group coach, but not during practice. Your questions and concerns are important to the coaching staff, so if you miss the group coach after practice leave a note in the office and that coach will get back to you as soon as possible.
- Please be aware of the swimmers' team rules and try to support the coaching staff by having your children obey them.
- Please help the coaching staff by checking the locker rooms during and especially after practice to see that the children are not fooling around to the point where someone can get injured. Additionally, please check to see that they have all their clothes and equipment. It is a good practice to have them put all of their clothes in a gym bag and to put it up in the bleachers during practice.
- Please encourage your swimmers to wear Wahoo attire during all swim meets to show team spirit.
- Parents will be held responsible to pay for any damages that their swimmer causes to Wahoos.
- Parents who wish to set up a meeting with your child's coach, should leave a message in the office. The coaches will get back to you as to when they can meet with you. NO coach's phone numbers will be given to any swimmers or parents.
- Parents will support Jersey Wahoos team philosophies and guidelines pertaining to meets and practices. If the parents have a difference of philosophies, they should look elsewhere for their child's swimming development.
- There is NO chewing gum allowed in the building at ANY TIME.

JERSEY WAHOOS TEAM TRAVEL POLICY

The following guidelines should clarify the team travel policy for new and upcoming swimmers who will make the December team trip to Buffalo and/or any other team trips. Please note that these guidelines have been in place at Jersey Wahoos for many years and there should not be any changes from past practices. If there are any concerns or questions, please don't hesitate to call me. All swimmers and parents should adhere to the following:

1. All qualified swimmers arrangements will be made by Jersey Wahoos. This includes hotels, transportation, and meals.
2. All swimmers will travel and stay together as a team with team members only.
3. Swimmers are not allowed in other swimmers rooms. You must be in your own room when at the hotel. No roaming the hallways.
4. All swimmers will eat with team members, when team meals are set up. Everyone must be seated before getting in line for food. Tables will be dismissed one at a time.
5. All swimmers will wear team uniform provided by Jersey Wahoos. *Summer league, high school, and college gear is prohibited.*
6. Swimmers are expected to be on their best behavior for the duration of the team trip. The coaching staff reserves the right to call parents to come pick up their children whose actions are unsuitable for Jersey Wahoo team trips.
7. Swimmers are to listen to the coaches and chaperones instructions. Do not argue with coaches or chaperones.
8. All swimmers are to leave buses, hotel rooms, restaurants, and team areas neat. Please throw away trash in proper containers.
9. For certain team travel meets such as Buffalo, a deposit for the travel expenses will be due with the entry fees. This must be paid to be entered in the meet. The balance of the travel fees will be due before the 1st day of travel. Please do not give fees to coaches on the 1st day of travel.

Jersey Wahoos has been very successful with team trips and would like it to remain that way for our future swimmers. We feel that these are a few important guidelines to keep our team trips successful.

JERSEY WAHOOS FAMILY FINANCIAL INCENTIVE PROGRAM

Overview - The Jersey Wahoos has had a history of not being able to get enough meet workers at meets. As a result, financial sanctions have been threatened by our governing body of Middle Atlantic Swimming. The following proposal is an attempt to help solve this problem. It presents an equitable worker system that will bring our parents down from the bleachers to help work with the meets and will provide financial relief for them if they choose to help. The financial incentive program will be available to use with children in Training Camp all the way up through Senior A1.

**The Program – At the beginning of the fall season, each family that registers their children for the team will be given a set of coupons. If you have one swimmer, you will receive 8 coupons, each worth 1.5% or 2.25% depending on unskilled or skilled worker. If you have 2 swimmers, you will receive 14 coupons each with .8572% or 1.286% depending on unskilled or skilled worker. If you have 3 or more swimmers, you will receive 18 coupons each worth .6667% or 1% depending on unskilled or skilled worker. This will mean that there is the potential to work off up to 12-18% of the cost for their children to swim at Jersey Wahoos.

Here's how it will work: Once the meet announcement goes out for either a Jersey Wahoos run meet or a Middle Atlantic run meet, there will be opportunity to work the meet on a first-come, first-serve basis. Simply write your name on the worker list and you will be assigned a corresponding job for the meet. After the meet worker list fills up, there will also be a limited waiting list. There is a limit also to the number of timers, runners, food helpers etc needed at a meet.

For every meet that Middle Atlantic runs or is run by Jersey Wahoos, there will be two basic types of positions to be worked. The first are the unskilled positions. These will include positions such as lane timers, head timer, runners, awards labeling as well as chaperones for those meets that would require them. The second type is the skilled positions. These in most cases will require special USA registration. They include meet referees, starters, stroke and turn officials, as well as those that can work the meet computer.

There will be a limit of two-coupons per session per family. This will help to give others a chance to use their coupons as well. The coupon will have the family name written on them, and anybody can work for that family's coupon: a parent, a friend or relative, or any young adult capable of doing the job, provided we are talking about an unskilled position. A complete session must be worked in order to redeem the coupon. The credit would then go to that family. **Make sure to bring your coupon to the meet so that the Meet Director or John Carroll can sign the coupon for credit. Then, mail the signed coupon(s) to Wahoos to be given your corresponding account credit. Credit will not be given without one of their signatures!** Participation in this program is voluntary. However, the prices to join the team are final and absolute for everybody. Each coupon is good for one year. *Refunds will be mailed at the end of the swim year in July.*

Examples and Scenarios: The Smith family has daughter Jennifer (15) and son Michael (13) swimming for Jersey Wahoos. The training fees for Jennifer who is in SRA1 are \$1500, and the dues for Michael who is in JRA1 are \$1000. So the family's total yearly fees are \$2500. They have 14 coupons to use. The mother decides to sign up and use her first coupon on the Autumn Harvest, session #2, and the father decides to sign up as well and use his coupon on the Autumn Harvest, session #3. They both work the entire session, one as a timer, and one as a runner. They both get their coupons signed and mail them in the next week; Wahoos then credits the family. Throughout the fall and winter/Spring, they sign-up early and work off the remaining 12 coupons at other meets. One coupon was used by the family's grandmother who timed, one coupon was used by Michael who timed for his sister's meet, and the others were again used by the mother and father. Their total refund, after using all 14 coupons is \$300, or 12% of their total yearly cost. The mother then volunteers to work Spring JO's without receiving any further reimbursement, because the family's coupons have already been used.

DEADLINE: To be considered, coupons must be returned by July 1, 2013
(See Meet Commitment Form at End of Handbook)

Revised 8/1/2012

Jersey Wahoos Swim Club

2012 - 2013 Pre-Team & Junior Prep Programs

The Jersey Wahoos Swim Club is now offering programs for children who can swim the strokes and are looking to refine and master butterfly, backstroke, breaststroke, and freestyle. We now offer five programs on a weekend basis for beginner to intermediate level swimmers.

SATURDAY

Pre-Team 1 5:00-5:45pm	For the beginner level swimmers, 5-8 years old, who want to learn to master the 4 competitive strokes and are not ready for our swim team.	\$220 / session member \$290 / session nonmember
Pre-Team 2 5:45-6:30pm	For intermediate level swimmers, 6-10 years old, who want to refine the four competitive strokes and are not ready for our Junior level swim team.	\$220 / session member \$290 / session nonmember
Junior Prep A 6:30-7:30pm	Stroke mechanic work for 11-14 year old swimmers who want to improve their technique and endurance.	\$260 / session member \$345 / session nonmember

SUNDAY

Junior Prep B 11:30am-12:15pm	Stroke mechanic work for 8-12 year old swimmers who want to improve their technique and endurance.	\$220 / session member \$290 / session nonmember
Pre-Team 2 12:15-1:00pm	For intermediate level swimmers, 6-10 years old, who want to refine the four competitive strokes and are not ready for our Junior level swim team.	\$220 / session member \$290 / session nonmember

Schedule of Practices

<u>Saturday</u>			
<u>Session 1</u>		<u>Session 2</u>	
Sep	15, 22, 29	Jan	
Oct	6	Feb	2, 9, 16
Nov	3, 10, 17, 24	Mar	2, 9, 16, 23
Dec	1, 8, 15	Apr	6, 13, 20, 27
Jan	5, 19, 26	May	4, 11, 18

<u>Sunday</u>			
<u>Session 1</u>		<u>Session 2</u>	
Sep	16, 23, 30	Jan	
Oct	7	Feb	3**, 10, 17**
Nov	4, 11, 18, 25	Mar	3, 10, 17, 24
Dec	2**, 9, 16	Apr	7, 14, 21, 28**
Jan	6, 20, 27	May	5, 12, 19

NOTES:

- Two 14-week sessions.
- Limited Group Size per session.
- There is a Registration Fee of \$30.00 for one swimmer, \$50.00 for 2 or more in family.
- Registration Fee and Session Payment of Swim Group required to hold a spot.
- Swim meets are available and optional to any swimmer who wishes to participate. There is a \$60 USA / Middle Atlantic Swimming registration fee in addition to program fee for those swimmers interested in swimming meets.
- NO MAKE UPS for missed practices.
- NOT MEANT FOR JERSEY WAHOOS SWIMMERS ALREADY ON THE SWIM TEAM!
- Registration includes (1) Team Cap.
- **Maybe combined with Saturday groups (TBA)
- *Maybe combined with Sunday groups (TBA)

Private Special Skills Classes

Jersey Wahoos will offer private 30-minute sessions throughout the short course and long course season to swimmers on the swim team or pre-team interested in working on any particular weakness in a stroke, turn, or start. Jim Villa, Chris Waggoner, Chris Brookover or another staff member upon request, will give these classes.

Private Session- 1 swimmer @ \$50 per swimmer
(\$65 for a non-member)

***All arrangements must go
through Wahoos office.***

Placement will be on a first come first serve basis.

Lane Space is limited

If you have any questions, please
do not hesitate to call the office or
talk to one of the coaches.

Volunteers Needed!

WE NEED YOUR HELP- SWIM MEETS CANNOT BE RUN WITHOUT THE PARENTS HELP!

When Wahoos hosts meets, we MUST have your help in the following areas:

Scorer's Table	Announcers	Award's Table
Snack Bar	Admissions	Computer Operators
Runners	Timer's	Colorado Operators

please sign up at www.volunteerspot.com a link will be on the JW site for each meet.

OFFICIALS: There will be clinics at Wahoos in the fall for any parents who are interested in getting certified! We would like our parents to get their USA Swimming certification in the following areas:

Stroke and Turn Judges Starters Referees

PRACTICE GROUP REPS for every group. See your group coaches if you are interested. Call parents from group to work at meets (incentive coupon can be used). You will also be helping with group functions and parties.

Mini Groups: 2 each group (Mini A / TC2 / TC1)
Junior Groups: 4 each group (JRA1 / JRA / JRB1) (1 for each age/gender)
Senior Groups: 2 each group (SRA1 / SRA / ESRA)

WAHOOS YEARBOOK staff needs parents to assist in all aspects of the yearbook. Please contact John Carroll about how you can be involved with the best yearbook in USA Swimming!

Meet Articles Picture Pages Advertising Editing

MARKETING COMMITTEE:

Swim Meet Sponsorships

Meet Articles for local newspapers

FUNDRAISING COMMITTEE: Fundraising for specific swim team functions and for specific events to help offset costs to swimmers.

Jersey Wahoos Team Physical Therapist



Evesham Physical Therapy

James F. Ross, P.T. Director

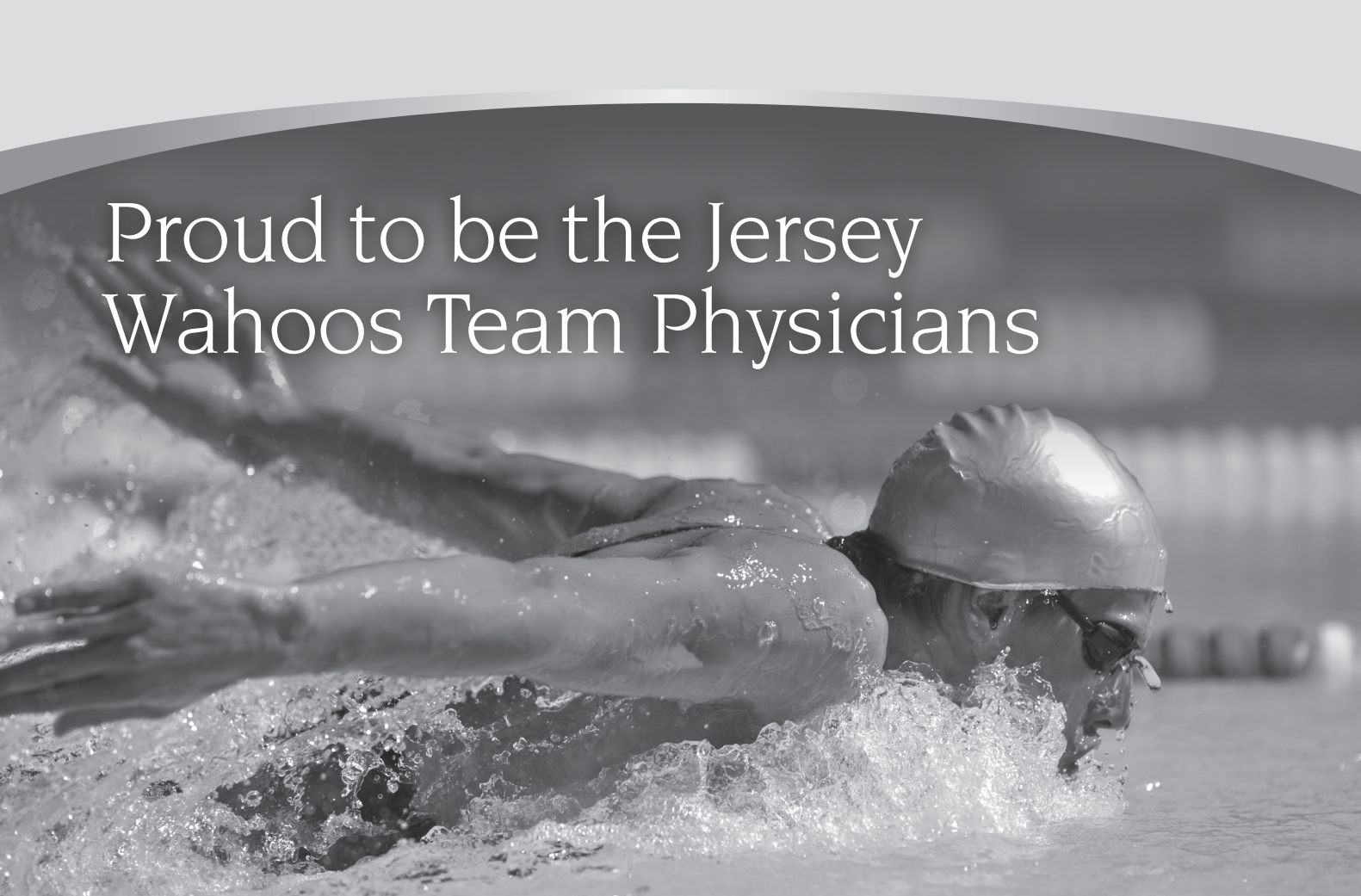
Jersey Wahoos is pleased to offer free consultations with our team Physical Therapist, James Ross, at Wahoos on various Wednesday nights at 5:15pm.

Evesham Physical Therapy

Evesham Commons
Suite 303A
Marlton, NJ 08053

Phone: 856-234-5898
Fax: 856-778-7107





Proud to be the Jersey Wahoos Team Physicians

advocare | South Jersey Orthopedic Associates

Thomas J. O'Dowd, MD • Jeffrey B. Daniels, MD
Merrick J. Wetzler, MD

Centennial Medical Center
502 Centennial Blvd., Suite 6
Voorhees, NJ 08043
T 856.424.8866
F 856.424.2665

Washington Professional Campus II
901 Route 168, Suite 307
Turnersville, NJ 08012
T 856.227.7566
F 856.228.1711

advocaresjorthopedicassoc.com

OFFICIALS HELP WANTED

Wahoos parents - tired of sitting in the stands during a swim meet and desiring a better view of their swimmers during a meet.

WE NEED YOU !

As a USA Stroke and Turn Official, you can't get any closer to your swimmer without getting into the water.

An excellent benefits package is offered. It consists of:

- **Free entry for you in all meets you work as an official**
- **Food and drink supplied in the officials hospitality area**
- **Ability to be with your swimmer on the pool deck**
- **Being up close and personal to all the "action"**
- **Advancement opportunities to Starter and Referee**

It is not hard to participate. All that is required is attendance at the one-day training clinic. Look for postings on the MA website, at the club, or contact me directly, for the date and time of the next clinic. After completion of an open book test that you take home to complete (not a very long test and it is multiple choice), you are placed in an on-deck training program for six sessions. In training, you will be placed with a qualified official to coach and counsel you in the process of being a USA Stroke and Turn official. After completion of the training phase, you will be a qualified official. Additionally, if you have swimming questions at any time (with the exception of the wee hours of the morning), I am available.

This opportunity is open to all. I would like to make a special request to all parents of swimmers between the ages of 9 and 14. We have an extreme need for Stroke and Turn officials in this age group, so please consider this opportunity to join in and help your swim club.

Please contact me to discuss this opportunity. I can be reached at 856-853-0119.

Bob Binz – Officials Coordinator

Jersey Wahoos General Member Pool Schedule

September – June

SUNDAY	MONDAY through FRIDAY	SATURDAY
<p>**Membership 11:30 am to 1:00 pm</p> <p>Ⓢ Limited Lanes <i>See monthly schedule</i></p>	<p style="text-align: center;">Membership Lap Swimming Only</p> <p style="text-align: center;">6:15 am to 3:00 pm</p>	<p style="text-align: center;">Swim Team Practice 5:45 am to 5:00 pm</p>
	MON - THUR	FRIDAY
<p>Swim Team Practice 1:00 pm to 9:00 pm</p> <p>Membership 9:00 pm to 10:00 pm</p>	<p style="text-align: center;">Swim Team Practice 3:00 pm to 10:00 pm</p>	<p style="text-align: center;">Swim Team Practice 3:00 pm to 9:45 pm</p>
	<p style="text-align: center;">Swim Team Practice 3:00 pm to 10:00 pm</p>	<p style="text-align: center;">Membership 5:00 pm to 10:00 pm</p> <p style="text-align: center;">Ⓢ Limited Lanes <i>See monthly schedule</i></p>

**Additional Lap hours on some Sundays 8:30am to 11:30am.

Please check monthly schedule for dates when additional hours apply

Ⓢ - Schedule will vary due to Wahoos hosted swim meets on some Saturdays & Sundays

The Sprint Lane at Jersey Wahoos

Has all of your swimming needs!

The Sprint Lane can outfit your Tri-County, Suburban, or High School team!

Contact Wahoos office to arrange an appointment!

Hours of Operation

Monday through Friday - 9:30am to 8:00pm

Saturday & Sunday - *see store front!*

Call Now 856-234-5898



Jersey Wahoos Swim Club Harassment, Intimidation, & Bullying Policies

The Jersey Wahoos Swim Club believes that all swimmers have the right to a safe and healthy swimming environment. Jersey Wahoos has an obligation to promote mutual respect, tolerance, and acceptance.

Jersey Wahoos will not tolerate behavior that infringes on the safety of any athlete. The participants shall not harass, intimidate, or bully (HIB) another swimmer through actions and/or words. Such behaviors include but are not limited to physical contact, such as hitting and shoving; verbal and written assaults, such as name-calling; and social isolation or manipulation.

The Jersey Wahoos staff expects all of their athletes to report incidents of HIB to any member of the coaching staff. Our staff will intervene when a HIB incident occurs. Each complaint will be investigated. This policy applies to swimmers on Wahoo property, when representing Jersey Wahoos at any meet or facility, or on any Jersey Wahoos sponsored event.

The coaching staff will discuss this policy with their swimmers to assure them that they do not need to endure any form of harassment, intimidation and/or bullying.

Swimmers that stay in compliance with this policy will have the privilege of the following:

- Training at Jersey Wahoos and other facilities
- Compete and represent Jersey Wahoos at USA swimming meets
- Traveling with Jersey Wahoos
- Attend Jersey Wahoos sponsored events/functions.

Failure to meet and uphold the code of conduct, respect yourself, respect others and the HIB policies will result in consequences ranging from suspension to expulsion and other disciplinary actions.

All swimmers and coaches witnessing or experiencing HIB are encouraged to report any such incidences.

Swimmers Name: _____ Parents Name: _____

Swimmers Signature: _____ Parents Signature: _____

RETURN TO JW BY SEPTEMBER 30, 2012

WAHOOS MEET COMMITMENT FORM

With the strong desire to create an air of excitement and energy at our meets, effective September 1, 2012, Jersey Wahoos is putting into place a new policy for Wahoos-hosted swim meets. The new policy is as follows:

If your child would like to participate in a meet, it is now **MANDATORY** that your child has a representative working the meet. Working at swim meet may take many forms. You can work as a timer, work in the hospitality area, donate to the hospitality area (\$25 worth), work as an official (starter, stroke/turn, referee, safety) work with our computer systems (Colorado or Team Manager), work as a runner, work with admissions or work putting awards together.

As in the past, there will be a financial incentive for each session you work. There are “skilled” positions and “unskilled” positions. Each “skilled” position (officials or computer systems), will receive 18% back, in the form of a check, at the end of the swim season. Each “unskilled” position (timer, hospitality, runner, admissions or awards), will receive 12% back, in the form of a check, at the end of the swim season. This is a win-win for everyone. Your children see you involved, we create a sense of caring and team involvement, and you get cash back!! The volunteer sign up will be available on-line, a minimum of two weeks prior to the start of each meet. An email will be sent out letting you know that sign-ups are available online. It will be on a first come, first serve, basis. If you want to be a timer, and that is taken, you **must** take another position. Each family will be given **one** “bye”, per year. A “bye” allows a family to have off from working a session their child is attending.

If there is NOT a representative at the session your child is swimming in, \$50 will be assessed to your account. Your child will NOT be allowed to swim in the next scheduled Jersey Wahoos meet until that fee is paid.

This agreement **MUST** be signed and returned to the Wahoos office by September 30, 2012. Failure to do so will result in your child not being allowed to participate in any meets.

We have the BEST swimmers in the country here at Jersey Wahoos. We would like to present ourselves as a team at each and every meet that we host. The more we can do to support our children and our team, the better message we send to our kids and all who encounter us!

We are looking forward to an amazing, fully supported swim season! Thank you for being such an integral part of Jersey Wahoos!!

SIGNED: _____

PARENT OF: _____