



# Aggie Swim Club Newsletter

## Welcome to the Aggie Swim Club!

I want to take this opportunity to welcome all of our returning Aggie Swim Club members back for the coming season as well as all our new members beginning their swimming careers with us. I'm very excited about the upcoming fall/winter season and the opportunities that the Aggie Swim Club offers.

We are ready to "hit the ground running" as we have all our returning coaches in place and some wonderful new faces on board ready to go. As the season progresses I believe you will be very pleased with what our coaching staff brings to the table.

I want to encourage all eligible swimmers to attend as many meets as possible. Meets are a great way to gauge improvement over time and show what you have mastered in the pool. Don't be afraid to set goals for yourself and go after them!!

I'm sure the swimmers are fired up and motivated to get going with their season. Our goal is to offer them a program where if they "Dream Big", they can achieve their dreams with the AGS. You never know, so dream big!

Thank you for being a part of the AGS,

Steve Bultman, Head Women's Swimming Coach-TAMU and AGS Club Director

### Weather Alert!!



For safety purposes, in the event of a thunder and/or lightening storm the College Station Middle School facility must be cleared. Because of this, IF IT IS THUNDERING AND/OR LIGHTENING AS OF 4:00PM CSMS evening practices will be re-routed to the TAMU Rec Center. If it is only cloudy or raining at 4:00pm and there is no thunder and/or lightning practices WILL NOT be moved.

#### A couple of notes about bad weather and our practices:

- We have set up a "Remind 101" for weather updates at the CSMS. To join please go to <https://www.remind.com/join/csmsup>. Anytime practices will be moved for thunder and/or lightning we will send a message out using this Remind application.
- A sign will be posted outside of the CSMS at the curb anytime practice is moved. If you see this sign please DO NOT drop your child off at the CSMS – there will be no coaches at the pool and your child will not have access to the facility.
- The CSMS 4:30pm development and novice groups will be moved to the 5:30pm or 6:30pm time slots at the TAMU Rec Center on any night the CSMS is closed due to weather conditions. (You may come to either practice). There will be NO 4:30pm practice any time practice is at the TAMU Rec Center due to weather. When practices are moved to the TAMU Rec Center all of your usual coaches will be there.
- There will be no make-up sessions for weather related incidents at the CSMS.

## Recommended Practice Equipment:

**Novice: Suit, Goggles, and Cap.**

**Age Group Development and Age Group: Suit, Goggles, Cap and Fins.**

**Junior and Junior Stars: Suit, Goggles, Cap, Fins, Paddles, TYR Burners, Pull-Buoy, Leg Tap, Stick and Ankle Locks.**

**Senior: Suit, Goggles, Cap, Fins, Paddles, Pull-Buoy, Flipper Grippers, and Snorkel.**



All Equipment can be purchased through the Club at the CSMS every evening, at any Intrasquad meet or by emailing your order to [aggieswimclub@suddenlink.net](mailto:aggieswimclub@suddenlink.net). Items can be billed to your account and will be delivered to your swimmer's practice location.

This season's team suit is the Arena Polycarbonate II in black/grey. The suit will be available for sale during our October 7th Intrasquad meet or at the CSMS equipment room.

## Equipment Donations!

If your swimmer has outgrown any of his/her equipment and you're not sure what to do with it, why not donate it to the Club for other swimmers to use? We accept the following used equipment in good condition: Suits, Goggles, Fins, TYR Burners, Paddles and Pull Buoy. Please feel free to bring your old equipment to the pool and give it to your swimmer's coach. We appreciate your donations!!

## Club Communication

This year we will again be utilizing the Club website as our main source of communication.

All information regarding practice changes, upcoming meets, practice calendars, directions to practice, meet pools, and meet results, etc. will be updated on the website. We will send out information via e-mail when necessary, but please check the website frequently for all updates. E-mails to the distribution list will be kept to a minimum, but it is important that we have your current e-mail address to let you know about certain things.

If you experience any problems at all with the website, please notify Shannon Clark as soon as possible at : [aggieswimclub@suddenlink.net](mailto:aggieswimclub@suddenlink.net)

<http://www.aggieswimclub.org>

## A Note to Aggie Swim Club Parents:

One of the primary jobs of our coaches is to ensure your swimmer is safe at all times. In this regard, our coaches may not leave the practice location until all swimmers have been picked up by a parent every night after practice. Giving your swimmer time to shower and dress before you arrive is fine, but **PLEASE** be courteous to our coaches and be sure to arrive **no more than 15 minutes** after the end of your swimmer's practice. We do not want to have to charge you for late pick-ups so please work with us!!

Additionally, from time to time we will need to move practices from one location to another. When this happens, as guests of that facility we must follow the rules set forth by that location.

We welcome you to always stay and watch practice, however, please be aware that at the TAMU Rec Center no parents or spectators are allowed on the pool deck at any time. While at the Rec Center, the coaches will help get your children to the proper lanes and we will also be sure they exit through the locker room doors back to the hallway when practice is done. You may meet them in the hallway when practice is over. (Parents are also not allowed in the swimmer locker rooms). To watch practice at the Rec Center you may observe from the upstairs spectator seating area inside the natatorium. To get to spectator seating, go back out to the main walkway and follow it to the main Rec Center doors. Once inside, go upstairs and enter the double doors to the spectator area.

Parents are also welcome to stay and watch at the CSMS but please observe the pool deck restricted areas and please do not engage with your swimmer or with the coaches during practice time.

**WE APPRECIATE YOUR COOPERATION AND UNDERSTANDING!!**

### Outreach Swimmers:

If your swimmer is part of the Outreach Program (eligible for reduced or free lunches through the public school system) he/she is also eligible for reduced monthly dues, reduced USA registration fees, and Gulf USA meet fees 100% reimbursed.

Please be sure to provide us with a copy of the form from your swimmer's school in order to be eligible for these reductions. Once registered in the program you will receive information on how to receive reimbursements for all USA Gulf meet fees.

### Parking at the TAMU Student Rec Center

"Night" (after hours) parking permits can be purchased for \$99.00/year and are available through PTTS (Parking, Traffic & Transportation Services) online at <http://www.transport.tamu.edu/>. This pass allows you to park Monday-Friday from 5:00pm-6:00am in any lot #100 spot at the Rec Center. (Free 24 hour parking is available in any of the lot #100 lots on Saturdays and Sundays except on football game days).

Parking in the "pay by number spots" is also available by paying at the machine near the emergency phone at the parking lot at the Rec Center for \$1.00-\$2.00/hour.

**University Police** make routine rounds in the Rec Center lot and will ticket unattended cars without visible parking passes.

## Team Intrasquad Meet on Saturday, October 7th

We will be hosting our first Team Intrasquad Meet of the season at the College Station Middle School Natatorium on Saturday, October 7th. 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 and the event order are available at <http://www.aggieswimclub.org/> - click on the link on the left hand side "Meet Info—Schedules, Entries, Maps, ....."

**Meet Check-In: 7:45am-8:30am (swimmers MUST arrive during this time)**

**Warm-Ups: 8:30am-9:15am**

**Meet Starts: 9:30am SHARP**

**Meet End Time: Approximately Noon**

We will need parents to help with timing, so if you are available please let us know when you arrive.

In order for your swimmer to participate in this event your account must be paid up to date and you must have turned in your "Service Hours Form".

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

## Personalized Swim Cap Ordering

If you would like to purchase an Aggie Swim Club cap with your swimmer's name on it we are now accepting orders for personalized swim caps!! Silicone swim caps with your swimmer's first name, last name or nick name under the team logo are \$15.00 each. Caps can be black or pink.

Orders for these caps must be placed by October 7th. There is a 2 cap minimum per name per color for personalized caps, so minimum order is for 2 caps of the same color and is \$30.00.

Turn in the cap order form to one of the coaches or e-mail Shannon Clark  
[ataggieswimclub@suddenlink.net](mailto:ataggieswimclub@suddenlink.net) to place your order!!



# HAPPY BIRTHDAY TO YOU!!



September:

Jessica Peng—09/01

Hadley Wood—09/04

George Parlos—09/07

Annabel Robison—09/09

Wassim Benzerga—09/10

Helenna Qin

Paula Gomez—09/11

Allia Riddle—09/11

Su Liu—09/12

Connor Daigneault—09/18

Peter Simmons—09/20

Leilani Bell—09/20

Kelsey Ford—09/21

Paulo Torres—09/22

Ben Zhang—09/27

## ***Helpful Websites:***

- Aggie Swim Club  
<http://www.aggieswimclub.org>
- Gulf LSC Swimming  
<http://www.gulfswimming.org>
- USA Swimming  
<http://www.usaswimming.org>

## **Club Contact Information**

### **Coaching Staff at TAMU Rec Center:**

**Senior Coaches**—Henry Clark: [clark@comp.tamu.edu](mailto:clark@comp.tamu.edu)

Travis Kiser: [trvs\\_kiser@live.com](mailto:trvs_kiser@live.com)

Ben Leach: [ben.leach@utexas.edu](mailto:ben.leach@utexas.edu)

**Junior Coaches**—Shannon Clark: [aggieswimclub@suddenlink.net](mailto:aggieswimclub@suddenlink.net)

Stetson Carlile: [stetsonc24@gmail.com](mailto:stetsonc24@gmail.com)

Cody Green: [codyjamesgreen4@gmail.com](mailto:codyjamesgreen4@gmail.com)

**Age Group Coaches**—Eliseo Villarreal: [eliseo1197@gmail.com](mailto:eliseo1197@gmail.com)

Lana Thorman: [lanathorman1@gmail.com](mailto:lanathorman1@gmail.com)

### **Coaching Staff at College Station Middle School:**

#### **Age Group Development Coaches—**

Lindsay Davies: [lindsaydavies@tamu.edu](mailto:lindsaydavies@tamu.edu)

Savannah Maier: [savannah.maier@aol.com](mailto:savannah.maier@aol.com)

**Novice Coaches**—Lara Edmondson: [lara.edmondson@gmail.com](mailto:lara.edmondson@gmail.com)

Maddie Marcos: [maddiemarcos@yahoo.com](mailto:maddiemarcos@yahoo.com)

Maeson Rodriguez: [maeson.rodriguez16@buc.blinn.edu](mailto:maeson.rodriguez16@buc.blinn.edu)

#### **CSMS Site Supervisor:**

Kaitlyn Romoser: [kaitlynr18@yahoo.com](mailto:kaitlynr18@yahoo.com)

#### **Board of Directors:**

Steve Bultman: Club Director

Jay Holmes: President

Henry Clark: Treasurer

Alex Dawson: Secretary

#### **Meet Directors:**

Gayden Darnell, Kai Yang, Denyce Quave, Jason Buenemann, Xudong Xiao, Nikki Surley, Brittney Lesikar, Henry Clark

#### **Club Administrators:**

Lara Edmondson: [lara.edmondson@gmail.com](mailto:lara.edmondson@gmail.com)

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

## **Carpools to Practice**

Several parents have expressed an interest in putting carpools together for both the CSMS and TAMU Rec facilities. If you are interested in joining a carpool please send us an e-mail at [aggieswimclub.org](mailto:aggieswimclub.org) with the subject "carpool" and we will be happy to help facilitate. Please include your name, your swimmer's name, your address and the subdivision or development where you reside. Thank you!!

## FOR THE PARENTS:

Everyone is always looking for ways to save money and we have a fantastic way for you to earn money toward your monthly coaching dues as well as generate some income for the Club!!

On our website is our Club sponsorship packet for the 2017-2018 year. (Click on the link on the left hand side – “Become a Club Sponsor”). This is a packet that you can use to give to local shops and vendors in an effort to fundraise for the Club through advertising.

Local businesses can choose from different meets hosted by our Club and different ad sizes and have the opportunity to advertise in one of our meet programs and be seen by approximately 1500 people at each meet!!

Our sponsorship program this year will allow you to earn money to “buy down” your monthly Club dues by getting advertising sponsors for our meet programs. For every \$100 in ads you get you will earn \$25 which will be credited to your Club account. The remaining money will go directly to the Club to offer scholarships to swimmers and to purchase needed equipment for our facilities. (Please note that this credit will only be applied toward your Aggie Swim Club account and will not be paid out as cash).

In order for your ad to count, you must be responsible to:

- obtain the artwork from the vendor by the meet due date (this can be e-mailed)
- collect payment for your advertisement
- complete the advertisers form and turn it in along with the full payment

Certain vendors are “off limits” and may not be solicited for this advertising. These vendors include all eateries and restaurants. The reason for this is because we are already working with those vendors to obtain food donations for our meets in lieu of advertisements.

If you have any questions at all please do not hesitate to contact Shannon. We look forward to working with you all this year as we reduce our dues and earn money for our program!!

### Practice Changes:

Due to HS Swim Meets at the College Station Middle School Natatorium on the following date, practices on this date and during this time 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).

**College Station Middle School**—Thursday, October 26th —all practices will be moved to TAMU Rec Center

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!!

## FOR THE PARENTS:

### Help by becoming a volunteer of one of our annual positions as:

- Meet Director
- Hospitality Coordinator
- USA Swimming Official

Express your interest in any of these or tell us of a special skill you have that can benefit the program by emailing us at [aggieswimclub@suddenlink.net](mailto:aggieswimclub@suddenlink.net)

Parents: Please be sure to complete your New Season Registration and Volunteer Forms and turn them in to your swimmer's coach along with any updated information about your swimmer.

### Other ways for parents to help:

- Bring your child to practice on time.
- Help make sure your swimmer has all necessary equipment for their appropriate practice group.
- Stay and watch practice in our spectator area.
- Practices are for swimmers and coaches. Please do not talk to or engage with your child or your child's coach during practice.
- Save questions for coaches for after or before practice or you may send an email anytime.
- Pay your swim fees on time.
- Be courteous to pool staff and other patrons of the pool.
- Use our facility gently and with respect.
- Show good sportsmanship toward AGS swimmers and parents and coaches, and toward other competitors



### Swimmers and Parents!!

The Aggie Swim Club would like to invite you to:

### **SPONSOR APPRECIATION TEAM NIGHT**

Come out and help us say THANK YOU to a great local sponsor!!

**WHEN:** Friday, September 8th, 2017

**WHERE:** Double Dave's (1410 Texas Avenue South)

**TIME:** 5:30pm – 8:30pm

Join us to catch up with old friends and make some new ones!!

**Swimmers:** Enjoy a delicious dinner, hang out with friends, and get to know your coaches a little better.

**Parents:** Have a question for your swimmer's coach? This is a perfect time to ask it, or even get to know them better!! No need to cook dinner!! Enjoy the company of other parents, even meet some new parents!!



## What to expect at a USA Swim Meet: A guide for Parents and Swimmers

Get to the pool approximately 15-20 minutes before the beginning of the assigned warm-up time. Find a coach and check-in with the coach.

Find the CLERK of COURSE and CIRCLE-IN all of your swimmer's events. (Some meets will not have circle-in. Please check with the coach when you arrive at each meet). This needs to be done 45 minutes before the start of the meet. This just means finding your swimmer's name for each event they are entered in for that day and circling their name to show they have arrived at the meet and will swim each event. (If your swimmer is not circled in for an event, he/she will be removed from that event and will be unable to swim that event).

The swimmers will warm-up in lanes with one of the coaches. Swimmers should be dressed in their team suits and team caps and ready to get in the pool promptly—warm up is short and is usually crowded. All swimmers are required to warm up with their coach at a meet.

Swimmers from the team should sit together in a team area near the pool. It is advisable to bring a couple of lawn chairs or a blanket to sit on. An umbrella and sun screen is advisable for outdoor meets. Parents should also try to sit together and wear a Club t-shirt. Swimmers must wear only Club shirts and Club caps at the meet.

Parents – please be sure to check the timing sheet on our website before you leave for the meet to know when you are assigned to time!!

At the start of the meet all lane and heat assignments will be posted on a wall behind the blocks for the entire meet and in the spectator seating area for parents. Swimmers **MUST** go look for this information and must see their coach with their heat and lane for each event. Swimmers should talk with their coach before AND after each event they swim!!

Swimmers are responsible for getting themselves up to the blocks approximately 10 minutes before their event and heat. **NOTE:** There is not usually a ready bench at a USA meet. Swimmers must keep track of the events being called to be swum and be sure they get themselves up to the block on time!!

Current events and heat numbers may not be announced over the loud speaker.....parents and swimmers must pay attention!!

After the swimmer finishes his/her event, he/she should always go talk with his/her coach.

Swimmers **SHOULD NOT** leave the meet without checking with a coach. Many meets have relays at the end of the meet and most swimmers at the meet will be entered in a relay. If the swimmer leaves the meet there will be three other swimmers unable to swim in a relay!!

Results will be posted and awards will be distributed at the conclusion of the meet. Any awards not picked up by the swimmer will be picked up by a coach and distributed at the next week's practice, along with personal best time awards.

**SWIM FAST AND HAVE FUN!!**



Our new team swim suit will be available for sale at our October 7th Intrasquad Meet. The suits is the black/grey Arena Polycarbonite II. Female suits are the challenge back for \$49 each, male jammers are \$35 each and male briefs are \$29 each. These suits will be our 2017-2018 meet suits.



**TIME STANDARDS:**

On our website at <http://www.aggieswimclub.org> are the 2017-2020 Short Course Yards National Age Group Time Standards. These standards outline “B” through “AAAA” times for all USA swimmers for all age groups and all events.

Time standards are used as motivational goals for swimmers and in some cases are performance requirements to enter certain swimming competitions. These standards are determined based certain percentiles on all times achieved in the country at USA meets and are updated every four years by USA Swimming. Watch your swimmer’s meet results and talk to your swimmer’s coach about what time standards your swimmer should work toward this year!!

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 any time throughout the year.

## **2017-2018 Upcoming Meets and Events:**

<b>Date</b>	<b>Event</b>	<b>Location</b>	<b>Swimmers Eligible</b>
Sun, Oct 1	Open Water Champs	RICE	All Age 11&Over
Sat, Oct 7	All Ages Team Intrasquad	CSMS	All swimmers
Sat-Sun, Oct 14-15	Gulf Open Meet	TBD	All swimmers
Sat-Sun, Oct 15-16	Gulf Senior Meet	MARC	All 13&Over
Thurs, Oct 26	Team Halloween Party	Consol HS Cafeteria	All swimmers
Sat-Sun, Nov 11-12	Gulf Open Meet	TBD	All swimmers
Sat, Nov 18	All Ages Team Intrasquad	CSMS	All swimmers
Fri-Sun, Dec 1-3	Southern Senior Champs	TWST	All 15&Over swimmers
Fri-Sun, Dec 1-3	Gulf Senior Champs	NOCH	All 15&Over swimmers
Sat, Dec 2	8&Under Gulf Champs	TBD	All 8&Under swimmers
Fri-Sun, Dec 8-10	9-14 Fall Champs	TBD	All 9-14 w/ “under” Gulf Champs times
Fri-Sun, Dec 15-17	14&Under Age Group Champs	AGS	All 14&U w/ qualifying Gulf Champs times
Sat, Dec 30	Team Event (TBD)	TBD	All swimmers
Sat, Jan 6	All Ages Team Intrasquad	CSMS	All swimmers

**For a full list of meets and events, visit our website!**