

# AQUA CLUB SWIM TEAM

## 2009 WORKOUT SCHEDULE

### MAY 20 - JUNE 19

6:45pm - 7:15pm 8 and under  
 7:15pm - 7:45pm 9 - 10  
 7:45pm - 8:15pm 11-12  
 8:15pm - 9:15pm 13 +

### JUNE 22 - AUGUST 4

7:15am - 8:15am 13 +  
 8:15am - 9:00am 11-12  
 9:00am-9:45am 9-10  
 9:45am – 10:30am 8 and under

Workouts: Monday through Friday

No workout May 25<sup>th</sup>

Saturday Stroke Clinics - 9-10am– 5/23, 5/30, 6/20, 6/27, 7/11, 7/18, 7/25

## 2009 MEET SCHEDULE

Saturday, June 6	Time Trials	@	Aqua Club	8:00AM
Saturday, June 13	Time Trials	@	Aqua Club	8:00AM
	<i>8U – 8:00am</i>		<i>10U – 8:30am</i>	<i>12U – 9:00am</i>
			<i>14U + Seniors – 9:30am</i>	

Thursday, June 18	Time Trials	@	Aqua Club	<i>During Regular Workout Times</i>
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### Dual Meets

Thursday	June 25	Aqua Club	@	Blue Ridge	6:00pm
Tuesday	June 30	Aqua Club	@	Sand Point	6:00pm
Thursday	July 2	Intrasquad	@	Aqua Club	6:00pm
Tuesday	July 7	Wedgwood	@	Aqua Club	6:00pm
Thursday	July 9	Innis Arden	@	Aqua Club	6:00pm
Tuesday	July 14	View Ridge	@	Aqua Club	6:00pm
Thursday	July 16	Sheridan Beach	@	Aqua Club	6:00pm
Tuesday	July 21	Klahaya	@	Aqua Club	6:00pm

### Championship Meets

Friday	July 24	B Champs	@	Aqua Club	9:00am
Monday	July 27	Girls Prelims	@	Innis Arden	4:00pm
Tuesday	July 28	Boys Prelims	@	Klahaya	4:00pm
Thursday	July 30	North Finals	@	Wedgwood	4:00pm
Tuesday	August 4	All Cities	@	View Ridge	4:00pm
Wednesday	August 5	Swim Team Banquet	@	Aqua Club	6:00pm

Swimmers participating in Prelims must be available for North Finals and All Cities.

Most of our 5, 6, & 7 year old swimmers will only participate in home meets.

8&U swimmers may opt to participate in a 4:30 home 'pre' meet instead.

## 2009 COACHING STAFF

Head Coach - Matt Edwards

Assistants - Shannon Lacey, Peter Colella, John Lorenzen, Chrissy Baumgartner, Joe Purvis

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www.aquaclub.org

## SWIM TEAM GOALS

Have fun. Work hard. Improve. Make new friends. Cheer on teammates.

All swimmers must realize that they are competing only against themselves. Each swimmer should give 100% in each race and workout. If everybody keeps this in mind, we will have a fun and successful season.

## WORKOUTS

Workouts emphasize both conditioning and stroke technique. The swimmer/coach ratio ranges from 15 to one for 8 year olds to about 25 to one for seniors. All four strokes (butterfly, backstroke, breaststroke, and freestyle) as well as starts and turns are taught. Swimmers are encouraged to attend as many workouts as possible. Please let the coaches know if you are going to miss more than two or three in a row.

## SWIM LESSONS/RACE CLASSES

Swim team should not be considered a replacement for swim lessons. The class sizes are smaller and individual needs are more easily met. Swimmers participating in both lessons and swim team reach their full potential quicker than others.

## INDIVIDUAL EFFORT

Each swimmer should keep track of their times and set goals for improvement during the season. Hard work and good workout attendance will help in achieving these goals. Each swimmer should remember that personal improvement is more important than the place at which they finish. Swimming a new event should be seen as an opportunity to establish a time in that event, which can eventually be improved on.

## TEAM EFFORT

Swimmers are entered in races with children of like abilities. Sometimes at this means swimming an exhibition event. The only difference between exhibition and scoring events is that scoring events contribute to the team's total score. An individual event scores 5 points for 1st place, 3 points for 2nd, and 1 point for 3rd. Relays score 8 points for 1st place, 4 points for 2nd, and 2 points for 3rd. Times from both exhibition and scoring events will count as qualifying times for the championship season and relay placement.

All swimmers, regardless of ability, are important to the team. Although it is not always possible for each swimmer to score points in a meet, everyone can make an important contribution by improving their own times and cheering for other team members.

## RESPONSIBILITY

Swimmers must be on time for turnouts and notify coaches if they are unable to participate in meets. PLEASE TRY TO GIVE COACHES AT LEAST ONE WEEK NOTICE!!!! (*Lineups need to be made ahead of time - Don't cause your coach more stress!*) There is a list at the pool to check-off which meets you are missing. Not showing up at a meet without giving notice lets down other swimmers on the team.

## SPORTSMANSHIP

Aqua Club team members should be polite to swimmers, parents, coaches, and officials of the Aqua Club as well as other teams. Being fair in competition and displaying a positive attitude are important aspects of sportsmanship. Remember, it's not whether you win or lose that matters - it's the effort that you put out.

## CHAMPIONSHIP SEASON

At the finish of the dual meet season, all swimmers participate in the Championship Season. Swimmers that reach a qualifying time standard swim at the Division Preliminaries. Those who haven't reached a qualifying time swim at the B-Championship meet. Results from B-Champs can move a swimmer into prelims if it betters the prelim standard. The fastest six swimmers in each event at the Prelims move on to the North Division Finals. To qualify for the All-City Meet, a swimmer's time at Northern Division is compared to the Southern Division results. The fastest six results, regardless of North or South affiliation, are entered in the All-City Championship meet. **All swimmers participating in prelims must be available to swim at the All-City Championship meet.**



## SEATTLE SUMMER SWIM LEAGUE

Aqua Club is a member of the Seattle Summer Swim League. The SSSL was formed in 1960 and currently consists of 16 teams extending from Federal Way to north King County. The league is divided into Northern and Southern Divisions. Each division competes in dual and championship meets culminating in the All City Championships. The previous winners of the SSSL All City Championship are:

1960 Sheridan Beach  
 1961 Sheridan Beach  
 1962 Gregory Seahurst  
 1963 Gregory Seahurst  
 1964 Gregory Seahurst  
 1965 Normandy Park  
 1966 Normandy Park  
 1967 Normandy Park  
 1968 Normandy Park  
 1969 Normandy Park  
 1970 Innis Arden  
 1971 **Aqua Club**  
 1972 Innis Arden  
 1973 Lakeridge  
 1974 **Aqua Club**  
 1975 **Aqua Club**  
 1976 **Aqua Club**

1977 **Aqua Club**  
 1978 Olympic View  
 1979 Arbor Heights  
 1980 Innis Arden  
 1981 Innis Arden  
 1982 Arbor Heights  
 1983 Arbor Heights  
 1984 Arbor Heights  
 1985 Arbor Heights  
 1986 Arbor Heights  
 1987 Wedgwood  
 1988 Wedgwood  
 1989 Gregory Seahurst  
 1990 Gregory Seahurst  
 1991 Gregory Seahurst  
 1992 Gregory Seahurst  
 1993 Gregory Seahurst

1994 Arbor Heights  
 1995 Arbor Heights  
 1996 Klahaya  
 1997 Kent  
 1998 Kent  
 1999 Wedgwood  
 2000 Kent  
 2001 Wedgwood  
 2002 Kent  
 2003 Kent  
 2004 Kent  
 2005 **Aqua Club**  
 2006 Kent  
 2007 **Aqua Club**  
 2008 Kent

### Aqua Club - All City Top 6

#### Finishes

1962 4<sup>th</sup>  
 1964 4<sup>th</sup>  
 1966 5<sup>th</sup>  
 1967 4<sup>th</sup>  
 1969 2<sup>nd</sup>  
 1970 3<sup>rd</sup>  
 1971 1<sup>st</sup>  
 1972 3<sup>rd</sup>  
 1973 3<sup>rd</sup>  
 1974 1<sup>st</sup>  
 1975 1<sup>st</sup>  
 1976 1<sup>st</sup>  
 1977 1<sup>st</sup>  
 1978 6<sup>th</sup>  
 1981 5<sup>th</sup>  
 1989 6<sup>th</sup>  
 1997 3<sup>rd</sup>  
 1998 4<sup>th</sup>  
 1999 5<sup>th</sup>  
 2000 3<sup>rd</sup>  
 2002 3<sup>rd</sup>  
 2003 2<sup>nd</sup>  
 2004 2<sup>nd</sup>  
 2005 1<sup>st</sup>  
 2006 2<sup>nd</sup>  
 2007 1<sup>st</sup>  
 2008 2<sup>nd</sup>





