



# Aggie Swim Club Newsletter

## 2017-2018 Upcoming Meets and Events:

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Swimmers Eligible</u>
Sat, Oct 7	All Ages Team Intrasquad	CSMS	All swimmers
Sat-Sun, Oct 14-15	Gulf Open Meet	MAC	All swimmers
Thurs, Oct 26	Team Halloween Party	Consol HS	All swimmers
Sat-Sun, Nov 11-12	Gulf Open Meet	TBD	All swimmers
Sat, Nov 18	All Ages Team Instrasquad	CSMS	All swimmers
Thurs-Sun, Nov 30-Dec 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!**

### **CSMS WEATHER ALERT INFORMATION— SIGN UP FOR REMIND 101 NOTIFICATIONS**

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 the 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.

**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 to all subscribers using this Remind application.

## 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-9:10am**

**Meet Starts: 9:15am 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". This can be done during check-in at the meet. **We hope to see you all at the meet!!**

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.

## 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 at [aggieswimclub@suddenlink.net](mailto:aggieswimclub@suddenlink.net) to place your order!!



HAPPY BIRTHDAY TO YOU!!

October:



- Weston Gary—10/03
- Camila Torres—10/03
- Sarah Boytim—10/04
- Jenny Dong—10/04
- Riley Mathison—10/04
- Diana Park—10/04
- Josefina Medina-Perez—10/04
- Jayden Buenemann—10/06
- Lillie Flippen—10/11
- Paul Kim—10/14
- Kolby Martin—10/14
- Neal Pang—10/15
- Matthew Choi—10/20
- Ali Krueger—10/21
- Sara Shankar—10/21
- Aimee Li—10/22
- Andrew Li—10/22
- Ricardo Pascual—10/22
- Abby Quinn—10/22
- Jack Runge—10/28
- Hannah Mercure—10/30
- Mills Bayer—10/31
- Andrew Bota—10/31

## Swimmer Pick-Ups and Drop-Offs at the TAMU Student Rec Center

Please be aware that all pick-ups and drop-offs at the TAMU Rec Center must be done in the circle drive in front of the main Rec Center. No pick-ups or drop-offs may be done in the Rec Center parking lot. This is not only for the safety of all swimmers but also at the request of the PTTTS staff at Texas A&M so we do not impede traffic in the parking lot.

Your understanding and cooperation is appreciated!!

### PICTURES WANTED:

If you have taken pictures of your swimmer during the course of this season at any USA meet or practice and you would like to have it included in our slide show at our spring awards banquet please e-mail:

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

### 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!!

## 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.

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 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!!**

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.

## **Nutrition & Endurance Sports Tips**

Howdy, my name is Coach Savannah and each month a new topic will be discussed to further benefit your swimming. Nutrition is often overlooked during children/elite development and endurance sports. It was not until my college swimming career that I understood how important nutrition can be for living a healthy life and performing well. By making one change, it will positively impact all aspects: swimming performance, energy during practice, overall wellness. Below I have included the type of snacks post-school/pre-swimming that will aid in your nutritional needs.

In the mornings before practice try to eat a snack or first breakfast if possible. Before afternoon practices, a snack or small meal should be eaten 30-45 mins in advance. Think of it as fueling your body for a successful practice. Typically, snacks before practice should follow the guideline of easy to digest.

### **Post-School/Pre-Swimming**

- Banana & peanut butter
- Applesauce
- PB&J sandwich
- Bagel & cream cheese
- Oatmeal & fruit
- Homemade bars
- Smoothie
- Ricecakes & PB and banana
- Hummus and Pita chips
- Tuna & crackers

Please feel free to contact me at [savannah.maier@aol.com](mailto:savannah.maier@aol.com) for any inquires regarding nutrition.



## **CELEBRATE HALLOWEEN WITH THE AGGIE SWIM CLUB**

**Join the fun in the Best Costume Contest on  
Thursday, 10/26 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 for all.**

**Prizes for best costume for kids and parents!!**