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### 2018-2019

#### SESSIONS:

**FALL:** September  
4<sup>th</sup> – November 15<sup>th</sup>

**WINTER 1:**  
November 16<sup>th</sup> –  
January 26<sup>th</sup>

**WINTER 2:**  
January 26<sup>th</sup> –  
March 31<sup>st</sup>

**TEAM BREAK:**  
April 1<sup>st</sup> – April 7<sup>th</sup>

**SPRING:**  
April 8<sup>th</sup> – June  
15<sup>th</sup>

**SUMMER:**  
June 17<sup>th</sup> - August  
2<sup>nd</sup>

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#### ***FROM THE BOARD*** Craig Walls - PAAC Board President

Hopefully everyone is enjoying some time off, but not too much time!

We have a lot of exciting things happening in the next few weeks before we roll into the Fall Session. However, I'd like to take the time to tell you about some of the changes on the Board. This year, we have three members of the PAAC Board of Directors who have expiring terms and are moving on. I'd like to thank Teena Kerr, Bruce Bubser and Joe Fahrney for their dedication to our program and their "time served" on the Board. All three contributed beyond expectations and have helped improve our club in many ways. Fortunately, all three have offered to stay involved to help launch some of the upcoming initiatives. Yes, DJ Jazzy Joe Fahrney has agreed to continue to DJ the Firecracker meet. And who know, we may even have him DJ some PAAC Meets (I just love Foreshadowing!).

I am excited to announce three new members to the PAAC Board of Directors: Tjasa Ritchey, Cristian Rojas and Shannon Vlaeminck. All three have been members of the PAAC family for some time and unlike myself, have tremendous experience in the sport. We look forward to working together as a group to help improve our Club. We have a tremendous Board and are fortunate to work with such great people.

As many of you know, we have launched two exciting and new programs in recent weeks, the August Summer Session with the free Friday clinics and the PAAC Swim School. Both programs are geared toward bringing young new members into the #PAACPride family. Our focus is our Mission, "to empower young children to become champions in life through the excellence in swimming and diving." We need to continue to develop long term PAAC swimmers who progress through our club and hopefully reach their full potential in the sport all while becoming champions in life. We have many seniors graduating from our program with the majority growing up PAAC. I can honestly say, they are all champions in life.

It's very easy for us to lose sight of our mission. We get caught up in individual swims, times, records, etc. But as Coach Jacob said, PAAC has once again proven to be the #BigFishBigPond and we continue to compete with some of the greatest athletes in the Country, not just in our local community. But, we cannot lose sight of the mission and it all begins the day you register for PAAC.

We wish all of the graduating seniors the best of luck and look forward to seeing you soon. We have the PAAC Annual Meeting on August 29<sup>th</sup> and the PAAC Picnic on September 30<sup>th</sup> (visit the website for details).

# Upcoming Events & Important Dates For PAAC!

Take a look at some important dates for our upcoming fall session. Listed is also a TENTATIVE meet schedule.



## Fall 2018 Tentative Schedule:

August 29	Annual Board Meeting
September 30	PAAC Fall Picnic
October 6	EMAC Pentathlon @ Emmaus High School
October 7	PAAC Pentathlon @ WAHS
October 13	Alloy Alliance: Leg 1 hosted by EMAC @ Emmaus High School
November 2-4	PAAC Fall Harvest @ WAHS
November 3	Suburban Seahawk's Mini Meet @ Suburban Seahawks Club, Newtown Square, PA
November 16-18	EMAC Invite
December 1	Alloy Alliance: Leg 2 hosted by PAAC @ WAHS
December 5-8	USA Swimming Short Course Junior Nationals @ Greensboro, NC
December 7-9	TBD – we will be attending a meet this weekend for those athletes who do not qualify for Short Course Junior Nationals or the RMSC Holiday Invite, more info to come.
December 13-16	RMSC Holiday Invitational @ Rockville-Montgomery Swim Club, Germantown, MD

## ***FUNDRAISING:***

We will be holding the following fundraisers throughout the fall.

Mums Sale (optional, but encouraged)

Program Ads (required)

Swim-a-thon (required)

## **HEAD COACH'S CORNER**     **Matt Beckwith - PAAC Head Coach**

### **SUMMER WRAP UP:**

Another summer in the books!! And, what a great summer it was!!

Thank you to all parents, swimmers, volunteers, sponsors and the City of Allentown for making it all possible.

Every meet we swam in saw best times. PAAC demonstrated strong performances throughout the spring at the PAAC Nica Nadadores meet at Allen through to our first long course competition of the year at the LAC meet at F&M in May. Bucknell in June continued to be a great place for PAAC to swim fast and make midseason adjustments at the WSY/HAC Long Course Classic. I was extremely proud of everyone who came out and raced at the June Alloy Alliance meet at Mack. Also, thank you to all who volunteered in order to make that possible. July kept with the trend of fast swimming at Firecracker, Senior Champs and Junior Olympics. Many of our athletes carried their season into August with National and regional level meets. Danny Berlitz proudly represented PAAC at Junior Nationals in Irvine, CA finishing 11<sup>th</sup> in the 1500 and 17<sup>th</sup> in the 400IM in a time that would have been under the 2016 Olympic Trial qualifying time. Katie Champagne, Ally Lin, Annie Walls and Logan Holt traveled to Richmond, VA to swim at USA Swimming's Futures Championships. Logan Holt made it on the podium in both the 100 and 200 backstroke, finishing 7<sup>th</sup> and 4<sup>th</sup> respectfully. Richmond has been a really busy place for swimming in early August as Eastern Zone Age Group Championships are currently being held in the same pool as Futures only a few days following the completion of Futures. Simone Lin, Madison Tewksbury, Cece Traub, Andy Armbruster, Jovannie Avila, Andrew Ehret, Matthew Greer, Roman Herman and Daniel Jablonski have been doing a great job representing PAAC and the Middle Atlantic LSC this week.

I would also like to take the chance to recognize all of our PAAC swimmers who competed at the summer league level this summer. PJSL, Suburban Swim League and ABE Swim League Championships were all full of PAAC swimmers representing their respective summer league teams, breaking records, winning championships and having a lot of fun in the process. Congratulations to all.

Next, congratulations are in order for several of our athletes who broke PAAC long course records this summer (these do not include any records that may be broken on Friday or Saturday at Eastern Zone Age Group Championships...hopefully I have to send out an addendum...)

Roman Herman	9-10 50 Breaststroke 44.57
Garrity Ford	11-12 100 Backstroke 1:10.29
Simone Lin	11-12 200 Backstroke 2:34.03
Eric Camden	13-14 200 Backstroke 2:20.73
Francesco D'Avella	13-14 100 Breaststroke 1:09.72, 13-14 200 Breaststroke 2:32.38
Mahlon Reihman	15-18 50 Freestyle 23.60, Senior 50 Freestyle 23.60 15-18 100 Freestyle 51.77
Danny Berlitz	15-18 200 Breaststroke 2:23.04, Senior 200 Breaststroke 2:23.04, 15-18 200 IM 2:06.97 Senior 200 IM 2:06.97, 15-18 400IM 4:26.93, Senior 400IM 4:26.93

Thank you again to all who helped make this possible. Thank you to the swimmers for all of your time and effort. We have some great energy going right now! Let's keep it going through August and into the fall!!

### **2018-2019 SHORT COURSE MEETS:**

I am very excited for this short course season. If you have looked at the list of meets we have posted on the website (or above), you may see some differences from previous years.

Over the last year and a half, coaches from PAAC, EMAC and BLUE have been working together to try to improve swimming in the Lehigh Valley for all teams. We noticed that there were multiple occasions where PAAC, EMAC and BLUE would host the same type of meet on two, maybe even 3 consecutive weekends, while none of us were attending meets hosted by the other area clubs. This led to a Valley flooded with half full meets. We decided to take it upon ourselves to revamp the meets in the Lehigh Valley. Our goal was to set it up in such a way that no team lost meets that they had hosted in the past, while providing a variety of meet formats that would make it attractive for teams to attend meets hosted by the other two clubs. While all three teams will be patronizing each other's meets, not all members of the team will be attending all meets. The group coaches will be meeting to go over who will be attending each meet as we go through the fall. That will be communicated out to you once the coaches meet and discuss everything.

I think this format will bring more area teams to PAAC meets and allow us to, not only compete with other teams in the water, but give us the chance to work together as a swimming community in an effort to make swimming in the Lehigh Valley better.

Please join me in working with these other clubs to bring everyone in the Valley a little closer and provide the best possible competitive experience for our swimmers as well as all the other swimmers in the Lehigh Valley.

Outside of our local "in season" meets, we have most of our winter travel meets listed. I will be taking a group to Winter Junior Nationals in December in Greensboro, NC. We will also be returning to RMSC for their Holiday Invitational. This meet has qualifying times and will only be open to athletes who meet those qualifying times. In the past, swimmers who did not qualify for RMSC went to a meet at Penn State University, hosted by NLAC. I am currently looking into going to a different meet for those swimmers. I will have more information about that meet as it becomes available to me. Regardless, all swimmers will be going through a rest/taper cycle for those meets and be allowed to wear tech suits at the December meets. Prior to the December meets, we will be going to all meets without deviating from our training plans (you will be tired, but still expected to execute race plans and show improvement in the details we will be working on in practice) and we will be racing in team suits. Please be sure to have a team suit. We have new ones for the 2018-2019 season, but any PAAC team suit that you may have from previous seasons are still ok to wear.

## **HEAD COACH "OFFICE HOURS":**

This season, I will be spending more time stopping by the age group practices each month. My goal is to spend at least one night a month with each group in an effort to make myself available to families for questions, to make myself available to the coaches as a resource and also to spend more time with the developing members of the PAAC program. I'll be referring to these days as my "office hours".

During the Fall session, my "office hours" will be,

**Gold:** September 14, October 12, November 2

**Silver:** September 19, October 17, November 8

**Bronze:** September 11, October 9, November 13

**Stars:** September 17, October 15, November 5

**Instructional:** September 17, October 15, November 5

During this time, I will spend some time in the stands/hallway and be available to talk to any of you about the program, your children or anything else that you have questions about. I will also be spending some time on deck with the coaches and the kids.

On nights where I'm not scheduled with a group, I will be going directly from National group practice at WAHS to Senior group practice at Muhlenberg. If you need to meet with me or would like to discuss something outside of the posted times, please let me know ahead of time so I can ensure you the time that your questions require and deserve.

## **ARTICLES** Matt Beckwith - PAAC Head Coach

This month's articles focus heavily on nutrition. Not only what to eat and what not to eat, but how to get the kids to eat foods that will help with their recovery, performance and overall wellness, and also, why certain foods are bad.

Both of these articles were sourced from the CrossFit Journal. While neither of these individuals are Registered Dietitians or Pediatricians, they both bring relevant, practical experience with nutrition with both elite level athletes, as well as individuals simply looking to improve their health and wellness. Both bring very sound advice. These are not only relevant for our athletes in terms of recovery and performance, but also for overall wellness. Families can take advice from both of these articles to make sound nutritional choices in your own homes.

### **How I Got My Kids To Love Broccoli** *By: Jason Cooper, [journal.crossfit.com](http://journal.crossfit.com)*

<https://journal.crossfit.com/article/parents-cooper-2>

Coaching children on proper nutrition is challenging.

As an affiliate owner and a parent of two highly competitive, athletic girls, I've learned a lot and made many mistakes. Here are three coaching tips that might help you provide better nutrition for your children and your family.

### **Walk the Walk, Eat the Beets**

Develop a nutritional standard for the household and stick to it.

Our children are watching us, so it's important to understand where we are with nutrition personally. "Do as I say and not as I do" is a surefire way to sabotage your plan. Parents often share only one meal with their children each day, so use that time to set a good example. Simply put: Your children learn to eat by watching you. If they're making poor food choices consider what they learned from you.

**Resource:** ["Parental Influence on Eating Behavior"](#)

### **Food as Fun**

Invite your children to cook and make food fun.

This approach creates an opportunity to prepare foods that look like the things all their friends are eating while you educate them about choice. Talk about what the ingredients are and how to make healthy choices that improve nutritional content. Cook sweet potato pancakes instead of box pancakes and cauliflower crust pizza with all homemade ingredients instead of frozen pizza.

Try letting the kids control the destiny of one meal per week. Once they are grown, they will use their decision-making skills and education to determine how they'll eat on their own and in the face of peer pressure. Hone their skill set now by teaching them what healthy food is and how to prepare it so it's fun and tasty.

## **Shop Smart and Encourage Independence**

Purchase only real food.

Meat, vegetables, nuts, seeds, some fruit, little starch—and no sugar. That's the list.

Use that list to help your kids choose or prepare meals and snacks—and talk about the list and why it's important. This engagement will be even more important when your children become adolescents and teens.

Provide your kids with choice and do not censor them. We allow our girls the freedom of choice when creating snacks and meals, but we refuse to purchase anything that will harm their health. If they eat trash food when they are outside the house, that is their choice. But poor food is not available in our home. We provide choice, not judgement, because passing judgement often creates stress around eating and limits conversation about food.

## **Raise 'Em Right**

We can't control what our children do when they are not with us. We can only control our eating and the example we set, what we purchase and cook in our homes, and how we approach our children when they make choices we do not like.

By developing a nutritional standard, by cooking with our children and talking with them about food, by purchasing real food and allowing our kids to make choices, we set them up to develop healthy eating habits that will serve them for life.

*About the Author: Jason Cooper is a registered nurse and the owner of **CrossFit Enoch** in Conroe, Texas.*

## **BEYOND CALORIES**

*By: Michael Giardina, CF-L4*

*journal.crossfit.com <https://journal.crossfit.com/article/calories-giardina-2>*

In fall 2017, I spent 45 minutes speaking to CrossFit Inc.'s Seminar Staff about the nutrition lecture in the Level 1 Certificate Course. The original intent was to help staff lecturers develop a deeper understanding of the material.

As an example, I used our stance on the "calories in versus calories out" model. The traditional approach—"take in less than you expend"—is not sufficient to account for current levels of obesity and chronic disease. A short clip of from this lecture was posted to **Instagram**, and many viewers didn't quite understand my main critique. This article should help the reader understand the main problem with the calories in/calories out approach to explaining metabolic dysfunction.

## **Energy Balance: An Oversimplification**

It is widely accepted and proven that obese people take in more calories than they expend. It's not that calories in/calories out needs to be completely discounted, but the energy-balance equation, as it is called, is an oversimplified approach that does not explain the chronic-disease epidemic.

Centers for Disease Control figures from 2014 show that 36.5 percent of Americans over 20 are obese, yet I do not believe they are just gluttonous and lazy. So why is the epidemic getting worse? The answer to this question can help us develop a solution. Essentially, the body and the brain do not treat all calories the same.

First, let's talk about how the brain treats calories differently. This gives some insight into why we eat more than we need—hedonic eating (overeating) as opposed to homeostatic eating (eating to meet energy needs). Before food was readily available—especially processed food—humans had to hunt and gather food to stay alive. Over tens of thousands of years, our brains evolved to prioritize foods that offer the greatest chance for survival: readily accessible, palatable foods that provide high amounts of micro- and macronutrients. The brain prioritized these highly palatable sweet and savory (umami) foods in order for the species to survive.

Prioritization happens within the reward system of the brain. The mesolimbic, or reward, pathway is made up of the nucleus accumbens (NA) and ventral tegmental area (VTA). Dopamine plays a major role within this system. The VTA is a site of dopaminergic neurons, and this area tells us whether an activity is rewarding or not (food, sex, recreational drugs, etc.). The amygdala also plays a role. It puts values on experiences. If an experience is rewarding or aversive, it is ranked among other rewarding or aversive experiences. Ranking is an important factor in survival. Fleeing a predator should obviously rank higher than sex or food. Finally, the hypothalamus plays a major role in hunger and satiety. It interacts with two main hormones, ghrelin and leptin. Ghrelin is mainly produced in the stomach and is a driver of hunger and food intake. Leptin is produced in the adipose tissue, or fat cells, and suppresses appetite.

Your brain prioritizes food differently. Our ancestors had to hunt and gather food to survive. When they were able to kill a plump animal or find a tree covered in fruit, they ate and received a high dose of dopamine. This created a reward ranked among other rewards. Availability and ease of access probably played a large role in how each reward was ranked. The foods highest on the list were likely palatable, calorically dense and readily available. As you can see, all calories are not treated equally by the brain.

Over time, brains adapted to this ranking system, and our ancestors sought out high-ranking foods, with sweet and savory tastes preferred. Foods high in sugar and fat, such as fruit and animal meat, generated a dopamine response. This release of dopamine created a drive to seek out more of the same food. Meat and fruits are also high in fiber and protein. Because fiber and protein have effects on satiety, some amount of quantity control might have been associated with the highly rewarding foods our ancestors craved. Either way, overeating sugar and fat was impossible when fruit was not plentiful and high-fat animals were hard to find and kill.

All this worked in practice: Eat as much as you can and store it because you never know when such an opportunity will present itself again. Consuming food in this manner and storing energy would increase leptin, signaling the hypothalamus that enough energy is present within the body. Food intake could then be lowered and energy expenditure increased.

Fast-forward to the present, when the food environment has evolved but that part of our brains has not. Food is readily accessible, and much of it is processed, making selections calorically dense and highly palatable. This is a recipe for

disaster.

If you want a snack, do you eat a cookie or an apple? The cookie is high in processed sugar and processed fat, and it's low in fiber and protein. It's also extremely tasty. The cookie creates high levels of dopamine and is assigned a high reward value by the brain. Higher reward values mean items will become most likely to be picked again. High levels of dopamine and lowered inhibition also cause us to eat past fullness.

When you see a cookie, you're drawn to it even though you know it isn't good for you. Why don't you eat just one? Dopamine is high and inhibition is low. The signals tell you to keep eating. Minimal fiber and protein are present: keep eating. The cookie is super sweet and highly palatable: keep eating.

Manufacturers know how we behave and have even played on our behavior to market products: "Betcha can't eat just one."

Rewarding foods condition people to eat more. This is why 36.5 percent of America's adult population have failed to consume fewer calories than they expend: They are eating foods that kidnap their willpower and tell them they need more, not less.

Try telling someone to eat less and work out more when he or she is eating highly processed foods. It won't happen. In essence, these foods become addictive. Companies put a lot of effort, money and time into finding the optimal mix of sweet, salty and savory to keep you eating and coming back for more, further increasing their bank accounts and diminishing your health.

As you can see, the type of food plays a role in one's success or failure in the calories in/calories out model. It's not simply the number of calories.

## **Biology and Bad Food**

The reward system does a great job explaining why we over eat processed foods, but that's only half the issue. Now let's look at how processed food is making us sick.

These foods are readily available, addictive and sugar laden. The sugar in these foods is mostly likely sucrose or high-fructose corn syrup (HFCS). Sucrose is 50 percent fructose and 50 percent glucose, and HFCS is approximately 55 percent fructose and 45 percent glucose.

When we eat glucose, the pancreas produces insulin. Approximately 20 percent of the ingested glucose goes to the liver, where insulin signaling drives the conversion of glucose into its storage molecule, glycogen. The other 80 percent goes into the bloodstream. Increases in blood glucose cause the pancreas to produce insulin, which signals tissues and organs such as skeletal muscle, adipose structures, the brain and the kidneys to take up the glucose, lowering levels of blood glucose. Insulin stimulates GLUT4 proteins (receptors) on cells to transport the glucose inside, to be used or stored as glycogen or fat.

Fructose has a completely different fate: It goes straight to the liver, which is the primary organ that metabolizes it. When fructose comes from a natural source such as a piece of fruit, fiber is present. Fiber helps us feel full faster, and it slows down absorption from the intestine, thereby decreasing the rate at which fructose reaches the liver. This allows the mitochondria to keep up. When fructose comes from a highly processed food source, it is missing fiber, so it enters the

liver at an accelerated rate and the mitochondria cannot metabolize it fast enough.

This overload results in de novo lipogenesis, or fat accumulation around the liver. As it accumulates fat, the liver produces VLDL and LDL (triglyceride-enriched particles) that are sent into the bloodstream, leading to hypertriglyceridemia. As fat continues to accumulate around the liver, the liver becomes insulin resistant, which has downstream effects such as peripheral insulin resistance, CNS insulin resistance and Type 2 diabetes.

When the liver is dysfunctional, it activates carbohydrate-responsive element-binding protein, which continues to stimulate hepatic glucose production. This continuous increase in blood glucose and insulin potentially causes the downstream effects in the CNS and periphery.

When a person is insulin resistant, his or her GLUT4 proteins (receptors) no longer hear the insulin signal, which leads to chronically high levels of insulin in the blood. Insulin can override leptin signaling, and if the brain is no longer receiving leptin's signals, it thinks the body is hungry and needs calories. You can think of this as a "false sense of starvation." It is false because food is actually coming in but it is the wrong type of food—it is processed food and further compounds the problem. The brain thinks the body is starving, so it seeks out more food (prioritizing easily accessible, palatable food that's high in calories) and lowers energy expenditure (if no food is coming in, let's conserve).

The equation: more processed food coming in + less energy going out = sick.

## **The Easy Fix**

In the end, energy balance is an important part of the issue but not a complete explanation of the problem. It doesn't explain why people consistently eat more processed food and move around less. You simply cannot expect someone to eat less and move around more when he or she is eating in such a way that the body, brain and physiology are fighting against the person.

This is only part of the problem. Chronic disease and obesity are very complex and more involved than the discussion above. Though the problem is complex, the solution is simple: Don't provide your brain with palatable, easily available, calorically dense, addictive foods. Reduce your intake of processed foods and you will reduce the amount of sucrose (and, therefore, fructose) that you consume. Change your food environment. Eat meats and vegetables, nuts and seeds, some fruit, little starch, and no sugar. If you do, the simple energy balance can help you maximize results. If you are already eating natural foods that work well for you, keep your intake to levels that support exercise and not body fat.

Essentially, eat quality foods and only eat enough to support your activity.

The solution is simple.

*About the Author: Michael Giardina, CF-L4, has been on CrossFit Training's staff for 10 years and now serves as a FlowMaster and Content Supervisor. He holds a master's degree in applied exercise and health science from Kennesaw State University, and he is currently working on a master's degree in public health (epidemiology and biostatistics) at the University of Southern California.*

## Happy Birthday to You...

August 1	Garrity Ford
August 7	Ian Johnston
August 7	Leyna Fleischaker
August 12	Lydia Strucko
August 15	Amanda Svetz
August 16	Priscilla Elias
August 20	Christopher Tsarouhis
August 22	Sabrina Yurconic
August 23	Oliver Ritchey
August 24	Andrew Pletz
August 28	Adrian Lee
August 29	Reva Gandhi
August 30	Madison Drager
September 4	Eric Camden
September 5	Andy Armbruster
September 8	Sada Fleischaker
September 9	Emily Donham
September 12	Matthew Greer
September 14	Isaiah Albert-Stein
September 18	Caroline Dwornicka
September 26	Simone Lin
September 27	Chloe Vlaeminck



## ***THANK YOU TO OUR SPONSORS!!!***

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5 STAR SWIM SCHOOL***

Thank you for your belief in our program and mission. Thank you for your support and being PAAC Proud. If you are or know anyone who may be interested in helping support PAAC in our mission to empower young people to be champions in life through excellence in swimming and diving, please reach out to the office.

## **OFFICIALS** Joseph Herman - PAAC Board Member/Official's Coordinator

Dear PAAC Parents,

We rely on you, our parent volunteer, to serve as Stroke & Turn Judges. Consider the position as that of an umpire, or a referee for rules regarding strokes & turns. It's not necessarily a fun task because nobody wants to disqualify an eight-year-old attempting the butterfly, but it's an absolute necessity. Please consider becoming a Stroke & Turn Judge and fulfill your volunteer session requirements when you sign-up for the required number of sessions. It's not difficult and past swimming experience is not a requirement.

For more information, please see Middle Atlantic's Official's website: <http://www.maswimofficials.org> and/or contact Bruce Bubser or Joseph Herman. Thank you!

To become a certified official, you must complete the following:

1. **Attend an Official Clinic.** Facilitated by a member of the Middle Atlantic Officials Committee. See MA official's website, <http://www.maswimofficials.org>, for clinic schedule.
2. **An 18 or over registered Non-Athlete Member of USA Swimming (see Forms).** Memberships run annually; anyone joining after September 1 will have a valid membership through the following calendar year. Both the Background Check and the USA Swimming non-athlete membership must be accepted prior to working on deck as an apprentice official. The remainder of the steps may be completed during the apprentice period.
3. **Complete the Coaches/Officials Background Check.** You do not need to have submitted your membership application to initiate the BackGround Check (BGC). You must pay the vendor fee for the BGC. You will be notified when your BackGround Check has been successfully completed. When your membership application is processed, and you have completed the BGC, you will be notified that you may begin serving as an apprentice official. When you have completed the certification process, your name/address will be submitted to the MA office and you will be reimbursed for your initial BGC fee at the present vendor rate. Please read the information on the USA Swimming Background Check Program page, including FAQs
4. **Create an online account with USA Swimming.** Click on "Sign In" at the upper right corner, then follow the links to "Create an Account." This will allow you to complete the Athlete Protection Training and the online certification tests. It will also allow you to track your activity and certification cards.
5. **Complete the Athlete Protection Training Course.** Your non-athlete membership must be processed before you will be able to access this online program. The Middle Atlantic Swimming Office will be notified once you have completed the program.
6. **Complete the Stroke & Turn Online Tests.** You may initiate the test, save it, print it and return to the online version to input your responses at a later date (recommended.) Results are automatically sent to MA Officials Committee Chair once test is completed. A score of 85% or greater is required for a passing grade. This is different than the 80% required by USA swimming and is a Middle Atlantic requirement. Certification - Stroke & Turn/Timer Any time between attending the clinic and completing the required apprentice sessions.
7. **Apprentice with a certified official.** You may receive apprentice credit for up to two sessions per meet regardless of total number of sessions observed. You do not need to complete the online test before beginning these sessions, but it is recommended that you do so. **\*\*Please adhere to the MA Officials' Dress Code when observing as an apprentice. 6 Sessions - These sessions may include up to two (2) dual meet and/or Mini meet sessions. You will initially observe alongside another certified official, but you may be expected to report potential rules violations that you observe during your last two sessions.**
8. **Mail completed apprentice card to:**  
MAS Officials Committee  
c/o Clyde Tinklepaugh  
2508 Merribrook Rd  
Wilmington, DE 19810

Or Scan and Email To: [ctink1863@aol.com](mailto:ctink1863@aol.com)

9. **Certification Period.** 2 Years

10. **Official's Dress Code.** Solid navy-blue skirt, shorts or pants, white polo shirt with white shoes.