



# Aggie Swim Club Newsletter

## UPCOMING MEETS & EVENTS:

Saturday October 22	8&Under Open Meet hosted by the Aggie Swim Club at the Bryan Aquatic Center
Saturday-Sunday October 22-23	Senior (age 15 & over) Open Meet hosted by Harris County Aquatic Program in Houston
Thursday October 27	Team Halloween Party at the College Station Consolidated High School cafeteria for all swimmers & families
Saturday-Sunday October 29-30	9-14 Elite Meet hosted by The Woodland Swim Team at the Conroe ISD Natatorium for all age 9-14 swimmers with 2 or more "A" times
Thursday November 3	Last PM practice at BAC—all PM practices move to TAMU Rec Center or CSMS (check website calendar)
Friday-Sunday November 4-6	9-14 Junior Meet hosted by Lone Star Swim Team in Houston
Saturday November 12	8&Under Open Meet hosted by Premiere Aquatics in Klein
Saturday-Sunday November 12-13	Senior (age 15&Over) Open Meet Hosted by Lone Star Swim Team in Houston
Saturday November 19	Team Intrasquad Meet for all Ags swimmers from all locations
Saturday-Sunday November 19-20	9-14 Elite Meet hosted by Lone Star Swim Team in Houston for all age 9-14 swimmers with 2 or more "A" times

## OCTOBER AGS HOSTED 8&UNDER MEET

This year the Club is hosting an 8&Under Open Meet at the Bryan Aquatic Center on Saturday, October 22nd. This will be our first hosted meet at the Bryan Aquatic Center as well as our first hosted 8&Under meet. Our parent volunteer list is on our website under "Meet Info—Schedules, Entries, Maps...." All jobs parents are listed to work are very easy. Descriptions are listed below. We appreciate all of your help and we look forward to a very successful meet.

Safety Marshall—Monitor the locker rooms and pool decks to ensure all swimmers are acting safely

Head Timer—Start 2 watches at the start of every race as a back-up in case one of the lane timer's watches does not start

Ready Bench—Organize the swimmers according to their heat and lane and "march" them behind the block

Runner—Post heat and lane assignments, post results and collect lane timer sheets after each event

Concessions—Sell food and drinks

Hospitality—Bring water to timers and officials and maintain the "food room" for officials and coaches

Program Sales—Sell programs to spectators

If you are listed to work this meet please be sure to show up for your meet session on time and please stay until your session is over. We appreciate your help—we could not run these meets without you!!

Proceeds from our meets go right back into our program in the form of keeping our dues as low as possible, running monthly Intrasquad Meets, including pool rent and awards, year-end awards, social events for the kids, practice equipment, including kick boards, free meet entry fees in Club hosted meets, and much more!!



## CELEBRATE HALLOWEEN WITH THE AGGIE SWIM CLUB

JOIN THE FUN IN THE BEST COSTUME CONTEST ON THURSDAY, 10/27 FROM 6PM-8PM AT THE CONSOLIDATED HIGH SCHOOL CAFETERIA ON THE CORNER OF 2818 AND WELSH IN COLLEGE STATION.

PLEASE BRING ONE SNACK OR DRINK ITEM WITH YOU TO SHARE WITH EVERYONE. PIZZA WILL BE PROVIDED.

LOTS OF FUN TO BE HAD BY ALL!!!! a a

## HAPPY BIRTHDAY TO YOU!!

October:



Weston Gary—10/03

Catherine Li—10/04

Luke Glissmeyer—10/09

Connor Destefano—10/10

Mackenzie Jones—10/11

Ravi Sukkawala—10/12

Raaghav Bageshwar—10/12

Samantha deFigueiredo—10/13

Shlok Mohanty—10/14

TJ Dawson—10/14

Sara Shankar—10/21

Lauren Peters—10/21

Avha Mohanty—10/23

Kaylie Glissmeyer—10/23

Sofia Criscitiello—10/23

Frank Yan—10/24

David Rooney—10/24

Harrison Jones—10/24

Maddie Hirsch—10/24

Robyn Miller—10/25

Ludy Lu—10/26

Cason Moorman—10/28

Shounak Lahiri—10/30

Reilly Haden—10/31

### A NOTE TO AGGIE SWIM CLUB PARENTS

All monthly invoices are e-mailed out to you on or around the 1st of each month. Invoices are now coming from [seclark@txcyber.com](mailto:seclark@txcyber.com). Several parents have commented that they are not receiving the invoices. Please double check your spam filter on your e-mail and make sure your this e-mail address is not set up as spam. Thank you!!

### LATE PICK-UPS

We are still having issues with swimmers not being picked up within 15 minutes of the end of their practice time. Because of this we are implementing a \$10 late pick-up fee for any swimmer who is not picked up by 15 minutes after the end of their practice time. This charge will be added to your monthly invoice. We realize you are all busy and that things come up and we will work with you as best we can, but please be sensitive of our coaches' personal time. Thank you!!

### BILLING ANNOUNCEMENT—

#### NEW PAYMENT METHODS ARE IN PLACE!!

The Club is now set up to accept either EFT (Electronic Funds Transfer) or Credit Card payments for your monthly dues, administration/USA fees or miscellaneous purchases.

EFT payments are where you authorize the Club to automatically debit your monthly charges to your savings or checking account. All we need from you is a completed form (including a "VOID" check) and we will do the rest!! Payments will be processed to your account on the 8th of every month.

Visa or Mastercard payments are also now accepted and we are able to either do a card swipe or manually enter your credit card information from the completed authorization form. Card swipes can only be done when the machine (and wireless) is available at that location.

Forms for both credit card and EFT payments are available to complete on our website under the "Billing & Parking" tab or at your swimmer's practice location. These new options will allow you to avoid the hassle of writing checks, losing invoices and paying postage fees. Invoices will still be e-mailed to you each month on or near the first of the month. Billing discrepancies must be handled in writing to [aggieswimclub@suddenlink.net](mailto:aggieswimclub@suddenlink.net). Any changes or cancellations to the EFT or credit card authorizations, once on file, must be done in writing.

Please send questions, comments or suggestions about the Aggie Swim Club or this newsletter to:

**Shannon Clark at**

[aggieswimclub@suddenlink.net](mailto:aggieswimclub@suddenlink.net)

We welcome your suggestions and ideas!!

## **Team Intrasquad Meet on Saturday, November 19th**

We will be hosting our second monthly Team Intrasquad Meet of the season at the College Station Middle School Natatorium on Saturday, November 19th. This Intrasquad Meet is for all swimmers from all locations with the Club. (Intrasquads are fun practice meets and there is NO CHARGE to swim!) The competitors include only swimmers from the Aggie Swim Club. These meets are a lot of fun and a lot of awards are handed out. We would love to see everyone who is active with the Club swim in the meet!! Even if your swimmer is in a non-competitive practice group these meets are still a great way for them to show you what they've learned and also to see how they improve throughout the year.

Meet events will be available at <http://www.aggieswimclub.org/> - click on the link on the left hand side "Meet Info—Schedules, Entries, Maps, ....."

**Registration & Check-In: 8:00am-8:30am**

**Warm-Ups: 8:15am-8:50am**

**Meet Starts: 9:00am (promptly)**

Parent volunteers will be needed to help with timing, so if you are available please let us know when you arrive.

**We hope to see you all at the meet!!**

## **Practice Changes:**

Due to HS Swim Meets at the College Station Middle School Natatorium, Bryan Aquatic Center and Huntsville Aquatic Center on the following dates, practices on these dates and during these times will be changed according to the list below. Questions regarding these changes should be directed to Shannon Clark at [aggieswimclub@suddenlink.net](mailto:aggieswimclub@suddenlink.net).

### **Huntsville Aquatic Center (HAC):**

Tuesday, October 4th—all PM practices cancelled

Thursday, October 13th—all PM practices cancelled

Tuesday, October 25th—all PM practices cancelled

### **College Station Middle School (CSMS):**

Thursday, October 6th—all practices moved to TAMU Rec Center

### **Bryan Aquatic Center (BAC):**

Tuesday, October 25th—all practices moved to CSMS

Please be sure to check the website—<http://www.aggieswimclub.org/> - and click on the "MONTHLY PRACTICE CALENDARS" link on the left hand side for your copy of practice location and time changes for the month. We will post a new calendar each month for your convenience!!

Do you know any swimmers interested in joining the Ags?

If so, please have them contact one of the team's coaches or Shannon Clark at [aggieswimclub@suddenlink.net](mailto:aggieswimclub@suddenlink.net) .

New swimmers may try out for the Club at all locations at any time throughout the year.

## GLOSSARY OF SWIMMING TERMS

**Block**—The starting platform.

**Bulkhead**—A moveable wall, to divide a pool into different courses, such as a 50-meter pool into two 25-yard courses.

**Chase Starts**—In long course, male and female swimmers will start their events on opposite ends of the pool and each event will alternate one heat of girls, then one heat of boys. When the heat in the water completes 3/4 of their race, the heat at the opposite end of the pool will start their race.

**Circle-In**—Performed by swimmers upon arriving at a meet to designate their intention to swim a race. The swimmer will actually circle in their name for each event they intend to swim at that competition.

**Circle Swimming**—Performed by staying to the right of the black line when swimming in a lane to enable more swimmers to safely swim in each lane.

**Clerk of Course**—Person responsible for receiving deck entries at a meet and for handling the circle-in process for swimmers.

**Cut**—Slang term for a qualifying time. A time standard necessary to attend a particular meet or event.

**Deck Entries**—Entries for events that are not done in advance, but on the swimming deck prior to the start of the meet.

**Distance Events**—Term used to refer to events over 500 yards.

**DQ**—Disqualification. This occurs when a swimmer has committed an infraction of some kind (ex. Freestyle kick in butterfly). A disqualified swimmer is not eligible to receive awards, nor can the time be used as an official time.

**Drill**—A teaching exercise involving a portion of a stroke which is used to improve technique.

**Dryland Training**—Training done out of the water that aids and enhances swimming performance; usually includes stretching and calisthenics.

**Entry Form**—Form on which a swimmer enters a competition. Usually includes club and swimmer name, USA Swimming number, age, sex, event names and entry times.

**False Start**—Occurs when a swimmer is moving before the start is sounded. In USA Swimming, one false start will result in disqualification.

**Final**—The championship heat of an event in which the top swimmers from the preliminaries compete.

**Flags**—Backstroke flags placed 5 yards from the end of the pool. The flags enable backstrokers to execute a turn safely and more efficiently.

**Flyover Starts**—When the heat in the water completes their race those swimmers stay in the pool until after the swimmers on the block are started.

**Goal**—A specific skill or time achievement a swimmer sets and strives for. Can be short or long term.

**I.M.**—Short for Individual Medley. An event in which the swimmer uses all four strokes in the following order: butterfly, backstroke, breaststroke, freestyle.

**Long Course**—A pool 25 or 50 meters in length. USA Swimming conducts most of its summer competition in long course meters.

**LSC**—Local Swimming Committee. The governing body for swimming at the local level. Our LSC is the GULF.

**Meet**—Competition designed to be a learning experience. By implementing what has been learned in practice, the swimmer races against the clock to determine improvement.

**Negative Split**—Swimming the second half of the race equal to or faster than the first half.

**No-Show**—When a swimmer circles-in for his/her event but does not report to swim the event or misses the event. There is a \$5.00 fine imposed by Gulf Swimming at the end of each season (May and July) for each no-show event.

**Official**—A judge on the deck of the pool at a sanctioned competition who enforces USA Swimming rules. There are stroke and turn judges, administrative officials, starters, timers and referees.

**Pace Clock**—Large clock used to check pace or maintain intervals in practice; may also be digital or analog.

**Prelims**—Short for preliminaries. Also called Heats or Trials. Those races in which swimmers qualify for the championship, consolation finals or semi-finals.

**Proof of Time**—Swimmers must qualify for certain meets based on their best times. Entry chairpersons must send in proof that the entry time has been made, including the time and meet the time was achieved. If a swimmer competes in an event where he/she does not qualify and the time cannot be proven, there is a \$20.00 fine per event levied by Gulf Swimming at the end of each season (May and July).

**Q-Time**—Qualifying time necessary to compete in a particular event and/or competition. Also known as a cut.

**Relay**—An event in which four swimmers compete together as a team to achieve one time.

**Scratch**—To withdraw from an event prior to it being held in a competition.

**Short Course**—A pool 25 yards or meters in length. USA Swimming conducts most of its winter competition in short course yards.

**Split**—A time recorded from the official start to the completion of an intermediate distance within a longer event (i.e. the 50 time in a 100 event). Also the time for one of the four individuals in a relay.

**Sprint**—Describes the shorter events (50 and 100). In training, to swim as fast as possible for a short distance.

**Streamline**—The position used by swimmers when starting or pushing off the walls designed to reduce water resistance.

**Taper**—The final preparation phase, sometimes referred to as "rest". The slow gradual reduction of work loads and intensities in preparation for season ending competition.

**Three-Event Rule**—A swimmer with three "A" times may swim all other events offered in that division entered at the qualifying standard.

**Time Standards**—Performance requirements to enter a swimming competition. Standards are determined for local swim meets by the LSC.

**Time Trial**—A time-only swim, which is not part of a regular meet.

**Touch Pad**—A large touch sensitive board at the end of each lane where a swimmer's finish is registered and sent electronically to the timing system.

**Up/Down Rule**—If a swimmer has an "A" time in a particular stroke he/she may swim the immediately preceding or following distance of that stroke in that division.

**USA Swimming**—The national governing body for competitive swimming in the United States.

**Warm Down**—Low intensity swimming used by swimmers after a race or main practice set to rid the body of excess lactic acid and to gradually reduce heart rate and respiration.

**Warm Up**—Low intensity swimming used by swimmers prior to a main practice set or race to get muscles loose and warm. Warm up gradually increases heart rate, respiration and helps to prevent injury.

**Watches**—Stopwatches used to time swimmers during a competition. When totally automatic timing equipment is used, watches serve as a back-up method.

**Weight Training**—A form of dryland training that is suggested only for older swimmers.