

ANSWERS TO COMMON QUESTIONS ABOUT THE 2007-2008 GAEL AQUATIC CLUB

Q: How many Placement & Evaluation sessions do I need to come to?

A: In order to be considered for placement on a team level, swimmers must attend a **1 sessions (OF THREE)**; additionally, there is **NO ADAVANTAGE** in attending all of the P&E sessions. In fact it hurts our ability to fairly assess all swimmers in the limited time possible. This includes Starfish Team candidates and returning team members who are requesting consideration for another team level or were asked to come to P&E session.

Q. What exactly occurs in the P & E sessions?

A. Swimmers will receive some instruction on a variety of skills and will be asked to demonstrate all 4 strokes if possible, as well as dives and turns. Swimmers will also be timed and evaluated in free, back and breaststroke as well as butterfly (evaluation only) by the coaches.

Q. What happens if a swimmer can not do a skill or stroke?

A. This is not a problem; however, this gives the coaches just one more piece of information on a swimmer's ability at this time, so they can make an accurate evaluation of the swimmer.

Q. Is there any fee involved in the P&E sessions?

A. There is no fee or membership necessary for the P & E sessions. Regular season fees are detailed in the 4-fold team brochure. Please make sure you review this carefully.

Q. Do swimmers need a Speedo, Cap and goggles today?

A. All 3 of these items is helpful and we recommend them all! Swimmers can wear any type of one-piece suit. Specific team suits and caps will be available at a fitting date in October.

Q. Does everyone "make" the team?

A. From time to time, over the past few years, we have been overloaded with certain ages and ability levels and have had to "waiting list" swimmers and recommend other swimmers to "lesson classes" (although we do not offer lessons here at Iona in the fall a program, we will repeat our successful spring lesson program and waiting list swimmers will be notified around Halloween via e-mail only) to stay within our guidelines noted in the team brochure regarding size limits. Since there is no pre-registration for the P&E session, there is no way to tell if this is a possibility in 2006-2007 season. However, about 120 swimmers have been placed from the 06-07 team and we anticipate about a maximum of 200 members, so we should be OK this year. The decision as to who makes what level is done by the coaches, with the goal of developing the most workable team levels of similar ability.

Q. What determines the team level of my swimmer?

A. After evaluating all swimmers on over a dozen skills the coaching staff then integrates and places the swimmers on the various team level that provides the most homogeneous groupings.

Q. What about rosters, car pools, meets, equipment, meeting the coaches and a parents meeting?

A. Those are all critical questions and we will detail all of them in a newsletter available next week; however, there are no meets until mid October and we will schedule a parents meeting for October.

Q. When do I find out my team level?

A. Team rosters will be posted on our web site at www.gaelac.com on Saturday, Sept. 15 at Noon and can be checked anytime..

Q. How do I reach Director Nick Cavaturo and Coach Brian Hansbury?

A. The best way to reach Nick is to call him at his office at Iona College (914-633-2323 from 9am-2pm) Monday through Friday or by e-mail at ncavaturo@gaelac.com. You can reach Head Coach Brian Hansbury at 914-438-9116 or via e-mail at bhansbury@gaelac.com

The Gael Gram

The Newsletter of the Gael Aquatic Club
September, 17, 2007

Welcome to Gael Aquatic Club

On behalf of Iona College and the coaching staff, we would like to welcome you to the Gael Aquatic Club. We are once again poised for another exciting and successful year and are happy that you have chosen the Gaels.

Important Parking and Safety Notice

All vehicles must be parked in the tiered lot beyond Hynes & Mulcahy Centers. Rapid drop off and pickup in front of the glass doors of Mulcahy Center is permitted: however, extended standing is not allowed. The Iona College Director of Security has emphatically stressed that with one-way traffic between the football field and Mulcahy Center, any vehicle parked on that stretch of the road will face fine or be towed.

Pool Deck Regulations

As always, no swimmers or siblings are allowed on the upper level of the bleachers. Also, we ask that any siblings are supervised at all times and stay off of all equipment, such as the lifeguard guard chair, trampoline rigging, jump ropes, stretch-cords, mats, etc. As things are hectic during practices, we rely upon our parents to enforce these rules.

During practices, we will have the first row of bleachers near the corkboards pulled out for all parents and siblings to sit on. There will also be a designated area just beyond the first row of bleachers for all swimmers to place their belongings while in the pool. Our senior swimmers will be involved in daily dry-land exercises at the far end of the upper deck, and with no other place for such activities, we need that place cleared.

The Gael Gram

The Gael Gram is our primary method of communication between coaches, college, swimmers and parents. The newsletter is published twice a year. The current newsletter is always posted on the team bulletin board and is distributed by hand at practice sessions.

Along with the Gael Grams, most of our communication with the team will be done through the internet and e-mails. Of course, all major information will be posted on our website at www.gaelac.com. Also, as any updates or changes arise, we will contact all swimmers via email so that proper planning can be made.

About the Team, MES Fees and Time Payments

The seasonal team fees are listed in the 4 x 8 brochure, which all families should have received and can be checked at our website. The fee does not include the MES (meet, equipment and supply) fee which is \$150 for all Bronze and up swimmers and \$75 for the Goldfish and Starfish swimmers. There is no fee for the Placement and evaluation sessions.

Bills will be mailed the week of September 24 and payment is due in 14 days. Time payments are available, as well as a multiple family member discount and these will be detailed in the billing information.

What About Team Equipment?

Team suits and caps are the only team equipment that is required for all team members. We will be using the same suits as the past few seasons and all orders can be made on **Tuesday, September 25th and Wednesday, the 26th at the pool from 4:00-6:00 PM.** The girls will be offered a choice of 3 different black suits with GAELS printed on the front, or a new gray racing suit with a G on the back for older swimmers. The boys can choose from a black or gray jammer or normal racing suit.

All swimmers are also requested to purchase training fins and bring them to practice each session. Limited team fin supplies exist: however, they are fading with age rapidly.

Swimmers must wear the team suit and cap to all meets. All other equipment is optional and an exciting grouping of shorts, T-Shirts, drag-suits, bags and warm-up deck apparel is available.

A full order form from Metro Swim Shop is attached to this handout.

How Do I reach the Director & Head Coach?

Team Director Nick Cavataro, who begins his twenty-eighth year at Iona College, can be reached at the pool office at 914-633-2323 from 9:00 AM-2:00 PM weekdays. All weather related updates will also be left as a message at the pool office number. Nick's fax number is 914-633-2688 and email address is ncavataro@iona.edu.

Head Coach Brian Hansbury, who enters his seventh season with the Gaels, can be reached on his cell phone at 914-438-9116 or via email at bhansbury@gaelac.com.

Both Nick and Brian are also available after any practice session by appointment for discussions.

The 2007-08 Coaching Staff

We have been extremely busy throughout the spring and summer fortifying our staff. We are pleased to announce that along with head coach, **Brian Hansbury** and director, **Nick Cavaturo**, these coaches will be working with our swimmers this year.

Returning to the staff will be **Dan Gannon, Drew Finneran, Lara Korhammer** and **Melanie Andorfer**.

Dan and Drew along with Brian have extensive backgrounds and did the bulk of the coaching this past spring and summer. Melanie, is a 2005 graduate of Iona College and school record holder and will also work with the collegiate team..

A Word On Being On Time

The coaching staff would like to stress the importance of being on time. While we recognize the occasional traffic delay and misplaced swim bag, pool time is very valuable and being dressed and ready to swim is essential.

Also, at swim meets, it is imperative that all swimmers arrive 10 to 15 minutes early so that the coaching staff can follow the proper check-in and scratching procedures. Any swimmer who arrives late will run the risk of being scratched and therefore will be unable to swim in that days events.

Participation Expectations

Daily attendance will be taken by all coaches and kept in separate binders with all meet results. From September to April, we feel that all swimmers should maintain between 75 to 80% of all practices offered. Also, as we offer many meet opportunities, we would like to see all swimmers attend an average of one USS meet per month. Of course we encourage more participation from a swimmer as he or she gets older.

Gael Competitive Events

As a team, we compete in our own Grand Prix Meet series as well as USS meets. The Grand Prix meets are used as a tool to chart growth and improvement amongst our swimmers. They are for all 12 and under swimmers and age groups will be finalized as of December 1st. There will be seven Grand Prix Meets this year and they will be scheduled on Wednesdays in the 4:30 – 5:15 PM.

Our competitions against other teams take place at the various USS meets we offer. These meets are run through the Metropolitan Zone and the Gaels are one of the over 50 teams that participate. Through the first half of the winter season, October through December, we attend these meets in order to build up a resume for all swimmers to look forward to the many championship meets offered during the second half of the season.

In January and early February, the meets we attend will offer the final chances for swimmers to achieve their time standards. Based upon the varying levels and different time standards reached by our swimmers, the championship phase, February and March, of the season will be different for each swimmer. We have attached these time standards, the dates and locations of each meet along with an explanation of how they work.

- **One of the major stipulations is that all times used to achieve these standards must be done so at a USS meet and not at our Grand Prix Meets.**

United States Swimming Championship Meets

8 & Under Champs: The 8 & under swimmers have their own championship meet. For the first time, this year the meet will be held locally at Lehman College. There are no time-standards for this meet and all 8 and under swimmers are expected to participate. The other championship meets begin with 10 and unders being the lowest age bracket and there are certain cuts that need to be made in order for swimmers to participate.

Silver Championships: The Silver championship meet is like a last chance for swimmers to make their Junior Olympic cuts. As a team, we have quite a large number of swimmers who achieve their Silver cuts. To make this meet is a great accomplishment for our younger swimmers. It is a great tool for the coaches to use in getting swimmers to begin looking towards setting goals and looking down the road for further success.

Last year at the meet, we had over 20 individual Junior Olympic cuts made at the Silvers Meet. Also, many swimmers at the bottom of their age group, such as the 9, 11 and 13 year olds, swam very well and built up wonderful pride and confidence in looking towards making the Junior Olympics this coming season. All events are timed finals.

Junior Olympics: The Junior Olympic Meet is the only true team championship meet in the Metropolitan Zone that is offered. The cuts are rather difficult to make, but we seem to have more and more swimmers each season. As a team, we finished 11th last year and 14th the year before. As mentioned above, there are over 100 teams that swim in this zone, so such finishes are amazing.

Junior Olympics offer relays as well as individual events. For this reason, oftentimes we may turn to a swimmer to attend a session solely for a relay. Of course, we will contact all swimmers well in advance. The 10 and under events as well as the relays are all timed final events. This means they do not compete again in finals. All top 16 qualifiers from the morning in the 11-12 and over individual events will return for finals at night.

Senior Mets: The Senior Mets meet is primarily for 13 and over swimmers and the cuts are very difficult. In the past two seasons, we have had more and more swimmers making these cuts and intend to have even more this season. It is also a trials and finals meet where the top 24 return for finals in the evenings.

Sectionals: Another meet for the older swimmers, this meet includes all qualifying swimmers from the entire eastern seaboard. Last season we had two swimmers qualify for this meet and are hopeful to have additional ones this season. All top 16 qualifiers from the morning will compete in finals at night.

The Two 2007 Gael USA Home Meets

Once again, Gael Aquatic has bid on and been awarded two important Metropolitan Swimming, Inc meet events:

- ▶ Fri-Sat Nov. 16-18 – A five session 9-and-over meet
- ▶ Sun. December 2 – A one session 8-and-under meet

This will be the third consecutive season we have developed and hosted these meets and they were and have been well received by other teams.

In order to make these two meets even more successful for our swimmers, they require enormous volunteer manpower, including registered officials, marshals and many volunteer timers. We will have a specific handout on these two events in October, but, urge you to mark your calendars now for the events and all swimmers 9-and-over (Nov 16-18) and 8-and-under (Dec. 2 – except Starfish) should plan on attending..

Our complete schedule can be found on the team calendars!

Gael Aquatic Club

September, 2007 revised

S	M	T	W	T	F	S
<p>Brian Cell - 914-438-9116 Nick at Iona - 914-633-2323 email: bhansbury@gaelac.com ncavataro@gaelac.com web site -> www.gaelac.com</p>		<p>The team rosters will be posted on the team web site at www.gaelac.com by Noon on September 15.</p>				
2	3	4	5	6	7	8
OFF	Labor Day	SENIOR 5:30-7:00pm	SENIOR 5:30-7:00pm	SENIOR 5:30-7:00pm	SENIOR 5:30-7:00pm	SENIOR 8:00-10:00am
9	10	11	12	13	14	15
OFF	EVALUATION 8 & Unders 4:30-5:30pm SEN/ELITE 5:30-7:00pm	EVALUATION 9 & overs 4:30-5:30pm SENIOR 5:30-7:00pm	EVALUATION 8 & Unders 4:30-5:30pm SENIOR 5:30-7:00pm	EVALUATION 9 & overs 4:30-5:30pm SENIOR 5:30-7:00pm	EVALUATION <i>Make-Up</i> 4:30-5:30pm SENIOR 5:30-7:00pm	SENIOR 8:00-10:00am FINAL TEAM ROSTER POSTED BY NOON ON WEB SITE
16	17	18	19	20	21	22
OFF	BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30	SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-6:00pm EARLY END IONA POLO	STARFISH: 4:30-5:30 BRZ-4:30-5:30 SEN-5:30-7:30	SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:00-7:00	GOLD+SENIOR 7:00-9:00am STARFISH: 9:00-10:00am BRZ+SLV: 10:00-11:30
23	24	25	26	27	28	29
GOLD+SENIOR 8:00-10:00am	BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30	SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	STARFISH: 4:30-5:30 BRZ-4:30-5:30 SEN-5:30-7:30	SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:00-7:00	GOLD+SENIOR 7:00-9:00am STARFISH: 9:00-10:00am BRZ+SLV: 10:00-11:30
30	<p>KEY: BRZ = Bronze SLV = Silver SEN = Senior</p>		<p>SUIT FITTINGS+ EQUIPMENT 9/25+26 4:00-6:00pm</p>		<p>A circled date indicates something special or different than the "normal" schedule.</p>	

Gael Aquatic Club

October, 2007

S	M	T	W	T	F	S
	1 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30	2 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-6:00pm EARLY END IONA POLO	3 STARFISH: 4:30-5:30 BRZ-4:30-5:30 SEN-5:30-7:30	4 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	5 BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:00-7:00	6 GOLD+SENIOR 7:00-9:00am STARFISH: 9:00-10:00am BRZ+SLV: 10:00-11:30
7 GOLD+SENIOR 8:00-10:00am	8 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30 Columbus Day!	9 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	10 GRAND PRIX #1 ALL GO-FREE &BACK V'TERS NEEDED! 4:30-5:45pm SEN-545-730p	11 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	12 BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:00-7:00	13 MT KISCO STARTUP SIGNUP REQD DETAILS TBA STARFISH: 9:00-10:00am
14 MT KISCO STARTUP SIGNUP REQD DETAILS TBA	15 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30	16 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-6:00pm EARLY END IONA POLO	17 STARFISH: 4:30-5:30 BRZ-4:30-5:30 SEN-5:30-7:30	18 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	19 BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:00-7:00	20 GOLD+SENIOR 7:00-9:00am STARFISH: 9:00-10:00am BRZ+SLV: 10:00-11:30
21 GOLD+SENIOR 8:00-10:00am	22 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30	23 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	24 STARFISH: 4:30-5:30 BRZ-4:30-5:30 SEN-5:30-7:30	25 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	26 CONDORS FALL FESTIVAL MEET, NYACK SIGNUP REQ DETAILS TBA	27 CONDORS FALL FESTIVAL MEET, NYACK SIGNUP REQ DETAILS TBA STARFISH: 9:00-10:00am
28 CONDORS FALL FESTIVAL MEET, NYACK SIGNUP REQ DETAILS TBA	29 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30	30 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	31 HAPPY HALLOWEEN ALL OFF	Brian Cell - 914-438-9116 Nick at Iona - 914-633-2323 email: bhansbury@gaelac.com ncavataro@gaelac.com web site -> www.gaelac.com		
KEY: BRZ = Bronze SLV = Silver SEN = Senior		A circled date indicates something special or different than the "normal" schedule.				

Gael Aquatic Club November, 2007

S	M	T	W	T	F	S
<p>Brian Cell - 914-438-9116 Nick at Iona - 914-633-2323 email: bhansbury@gaelac.com ncavataro@gaelac.com web site -> www.gaelac.com</p>				1	2	3
				<p>SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm</p>	<p>BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:00-7:00</p>	<p>GOLD+SENIOR 7:00-9:00am STARFISH: 9:00-10:00am BRZ+SLV: 10:00-11:30</p>
4	5	6	7	8	9	10
<p>GOLD+SENIOR 8:00-10:00am</p>	<p>BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30</p>	<p>SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm</p>	<p>GRAND PRIX-2 ALL GO-BRST & FLY V'TERS NEEDED! 4:30-5:45pm SEN-545-730p</p>	<p>SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm</p>	<p>BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:00-7:00</p>	<p>MT KISCO 8/U MEET DETAILS SIGNUP REQ NO PRACTICES COLLEGE MEET HOME</p>
11	12	13	14	15	16	17
<p>MT KISCO BG DISTANCE MEET DETAILS TBA SIGNUP REQ</p>	<p>BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30</p>	<p>SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm</p>	<p>STARFISH: 4:30-5:30 BRZ-4:30-5:30 SEN-5:30-7:30</p>	<p>SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm</p>	<p>GAEL 9/OVER MEET AT IONA DETAILS TBA</p>	<p>GAEL 9/OVER MEET AT IONA DETAILS TBA</p>
18	19	20	21	22	23	24
<p>GAEL 9/OVER MEET AT IONA DETAILS TBA</p>	<p>BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30</p>	<p>SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm</p>	<p>STARFISH: 4:30-5:30 BRZ-4:30-5:30 SEN-5:30-7:30</p>	<p>HAPPY THANKSGIVING ALL OFF</p>	<p>ALL OFF</p>	<p>GOLD+SENIOR 7:00-9:00am STARFISH: 9:00-10:00am BRZ+SLV: 10:00-11:30</p>
25	26	27	28	29	30	
<p>GOLD+SENIOR 8:00-10:00am</p>	<p>BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30</p>	<p>SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm</p>	<p>GRAND PRIX-3 ALL GO-LONG FR & IM V'TERS NEEDED! 4:30-5:45pm SEN-545-730p</p>	<p>SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm</p>	<p>BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:00-7:00</p>	
<p>KEY: BRZ = Bronze SLV = Silver SEN = Senior</p>			<p>A circled date indicates something special or different than the "normal" schedule.</p>			

Gael Aquatic Club December, 2007

S	M	T	W	T	F	S
<p>Brian Cell - 914-438-9116 Nick at Iona - 914-633-2323 email: bhansbury@gaelac.com ncavataro@gaelac.com web site -> www.gaelac.com</p>			<p>KEY: BRZ = Bronze SLV = Silver SEN = Senior</p>			<p>1 GOLD+SENIOR 7:00-8:30am! COLLEGE MEET AT POOL 9AM</p>
<p>2 GAEL 8/U MEET ALL GO! DETAILS TBA! GIRLS AM BOYS PM V'TEERS A MUST!</p>	<p>3 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30</p>	<p>4 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm</p>	<p>5 STARFISH: 4:30-5:30 BRZ-4:30-5:30 SEN-5:30-7:30</p>	<p>6 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm</p>	<p>7 SONOCO INVITE IN NEW HAVEN DETAILS TBA SIGNUP REQD</p>	<p>8 SONOCO INVITE IN NEW HAVEN DETAILS TBA SIGNUP REQD</p>
<p>9 SONOCO INVITE IN NEW HAVEN DETAILS TBA SIGNUP REQD</p>	<p>10 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30</p>	<p>11 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm</p>	<p>12 GRAND PRIX-4 ALL GO-DIST FREE V'TERS NEEDED! 4:30-5:45pm SEN-545-730p</p>	<p>13 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm</p>	<p>14 BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:00-7:00</p>	<p>15 GOLD+SENIOR 7:00-9:00am STARFISH: 9:00-10:00am BRZ+SLV: 10:00-11:30</p>
<p>16 BADGER SIGNUP MEET AT LEHMAN DETAILS TBA</p>	<p>17 CHRISTMAS PARTY AT POOL DETAILS TBA</p>	<p>18 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm</p>	<p>19 STARFISH: 4:30-5:30 BRZ-4:30-5:30 SEN-5:30-7:30</p>	<p>20 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm</p>	<p>21 BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:00-7:00</p>	<p>22 GOLD+SENIOR 7:00-9:00am STARFISH: 9:00-10:00am BRZ+SLV: 10:00-11:30</p>
<p>23 OFF</p>	<p>24 OFF</p>	<p>25 MERRY CHRISTMAS ALL OFF</p>	<p>26 STARFISH: 4:30-5:30 BRZ-4:30-5:30 SEN-5:30-7:30</p>	<p>27 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm</p>	<p>28 BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:00-7:00</p>	<p>29 GOLD+SENIOR 7:00-9:00am STARFISH: 9:00-10:00am BRZ+SLV: 10:00-11:30</p>
<p>30 OFF</p>	<p>31 OFF</p>	<p>A circled date indicates something special or different than the "normal" schedule.</p>				

Gael Aquatic Club

January, 2008

S	M	T	W	T	F	S
		1 HAPPY NEW YEAR!	2 STARFISH: 4:30-5:30 BRZ-4:30-5:30 SEN-5:30-7:30	3 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	4 BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:00-7:00	5 GOLD+SENIOR 7:00-9:00am STARFISH: 9:00-10:00am BRZ+SLV: 10:00-11:30
6 GOLD+SENIOR 8:00-10:00am	7 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30	8 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	9 STARFISH: 4:30-5:30 BRZ-4:30-5:30 SEN-5:30-7:30	10 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	11 BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:00-7:00	12 BADGER MEET SIGNUP RQD AT LEHMAN DETAILS TBA STARFISH: 9:00-10:00am
13 BADGER SIGNUP MEET AT LEHAMN DETAILS TBA	14 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30	15 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	16 STARFISH: 4:30-5:30 BRZ-4:30-5:30 SEN-5:30-7:30	17 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	18 BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:00-7:00	19 GOLD+SENIOR 7:00-9:00am STARFISH: 9:00-10:00am BRZ+SLV: 10:00-11:30
20 GOLD+SENIOR 8:00-10:00am	21 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30 MLK DAY	22 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	23 GRAND PRIX-5 FREE+BACK 4:30-5:45 V'TERS NEEDED SEN-545-730p	24 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	25 CONDORS SIGNUP MEET IN NYACK DETAILS TBA	26 CONDORS SIGNUP MEET IN NYACK DETAILS TBA STARFISH: 9:00-10:00am
27 CONDORS SIGNUP MEET IN NYACK DETAILS TBA	28 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30	29 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	30 STARFISH: 4:30-5:30 BRZ-4:30-5:30 SEN-5:30-7:30	31 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm		
<p>A circled date indicates something special or different than the "normal" schedule.</p>			<p>Brian Cell - 914-438-9116 Nick at Iona - 914-633-2323 email: bhansbury@gaelac.com ncavataro@gaelac.com web site -> www.gaelac.com</p>			

Gael Aquatic Club February, 2008

S	M	T	W	T	F	S
<p>Brian Cell - 914-438-9116 Nick at Iona - 914-633-2323 email: bhansbury@gaelac.com ncavataro@gaelac.com web site -> www.gaelac.com</p>			<p>KEY: BRZ = Bronze SLV = Silver SEN = Senior</p>		<p>1 BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:00-7:00</p>	<p>2 GOLD+SENIOR 7:00-9:00am STARFISH: 9:00-10:00am BRZ+SLV: 10:00-11:30</p>
<p>3 GOLD+SENIOR 8:00-10:00am</p>	<p>4 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30</p>	<p>5 SLV-4:30-5:30 <u>GOLD-4:30-600</u> SENIOR 5:00-7:00pm</p>	<p>6 STARFISH: 4:30-5:30 BRZ-4:30-5:30 SEN-5:30-7:30</p>	<p>7 SLV-4:30-5:30 <u>GOLD-4:30-600</u> SENIOR 5:00-7:00pm</p>	<p>8 BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:00-7:00</p>	<p>9 LAST CHANCE SIGNUP MEET AT NY SHARKS <u>DETAILS TBA</u> STARFISH: 9:00-10:00am</p>
<p>10 LAST CHANCE SIGNUP MEET AT NY SHARKS <u>DETAILS TBA</u></p>	<p>11 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30</p>	<p>12 SLV-4:30-5:30 <u>GOLD-4:30-600</u> SENIOR 5:00-7:00pm</p>	<p>13 STARFISH: 4:30-5:30 BRZ-4:30-5:30 SEN-5:30-7:30</p>	<p>14 SLV-4:30-5:30 <u>GOLD-4:30-600</u> SENIOR 5:00-7:00pm</p>	<p>15 BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:00-7:00</p>	<p>16 LAST CHANCE SIGNUP MEET IN NYACK <u>DETAILS TBA</u> STARFISH: 9:00-10:00am</p>
<p>17 LAST CHANCE SIGNUP MEET IN NYACK <u>DETAILS TBA</u></p>	<p>18 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30</p>	<p>19 SLV-4:30-5:30 <u>GOLD-4:30-600</u> SENIOR 5:00-7:00pm</p>	<p>20 STARFISH: 4:30-5:30 BRZ-4:30-5:30 SEN-5:30-7:30</p>	<p>21 SLV-4:30-5:30 <u>GOLD-4:30-600</u> SENIOR 5:00-7:00pm</p>	<p>22 BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:00-7:00</p>	<p>23 GOLD+SENIOR <u>7:00-9:00am</u> STARFISH: <u>9:00-10:00am</u> BRZ+SLV: 10:00-11:30</p>
<p>24 GOLD+SENIOR 8:00-10:00am</p>	<p>25 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30</p>	<p>26 SLV-4:30-5:30 <u>GOLD-4:30-600</u> SENIOR 5:00-7:00pm</p>	<p>27 STARFISH: 4:30-5:30 BRZ-4:30-5:30 SEN-5:30-7:30</p>	<p>28 SLV-4:30-5:30 <u>GOLD-4:30-600</u> SENIOR 5:00-7:00pm</p>	<p>29 BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:00-7:00</p>	
<p>A circled date indicates something special or different than the "normal" schedule.</p>			<p>NOTES: FEB. 21-24 -SR MET CHAMPS AT LEHMAN - DETAILS TBA FEB. 29-MAR. 2-METRO SILVER CHAMPS -DETAILS TBA</p>			

Gael Aquatic Club March, 2008

S	M	T	W	T	F	S
Brian Cell - 914-438-9116 Nick at Iona - 914-633-2323 email: bhansbury@gaelac.com ncavataro@gaelac.com web site -> www.gaelac.com		A circled date indicates something special or different than the "normal" schedule.			1 METRO SILVER CHAMPS DETAILS TBA STARFISH: 9:00-10:00am	
2 METRO SILVER CHAMPS DETAILS TBA	3 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30	4 SLV-4:30-5:30 <u>GOLD-4:30-600</u> SENIOR 5:00-7:00pm	5 GRAND PRIX-6 BRST+FLY 4:30-5:45 V'TERS NEEDED SEN-545-730p	6 SLV-4:30-5:30 <u>GOLD-4:30-600</u> SENIOR 5:00-7:00pm	7 BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:00-7:00	8 METRO 8/U CHAMPS AT LEHMAN DETAILS TBA
9 METRO 8/U CHAMPS AT LEHMAN DETAILS TBA	10 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30	11 SLV-4:30-5:30 <u>GOLD-4:30-600</u> SENIOR 5:00-7:00pm	12 STARFISH: 4:30-5:30 BRZ-4:30-5:30 SEN-5:30-7:30	13 SLV-4:30-5:30 <u>GOLD-4:30-600</u> SENIOR 5:00-7:00pm	14 METRO ZONE QUAL MEET AT LEHMAN DETAILS TBA	15 METRO ZONE QUAL MEET AT LEHMAN DETAILS TBA
16 METRO ZONE QUAL MEET AT LEHMAN DETAILS TBA	17 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30	18 SLV-4:30-5:30 <u>GOLD-4:30-600</u> SENIOR 5:00-7:00pm	19 STARFISH: 4:30-5:30 BRZ-4:30-5:30 SEN-5:30-7:30	20 SLV-4:30-5:30 <u>GOLD-4:30-600</u> SENIOR 5:00-7:00pm	21 GOOD FRIDAY ALL OFF!	22 GOLD+SENIOR 7:00-9:00am STARFISH: 9:00-10:00am BRZ+SLV: 10:00-11:30
23 HAPPY EASTER ALL OFF	24 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30	25 SLV-4:30-5:30 <u>GOLD-4:30-600</u> SENIOR 5:00-7:00pm	26 GRAND PRIX-7 LONG FR+IM 4:30-5:45 V'TERS NEEDED SEN-545-730p	27 SLV-4:30-5:30 <u>GOLD-4:30-600</u> SENIOR 5:00-7:00pm	28 METRO JR OLYMPIC CHAMPS IN LONG ISLAND DETAILS TBA	29 METRO JR OLYMPIC CHAMPS IN LONG ISLAND DETAILS TBA
30 METRO JR OLYMPIC CHAMPS IN LONG ISLAND DETAILS TBA	31 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30	KEY: BRZ = Bronze SLV = Silver SEN = Senior		NOTES: FEB. 29-MAR. 2-METRO SILVER CHAMPS -DETAILS TBA MAR. 6-9-SECTIONAL CHAMPS IN LONG ISLAND-DETAILS TBA MAR. 8-9- METERO 8/U CHAMPS AT LEHMAN MAR. 14-16 METRO ZONE QUALIFIER-LEHMAN MAR. 28-30-METRO JO CHAMPS AT LEHMAN		

**GAEL AQUATIC CLUB
2007-2008 Team Order Form**

P.O. Box 207 - 1221 Valley Road, Stirling, New Jersey 07980
Toll Free #: 1-800-526-8788 Telephone #: 908-647-8121
info@metroswimshop.com Fax # 908-903-0546

You should be taking your fins home with you this afternoon!
SPEEDO Trialon Rubber Swim Fins \$27.95
 Sizes: XXXS(11-13), XXS(1-3), XS(3), S(5-6), M(7-8), L(8-9),
 XL(10-11), XXL(12-13)
 Circle one: Order _____ OR Taken

**All customized items below must be ordered and paid for today!
 Delivery of all custom products will be in approximately three weeks**

TEAM SUITS – SPEEDO Solid Lycra or Aquablade in black with two-color imprint		
Male Lycra Jammer Black GAELS on front left leg	Size_____	\$36.00
<i>Sizes Available: 22, 24, 26, 28, 30, 32, 34, 36, 38</i>		
Female Lycra Superproback Black GAELS on chest	Size_____	\$50.25
<i>Sizes Available: 22, 24, 26, 28, 30, 32, 34, 36, 38, 40</i>		
Male Aquablade Jammer Black GAELS on front left leg	Size_____	\$60.75
<i>Sizes Available: 22, 24, 26, 28, 30, 32, 34, 36</i>		
Female Aquablade Recordbreaker Black GAELS on chest	Size_____	\$71.25
<i>Sizes Available: 18, 20, 22, 24, 26, 28, 30, 32, 34</i>		
Male Fastskin Jammer Black GAELS on front left leg	Size_____	\$118.25
<i>Sizes Available: 22, 24, 26, 28, 30, 32, 34, 36</i>		
Female Fastskin Recordbreaker Black GAELS on chest	Size_____	\$108.25
<i>Sizes: 20, 22, 24, 26, 28, 30, 32, 34, 36</i>		
Male FSII Jammer Silver with “G” on front left leg	Size_____	\$150.75
<i>Sizes Available: 22, 24, 26, 28, 30, 32, 34, 36</i>		
Female FSII Fastskin Recordbreaker Silver with “G” on right rear	Size_____	\$169.75
<i>Sizes: 20, 22, 24, 26, 28, 30, 32, 34, 36</i>		

Speedo Male Nylon Training Suits **Size_____** **\$27.00**
 Black with green print on rear GAELS
 Sizes Available: 26, 28, 30, 32, 34, 36, 38

GAEL Mesh Shorts **Size_____** **\$21.25**
 Black with green print
 Sizes Available: Adult AS, AM, AL, AXL

Speedo Varsity Jacket **Size_____** **\$83.00**
 -Black/White jacket w/Green tackle twill on back (GAEL)
 -Embroidery on front (GAEL SWIMMING)
 Sizes Available: YS, YM, YL, AXS, AS, AM, AL, AXL
 Embroidered Name on Jacket: _____ **\$6.00/word**

Speedo Varsity Pants **Size_____** **\$50.50**
 -Black pants - plain
 Sizes Available: YS, YM, YL, AXS, AS, AM, AL, AXL
 Embroidered Name on Pants: _____ **\$6.00/word**

GAEL Hooded Sweatshirt Size_____ \$26.00
Black with green and yellow front print
Sizes Available: YM (10-12), YL (14-16), AS, AM, AL, AXL
Embroidered Name on Sweatshirt_____ \$6.00/word

GAEL Sweatpants Size_____ \$23.00
Black with green and yellow left front leg print
Sizes Available: YS (6-8), YM (10-12), YL (14-16), AS, AM, AL, AXL
Embroidered Name on Sweatpant_____ \$6.00/word

Speedo Team Duffel Swim Bag Quantity_____ \$37.50
Black with green print
Embroidered Name on Bag:_____ \$7.00/word

Speedo Junior Team Duffel Swim Bag Quantity_____ \$28.50
Black with green print
Embroidered Name on Bag:_____ \$7.00/word

Speedo Swimmer's Backpack Quantity_____ \$62.20
Black with green print
Embroidered Name on Bag:_____ \$7.00/word

Speedo Team Backpack Quantity_____ \$62.20
Black with green print
Embroidered Name on Bag:_____ \$7.00/word

Finis Swimmer's Snorkel Quantity_____ \$39.95

GAEL Swimming Parka Size_____ \$99.00
Sizes Available: YS, YM, YL, YXL, AXS, AS, AM, AL, AXL, AXXL
Please add \$4.00 for the Adult XXL Swim Parka.
Embroidered Name:_____ \$6.00/word

*****NOTE: Swim Parkas run small please refer to size chart and samples*****

Custom parkas will arrive to your home the week before Christmas!

Add a Flat shipping of \$9.00 for UPS sent directly to your home address.

Swimmer's Name _____ **Age Group** _____

Street Address _____

City _____ **State** _____ **Zip** _____

Telephone # (_____) _____ - _____ **Email** _____

Checks payable to: **METRO SWIM SHOP**

Your team's custom suit order will close three business days after the date of the team suit fitting. Once you have returned this order form with payment, size changes may not be accommodated. Orders for custom suits after the closing date may receive a plain, un-customized suit and priced appropriately. It will be at the discretion of your team suit representative as to whether or not a second round of custom orders will be made available. Pricing may be adjusted appropriately to account for minimum charges incurred in the silk screening process.

***NOTE: ALL SALES SUBJECT TO APPLICABLE SALES TAX**