

Welcome new USA swimming family!

My name is Jason Sandhaus and I work alongside Michelle Gallagher in coordinating USA Swimming for Elite Performance Aquatic Club (EPAC.) We are responsible for all things USA Swimming related: athlete registration, meet registration, USA fees, maintaining the team's database and records and answering any questions that you may have. Along with the coaches, we can help you plan out your USA swimming season. We are passionate about the sport of swimming and we truly look forward to helping you and your swimmer in any way that we can.

If you are already a member of USA swimming, you will need to complete a transfer form and mail it to Middle Atlantic along with the \$10 transfer fee. The form can be found here:

http://www.maswim.org/18_19/Forms/Athlete%20Transfer%20Form.pdf

You will need to know your swimmers USAS ID, last date of competition and your old club's LSC and Code. Our LSC code is MA and our Club Code is EPAC. All of these items can be found online in your swimmer's Deckpass account. Login to Deckpass and this information will be listed on the left hand side of the screen under Current Status (see attached.)

CURRENT STATUS
REGISTRATION DATE 10/4/2016
EXPIRATION DATE 12/31/2017
LSC AND CLUB MA-EPAC
USAS ID 102104ZOERGALL
LAST COMPETITION DATE 8/12/2017 for MA-EPAC, 2017 VA Eastern Zone LC Champi

Please know that there is a 120 day waiting period from the swimmer's last date of competition before they can be added to our USA roster. If it has been more than 120 days since the last competition date, your swimmer will be immediately transferred to our team. Otherwise, they will be listed as an Unattached swimmer during this period. Your swimmer is still able to compete; they just won't be able to swim on a relay or score points for EPAC.

If you are brand new to USA Swimming, I will submit all of your necessary paperwork to Middle Atlantic Swimming. There is nothing more for you to do in regards to your new USA Swimming membership.

Registration for swim meets is handled through our team management software, Team Unify. Upon registration, you should have been provided with login instructions. When a meet is open for registration, you will receive an email from me via Team Unify with step-by-step instructions for completing the sign up process. It is recommended that you sign up as soon as possible as meets often fill up. All information related to the meet is typically included in the meet host's Information Sheet which I attach to all events. This form is standard within Middle Atlantic so please familiarize yourself

with it as it includes all necessary information: events, fees, location, parking information, warm up and start times, awards, etc. If there are any changes or updates to this sheet, I will send an email. Otherwise, you can feel confident that all information is accurate.

There are two smart phone apps that you may find very useful with USA swimming. The first is DeckPass. This is USA Swimming's application and it gives you access to all of your swimmer's information: USA ID card, swim results, patches plus other useful information. The next app is Meet Mobile. Many of our USA swim meets utilize this app for meet psych sheets, heat sheets and results. Meet Mobile has a yearly subscription fee to use the app. Additionally, some meet hosts charge a fee to access their meet's information but often it is free.

A couple of our USA meets are travel meets. I will include a hotel recommendation for the meets but you are not obligated to stay there. I typically try to arrange one team dinner when we are away. Look for emails about that the first or second day of the meet. Travel meets are great opportunities for swimmer's to learn how to prepare themselves for bigger meets by traveling further distances, sleeping in a hotel, eating meals out, resting between sessions, etc. Travel meets are also a lot of fun! The kids have a great time bonding as a team on deck, at meals or just hanging in the lobby. They can be truly memorable experiences!

Again, welcome to EPAC! I look forward to meeting your family and helping you navigate the exciting world of USA swimming!

Jason & Michelle