

## COACHES

**BRIAN HANSBURY, HEAD COACH** – A White Plains resident and a 6 time All American at White Plains High School '95, where he went on to swim at the University of Florida from 1995-1998, where he was a distance freestyle specialist and multi-time National Qualifier. Brian came to Iona, joining the Gael Aquatic Club and Iona College Men's and Women's team as an assistant coach in 2000.

Brian enters his eighth season with Gael Aquatic Club. Brian has also served as the Head Coach of the Iona Prep and Larchmont Shore Club Swim Teams. In addition to his work with the Aquatic Club and College teams, summer finds Brian as the Assistant Aquatic Director and Coach at Westchester Country Club.

**DAN GANNON, ASSISTANT COACH** – originally from Yonkers and a member of the Aquatic Club from 1993-96, Dan graduated from New Fairfield High School ('02) and Iona College ('07). Returning for his second season with the Aquatic Club, Dan provides strong energy and teaching skills developed as a four-year letterman and Metro Atlantic Athletic Conference Championship swimmer in Individual Medley, Breaststroke and middle distance freestyle events. Summers find Dan coaching at the Davenport Country Club in New Rochelle, NY.

**CHRIS BRANDENBERGER, ASSISTANT COACH** – Originally from Stony Brook, NY Chris was a standout age-group swimmer for the Three Village Swim Club where he is still a Junior Olympic Record Holder, a Zone Meet Qualifier and a Junior National and Senior National Qualifier in the Backstroke. Some of his prior coaching experience includes serving as Volunteer Assistant Swim Coach at Maryland while completing his undergraduate degree. He also coached over 100 swimmers on the North Creek Neptunes summer league team, ages 5-18 and coached YMCA Regional and National qualifiers on the senior team at the Upper Montgomery County YMCA. In addition to working with Gael Aquatic Club, he also is an assistant coach with Iona College.

## DIRECTOR

**NICK CAVATARO: DIRECTOR.** Rye native and a resident of Greenwich who has been with the Gael A.C. since founding it in 1984 and at Iona College since 1980.

In addition to the Gael Aquatic Club, Coach Cavatara is the Head men's and women's coach and Director of Aquatics at Iona College. In 29 years at Iona his teams have won four Metropolitan Collegiate Swim Conference Championships and the 1993 Metro Atlantic Athletic Conference Championship as well as Coach-of-the-year honors in 1987 and 1991.

Coach Cavatara is a member of the American Swim Coaches Association (ASCA-Level 4); the College Swim Coaches Association and United States Swimming. In 1984, 1986 and 1990 Cavatara was a panel speaker at the ASCA World Clinics and spoke at the College Swim Coaches Association Clinic in 1997. Cavatara is married to Susan Follansbee, an exercise physiologist. The Cavatara's have six children, Stephanie, 22; Lauren, 20; Matthew, 19; Kristi, 17; James, 12 and Kathryn, 10.

**FOR-ADDITIONAL INFORMATION CALL 914-633-2323**  
e-mail [jhansbury@iona.edu](mailto:jhansbury@iona.edu)  
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## DIRECTIONS

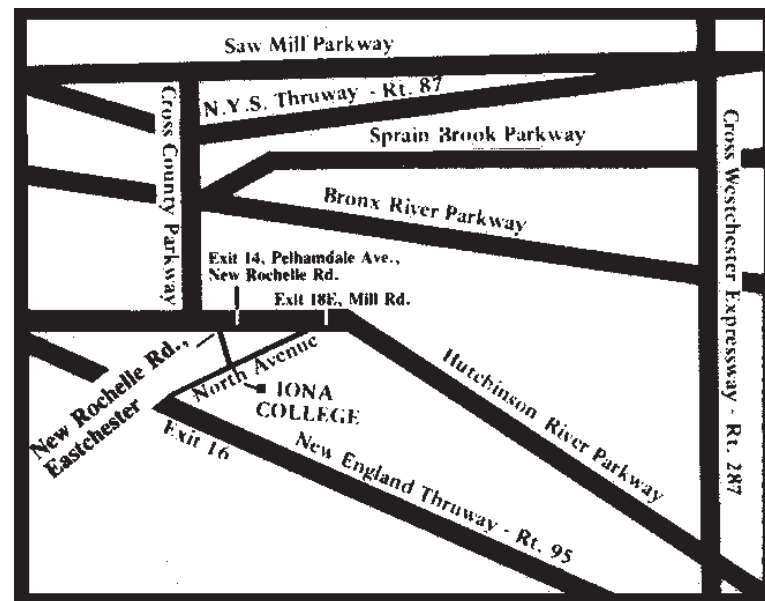
1. FROM UPPER NEW YORK STATE AND UPPER WESTCHESTER COUNTY. New York state Thruway to Interstate 287 (Cross Westchester Expressway). East to Hutchinson River Parkway. South to Exit 18 E. Mill Road. Right on Mill Road to light, then right on North Avenue. Follow North Avenue 2 miles to gates of College on your left.

2. FROM NEW ENGLAND AND UPPER WESTCHESTER COUNTY. Route 1-95 (Connecticut Turnpike, New England Thruway) to Interstate 287 (Cross Westchester Expressway). West to Hutchinson River Parkway. See #1 directions to College from Hutchinson River Parkway.

ALTERNATE ROUTE: Route I-95 south to Exit 16. Follow signs to North Avenue. Right onto North Avenue, proceed 1 mile to gates of the College on your right.

TO POOL. . . Turn through gates and proceed straight back. Pool is in the Mulcaty Campus Center, which is a large brick and glass building on right opposite astroturf football field.

**NOTE: DO NOT PARK ALONG OR IN FRONT OF HYNES POOL. YOU WILL BE TICKETED USE THE PARKWAY STRUCTURE OR LINED SPACES.**



Iona College  
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**GAEI AQUATIC CLUB**

**2009 - 2010**  
Sept. 1, 2009-July 30, 2010



[www.gaelac.com](http://www.gaelac.com)



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First Class Mail

The Gael Aquatic Club is a competitive age group swim team located at Iona College in New Rochelle, New York and a member club of United States Swimming Inc.

Formed in September, 1984 the club had 185 members in the 2008-2009 season and is looking to develop and improve on our twenty-four year long series of success that has seen high levels of individual improvement, including Eastern United States Swimming Zone All Star selections, Sectional Qualifiers, All County high school swimmers and many USS meet event winners. The Gael Aquatic Club goals are simple and center around five basic thoughts that are carried through each session, every day of the season.

**They are to IMPROVE, LAUGH, GROW, DEVELOP and SUCCEED.**

These simple goals are fostered and nurtured by the coaching staff and team members. These concepts along with consistent practice and meet involvement have been successful in yielding remarkable results as well as providing an atmosphere of enjoyment that enriches club members physically, mentally and socially. The development and encouragement of each individual team members goals is a process that is carefully monitored by the coaches throughout the season.

## THE TEAM LEVELS

**STARFISH:** This group is for swimmers between 6 and 7, who also can swim a lap of freestyle and backstroke. Swimmers placed in this group should also have some ability in breaststroke and butterfly. This group will be taught the basics of stroke technique with some introduction into racing.

**BRONZE:** Primarily for 7 and 8 year olds, this group will be for swimmers with a year or more of competitive involvement. Swimmers should be proficient in freestyle and backstroke, with at least the basic concepts of breaststroke and butterfly. This group will consistently work upon stroke and technique development as well as practicing all elements necessary for competition.

**SILVER:** This group will be comprised of 9 and 11 year olds who are proficient and competitive in all four strokes. Swimmers in this group must also possess a solid background in their conditioning during daily practice sets. This group will focus on technique instruction and the relation between practice performance and competition improvement.

**GOLD:** This group will be for 10 to 12 who have a very strong background in both conditioning and competition. This group will consistently brush up on their technique skills development while focusing on learning how to use each practice to enhance upon their competitive achievements.

**SENIOR:** Our senior swimmers will be predominantly 12 and over swimmers who have been swimming competitively for several years. All swimmers will be held to a high degree of commitment to practice attendance and meet involvement in order to sustain the rigors of training and conditioning. Dry land exercises will also be used to build and maintain the strength that such a swimming regiment will call for.

## 2010 GAEL AQUATIC CLUB SPRING LESSONS PROGRAM

For the past seven years, the Gael's competitive lessons program has been the hottest ticket in Westchester for learning to swim. Based upon this overwhelming interest in our inability to accept all youngsters looking for instruction, we are limiting the program to only siblings of existing Gael Aquatic Club team members. This year's program will begin on March 29th, 2010 and continue through the week before Memorial Day in May. There will be a week off in April that will coincide with our week off as a program. A full program sign up procedure and schedule will be distributed through the Gael Aquatic Club website in early November.

## COMPETITION & MEETS

Our club's main focus is on United States Swimming (USS) sanctioned meets that will be offered at least once each month, starting in October through March. There will also be opportunities for Inter-squad Meets at Iona to help enhance performance throughout the season. A few travel opportunities are offered, but most of our competitions are held within a 60-minute radius on Iona.

## THE HOME POOL & DAY TO DAY

The home pool of the Gael Aquatic Club is the 6 lane, 25-yard Mulcahy Campus Center pool, which in 1985, 1993, 2001 and 2007 had major refurbishings. The pool is regarded as the premier competitive indoor pool in Westchester County.

Monthly calendars will be distributed at least two months in advance and we anticipate 2-3 practice adjustments or cancellations a month due to intercollegiate events.

## PLACEMENT, EVALUATION & REGISTRATION

Members of the 2008-2009 team will be notified by mail in August of their placement in a new group or their need to return for evaluation for the coming year. The coaching staff, will have reviewed and evaluated each swimmers performance and attendance over the past year and all decisions were made in order to foster both individual and team growth.

All swimmers placed in a group must respond by the specified deadline to secure their roster spot. All swimmers listed as "come to evaluations" that would like to try out for next year as well as any swimmer that feels he or she has been misplaced should come to the appropriate "new" swimmer evaluation sessions listed below.

The Gael Aquatic Club will hold open placement and evaluation sessions for new team candidates from September 1-9, 2009. These evaluations will feature a variety of start, turn and stroke drills and analysis as well as timing all four strokes. All swimmers must attend ONE evaluation sessions and then will be notified of their placement on a team level or waiting list on September 10 by a posted list on the team website and via email. Normal sessions will begin September 10. There is no fee for this period and no advance registration is needed.

	TUE	WED	THU	FRI	SAT
SEPT.	1st	2nd	3rd	4th	5th
4:30-5:30pm	9/over	8/under	9/over	Any Age	Any Age

	TUE	WED	THU	FRI	SAT
SEPT.	8th	9th			
4:30-5:30pm	9/over	8/under			

Please use Dec. 1 in determining age groups.

First Time Candidates Note:  
Gael Aquatic Club is a competitive United States Swimming Team with limited openings. New candidates are welcome to be evaluated and will be accepted on a space and ability basis only!

**GAEL A.C. 2009-10 SEASON  
SEPT. 1, 2009 to JULY 30, 2010**

## Practice Schedule and Fees Effective Sept. 10, 2009 to April 2, 2010\*

GROUP	MON.	TUE.	WED.	THURS.	FRI.	SAT.	SUN.	HR/WK	FEES
STARFISH			4:30-5:30P			9:00-10:00A		2	\$1075
BRONZE	4:30-5:30P		4:30-5:30P		4:30-5:30P	10:00-11:30A		4.5	\$1450
SILVER		4:30-5:30P		4:30-5:30P	4:30-5:30P	10:00-11:30A		4.5	\$1450
GOLD	4:30-6:00P	4:30-6:00P		4:30-6:00P	4:30-6:00P	7:00-9:00A	8:00-10:00A	10	\$1890
SENIOR	5:30-7:30P	5:00-7:00P 5:00-6:45A	5:30-7:30P	5:00-7:00P 5:00-6:45A	5:30-7:00P	7:00-9:00A	8:00-10:00A	15.5	\$1995

\*All groups other than Starfish will continue through the entire year, but there will be modified practice schedules for the Spring and Summer seasons from April 2 through July 31 to be announced by March 15.

\*The Starfish group will have their last session on March 12th at which point any members of this group wishing to continue swimming with us can join our Gael competitive lessons program or can ask to be evaluated for Bronze.

In addition the members are required to pay the \$175 meet, equipment and supply fee (M.E.S.) which covers entry fees and Insurance. The Future Team M.E.S. \$90. There is no pro rating of M.E.S. fees. All swimmers must also pay a \$60 USS registration fee. Also all swimmers are expected to have team uniforms (suits warm-ups, etc.) as designated at the beginning of the season.

Fees are payable by Oct. 15th or within 14 days of placement. Time payment plans are available. Checks payable to Iona College. No refunds after Oct. 31. Bills are mailed direct. All fees must be paid in full by Dec. 31, 2009.

\*There will be modified practice schedule from March 12th to July 30, 2010 available on March 1, 2010.