

UNAC 2009 Fall Session Parent Meeting

October 8th, 2009

Welcome to the Union Aquatic Club (UNAC) swim team. UNAC is a member of the Southern Tier Swim League (STSL), which is a member of the Niagara Swimming district of USA Swimming. UNAC is a non-for-profit, parent run year-round competitive swim team and offers a multi-level swim program where individual swimmers can reach their full potential.

The UNAC website is the main tool used for communications with our members. The website is: <http://www.unionaquatics.org> We encourage all members to use the website to locate information and announcements and remind everyone to check the site for frequent updates.

In some rare cases, due to circumstances beyond our control, UNAC practices are delayed or cancelled. When this occurs we make every effort to post the information immediately on our web site. Sometimes we are not informed until the last minute, so your understanding and patience is appreciated.

Located on the upper right section of the UNAC website homepage is a link to the monthly calendar. Practice schedule dates and times, board & parent meetings, swim meets and meet sign-up deadlines are posted on the calendar for your reference and awareness. **The calendar is also frequently updated and the revision date is posted on the calendar and adjacent to the link on the home page.**

Meet the Board:

- President – Gordon (Gordie) Benninger
- Executive Director – Donna Striley
- Secretary – Lynne Agnew
- Treasurer – Joe Dempsey
- Safety Coordinator – Carter King
- Membership/Registration – Margo Sarkisian
- Publicity – Janette Burnett
- Webmaster – Ray Agnew
- Meet Directors – Gordie Benninger & Donna Striley

All these board members work diligently behind the scenes at UNAC striving to provide our swimmers and parents with a quality competitive swim program they can be proud to be a member of. We welcome your input and suggestions and invite you to attend board meetings, as this is the perfect opportunity to make yourself heard. They are usually held on the 3rd Wednesday of the month at 7pm at the JCHS. Please refer to the UNAC calendar on the website for exact dates. You may also contact and speak to any of the above board members at any time. We work very hard at keeping the lines of communication open and work quickly to resolve any issues in a timely manner and in the best interest of all our swimmers.

Meet the Coaches:

- Coach Katie Ginalski – Head Coach for all UNAC swimming
- Coach Jamie Burns
- Coach Kristyn Mohr
- Coach Jenny Serven
- Coach Derik Rusinak
- Coach Keith Racioppo

Please visit the “Coaches Corner” on the website for more info on the coaches.

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UNAC swim sessions have (2 or more?) coaches on deck.

Paid lifeguard on deck for all practices.

Coaches assess and place swimmers to insure productive and effective practice sessions and optimal swimmer development.

Coaches work with BOD to determine meets UNAC will compete in.

Coaches attend meets UNAC will compete in.

Coaches plan developmental approach for swimmers (different for each level)

- Basics of strokes, starts, turns,
 - Building endurance, speed, recovery
 - Meet preparation, behavior.
 - Goal setting, more advanced stroke technique
 - More advanced starts/turns
 - Mental preparation for meets/practice
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UNAC Swim Sessions:

SESSION DATES

<i>SESSION DATES 2009 - 2010</i>		
FALL	SEPT 14 - DEC 23	14 WEEKS
WINTER	JAN 4 - MAR 19	10 WEEKS
SPRING	APR 12 - JUNE 18	10 WEEKS
SUMMER	JUN 21 - JUL 23	5 WEEKS

Practices:

Practices for Fall / Winter / Spring sessions are held at Johnson City High School pool

Summer session is held at the Endicott "Z" pool.

<i>UNAC Practice Calendar for the FALL SESSION 2009</i>				
Beginners	M-T-W-Th	6:00 - 7:00 pm	JCHS	Sept 14 - Dec. 23
Intermediate	M thru F	7:00 - 8:30 pm	JCHS	Sept 14 - Dec. 23
Advanced	M thru F	6:45 - 8:45 pm	JCHS	Sept 14 - Dec. 23

Intermediate and Advanced groups...refer to the calendar for dry land sessions.

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Practices are organized by swim levels (currently referred to as Beginner / Intermediate / Advanced). This allows focused instruction and ability-level specific practice plans so that swimmers' practices are effective and appropriate for their development and minimizes disruption. Swim levels for new swimmers are determined by coaches' assessments. Returning swimmers are notified by coaches when they should assess for the next swim level.

Practice Expectations:

- Be on time (swimmers should be on deck, dressed to swim before their start time.)
- Listen, follow instructions.
- Make sure you have all appropriate items (for swimming, dry land)
- Bring water – it is important for swimmers to stay hydrated
- Learn and follow lane swimming etiquette
- Respect coaches and other swimmers
- Put the effort into your practice
- Attend as many scheduled group practices as possible
- If you have questions or something you don't know or understand.... ASK! (we have plenty of experience and stories of our own about lack of communication and info...we want this to be a strength of our club, but we won't know unless you ask)

Other Practice information:

Parents are not allowed on the pool deck for insurance reasons and school policy. If you have any questions or issues to discuss with a coach, please let our Executive Director, Donna Striley know. She may be able to address the concern or issue immediately or otherwise arrange for a coach available to discuss. Email is dstriley@stny.rr.com and cell # 621-3835.

A classroom is made available for parents that wish to remain while swimmers are practicing. This is a privilege that the school has agreed to provide, however its availability is dependent on respecting the room and all contents as part of an active classroom and leaving everything in the room untouched.

It is through the generosity of the Johnson City school board and athletic department that we have the privilege to use the pool and locker rooms. Please be respectful of all facilities and be courteous to all school staff, coaches and club members. Inappropriate behavior may lead to JCHS revoking this privilege, which would have serious consequences to the continued operation of our swim club.

Please be conscience of construction and parking at the JCHS. Only park in designated areas. As construction continues through the fall and winter we will do our best to keep you posted as to parking and entrance changes.

Unless the swimmer is old enough to drive themselves to practice they should be escorted to and from the locker rooms for their safety and security and not just dropped off outside the school. This is required by the school police officer. Sorry...no exceptions.

Cell phone etiquette. Please instruct you swimmers that cell phones are not allowed in the locker rooms No photos of any kind shall be taken of fellow swimmers without their permission. This is a serious matter and should not be taken lightly. Violators will be asked to leave the club.

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October 8th, 2009

Illness...please do not send your child to swim practice if they are experiencing any signs of illness. This includes but is not limited to runny nose, cough, fever, etc. With the outbreak of H1N1 this is a serious matter for the safety of all our swimmers and staff.

What to bring to practice:

- swim suit, cap, goggles, towel, water, change of clothes appropriate for outside weather sneakers & shorts/shirt for dryland, may want to bring extra set of goggles.

Cancellations:

- practice cancellations will be posted on the website. If the school is closed (snow day) there is no practice that day. (this Friday, Oct. 9th, the school is open but no classes... there WILL be practice.

Meets:

UNAC participates in Niagara sponsored swim meets and STSL (southern tier swim league) meets. Swimmers need to pay a fee for Niagara swim meet events (usually a deck entry fee \$4 or \$5 and a small fee per event (typically \$4). UNAC covers entry fees for relay teams. There are no fees required to swim in STSL meets. For parents new to Niagara and STSL swim meets, please don't hesitate to ask questions and we'll give you contact points – names, numbers, emails. We are preparing a parent handbook, but until that is available and should there be questions that aren't covered, please do not hesitate to ask!

Some meets have qualifications; usually a swimmer must have achieved a specific time in order to attend a meet. Niagara and USA Swimming have meet structures such that swimmers compete against swimmers of similar level and ability. Historically these are referred to as Gold – Silver – Bronze levels, and you may still see reference to this, but Niagara and USA Swimming are moving away from this designation. There are motivational time standards that are set each year and used for determining these levels. You can find them on the website.

Meet information is posted on the website. A listing of meets will be on the “Meets” page and the most current ‘upcoming’ meet will be mentioned under Announcements / Notices on the Home page (usually a link to meet details).

Swimmers need to be signed up for meets. Sign up sheets for STSL meets will be in the open classroom (usually room 289). Swimmers sign up for events they plan to swim and indicate if they are interested in swimming in a relay. It is important to understand that UNAC attends the swim meets as a team. We recognize that swimmers swim as individuals, but we emphasize that we are a team and promote parents and swimmers alike to show support for all UNAC members at meets. Please encourage all swimmers and whenever possible try and sit as a group at meets.

The invitational meet packets will be posted on the website. All necessary information will be included and you can download and print them at home. Once complete you can turn in the required page along with a check payable to UNAC to Donna Striley.

Mechanics of a meet... what goes on behind the scenes and why there are deadlines for sign-ups. Meet files received...entries made...exported and emailed to hosting club. No late entries...it is a parent's responsibility to ensure their child is entered in any meets they may want to attend.

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USA-S fees are collected in September for the 2010 year. This is done because of the process it takes to complete the registrations. There is a delay in this process it is not instantaneous...and if not received in a timely manner may result in your swimmer not being able to participate in a meet.

Meets require volunteers. All the officials you see at the meets are 100% volunteers and they do not receive any compensation for their travel or time. Meets require back up timers and we ask that you show your support of your swimmer and our UNAC team by volunteering to time at meets.

New items at UNAC

- Swimmer of the Month (Criteria will be posted on the web site)

One swimmer in each group will be selected by the coaching staff and acknowledged each month. With parental permission a brief Bio of the swimmer will be posted on the web site similar to what is in the back of the "Splash" magazine.

- Team swim suits

We will have a few try-on dates next week and the following week. Please refer to the website and calendar for the dates and times to post.

Competitive swimsuits should fit very snugly...a size or two smaller than the swimmer would normally wear. Swimmers should come to try-on's with a dry swimsuit on and the new one will slip right over it. There will be "veteran" swim parents to assist you.

These suits should only be worn for swim meets. Please purchase other suits for practice. Swimoutlet.com has many suits to choose from as well as great prices.

Swimmers will be given UNAC swim caps as meets approach.

- UNAC apparel order will be out soon. These are UNAC sweats, t-shirts, hats, etc. that are made available for you to purchase. These orders are collected prior to Thanksgiving and are usually delivered in time for Christmas gifts.

Thank you all for taking the time to meet with us. We are glad to have you and your swimmers here at UNAC. Again, if you don't know something or have a question...there are many helpful people that can inform you or point you in the right direction.