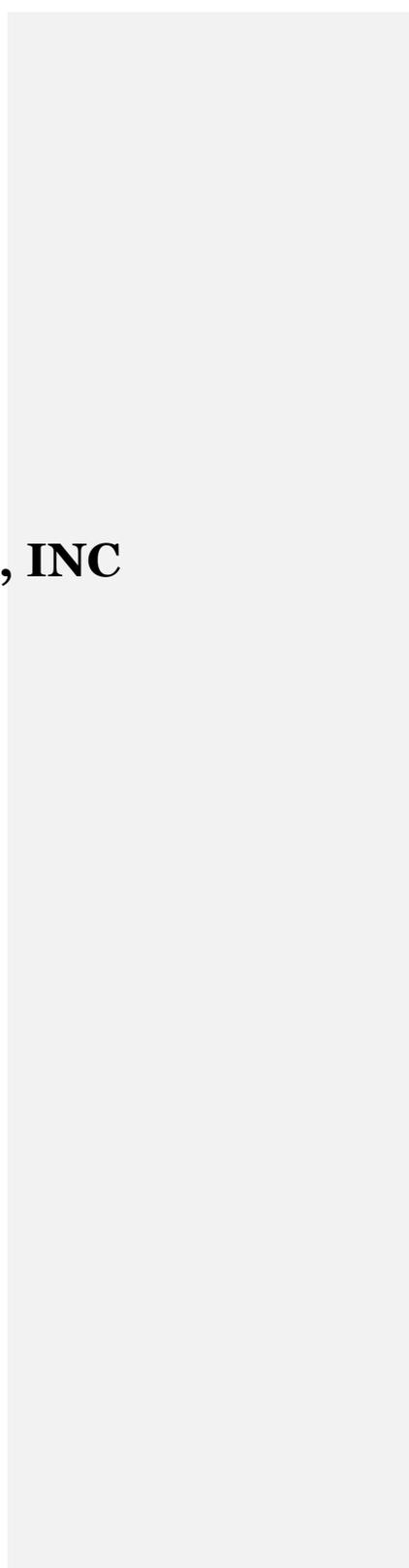


UPPER MERION AQUATIC CLUB, INC
MARLINS

2011~~0~~ – 2012~~1~~



SWIM PRACTICE POLICIES

All swimmers are expected to attend practice as often as they can. The coaches do not expect anyone to have perfect attendance, but we do expect swimmers to be committed to the team and to attend practice regularly.

In order to swim in meets, a swimmer must have participated in **at least one** approved practice the week before the meet.

Swimmers should arrive at the pool **ten minutes before start time** so that they are on deck and ready to swim at 5:30 or 6:30 sharp.

Swim practice is a highly disciplined activity. In order for every swimmer to benefit from practice, there are certain behavior rules that must be followed. I will review these rules and consequences with swimmers during the first week of the season.

- **Practice Attire:** Swimmers must wear a competitive swimsuit, not shorts, long swim trunks or two-piece suits. Swimmers with long hair must wear a cap; we recommend the team cap. Goggles are strongly recommended.
- **Practice Limitations:** If a swimmer has an injury that prevents him or her from participating in all or part of a practice, parents should notify us via email at umacgirlscoach11@gmail.com or umacboyscoach@gmail.com, or in writing. In the note, please indicate the type of injury, the specific limitations and the expected length of rehab or recovery time.
- **Parents:** Please refrain from entering the pool deck before and during practice so that I can give your children my undivided attention. I and the other coaches would be happy to answer your questions after practice.

Please be on time when you pick up your child. If a practice is scheduled to end at 6:30, plan to arrive at the school no later than 6:30. There is no one available to watch over your child if he or she changes quickly and you have not yet arrived.

Thank you for your cooperation.

Tim Huller and ~~Bill Mareum~~ [Sergey Korobov](#)
Head Girls and Head Boys Coaches

Swim Meet Policies

1. Swimmers must participate in at least one practice Monday through Thursday (unless authorized by a coach) before a meet to be eligible to swim in the meet that week.
2. In order to be eligible to swim in **League** Championships, swimmers must have swum in at least two of our five regular season dual meets.
3. On meet day, plan to arrive on pool deck ready to swim 15 minutes before warm-up is scheduled to start.
4. During the meet, swimmers should remain on pool deck. Any swimmer who needs to leave the deck area should ask the clerk of course (the person who lines the swimmers up for each event) for permission.
5. During the meet, swimmers should cheer for their teammates and get ready for races. Disruptive behavior on deck will result in disciplinary action as outlined in the UMAC discipline policy.
6. Show your team spirit! Stay with the team on pool deck until the meet is over.
7. If a swimmer must miss a meet, it is VERY IMPORTANT that parents notify their coach via EMAIL as soon as they know of the circumstances. Boys should notify ~~Bill Mareum~~ **Sergey Korobov** at umacboyscoach11@gmail.com, and Girls should notify Tim Huller at umacgirlscoach@gmail.com. If your plans change (due to illness or other emergency) at the last minute, please your head coach (boys: Coach ~~Bill Sergey~~ at ~~248-470-0505~~ ~~610-513-3764~~; girls, Coach Tim at 484-868-4208) as soon as possible.
8. Swimmers and siblings should not wander around the school. Non-swimming siblings must be supervised at all times.
9. Parents are not permitted on pool deck unless they are working the meet.

UMAC Marlins/SAL Schedules
~~2010-2011~~ 2012 SEASON

	Saturday	October 29 30	Time Trials	Home	
	Sun aturday	_____	October 30	UMAC Bowling Night!	Devon Lanes
	Thursday	November 4	Make-A-Wish Lap-A-Thon	Home	
	Sunday	November 6 7	Perkiomen Valley Invitational		
	Saturday	November 12 3	vs Radnor	Girls(HA)/Boys(H)	
	Thursday	November 17	Make-A-Wish Lap-A-Thon	Home	
	Saturday	November 19 20	vs. Norristown	Girls(AH)/Boys(HA)	
	Saturday	November 26 7	Norristown Harvest Invitational		
	Saturday	December 34	vs Lower Merion	Girls(AH)/Boys(HA)	
	Saturday	December 31 0	vs Perkiomen Valley	Girls(AH)/Boys(HA)	
	Saturday	December 17 8	vs Methacton	Girls (HA)/Boys (AH)	
	Fri/Sat unday	January 2	December 30-31	Council Rock Tropical Invitational	
	Sunday	January 8	Centennial Odd Age Meet		
	Saturday	January 14 8	Conference Dual Meet Finals	Girls(HA)/Boys(AH)	
	Sunday	January 15	Pennsbury Splash		
	Sunday	January 9	Centennial Odd Age Meet		
	Saturday	January 21 5	League Dual Meet Finals	Girls(AH)/Boys(HA)	
	Sunday	January 16	Pennsbury Splash		
	Saturday	January 28 2	Upper Merion Last Chance Meet		
	Saturday	January 29	February 4th	Girls & Boys Division Championships	
	Sat/Sun unday	_____	February 11/12 6	League Individual Swimming Championships	

H = Home (on deck by 12:45; warm up at 1 PM; meet starts promptly at 1:30 PM)

A = Away (warm up and start times TBA – check email and the website)

*Opponents for these meets will be determined in January. Swimmers and divers must have competed in 2 meets in November and January in order to swim in these meets, and at League Individual Champs.

(calendar subject to change)

SWIMMER STATISTICS

Each season, the SAL registrars post meet results to the SAL website (www.surburbaquatic.org); results usually appear by the Tuesday after a meet. Parents and swimmers can use these results to track their times over the course of a season.

Time tracking sheets are available at the parents meeting, by seeing a coach, or online. We'd like all SWIMMERS to track their own times. **One of the great aspects of swimming is that you are not only competing against other swimmers, you are competing against yourself!**

Preparing the swimmer for a race includes knowing what time they are aiming for in the event and asking the timers as they exit the pool what their time was. This allows the child to invest their time and energy in thinking about what they are swimming, and not in whether they win or lose. They'll know they had a good race if they drop their time. Please understand – as a swimmer gets older, and more experienced, the amount of time dropped in races will significantly decrease! It is much harder for a 12&under to drop 3 seconds on a 50 Free than it is for a 10&under.

Improvement Ribbons will be generated when the swimmer drops .5 seconds from their previous time.

POOL TIME

Please be aware that our use of the pool is scheduled behind the High School Water Polo, Swim and Diving Teams. We also coordinate the use of school facilities with the UM Dept of Park & Rec. Please, be very considerate of the facilities **ANY** time we use the pool. Leave the pool area the way you found it! **DO NOT WANDER AROUND THE BUILDING.** If an accident should happen, please let one of the coaches know ASAP!

We work with the high school teams to coordinate meets and practice times, but sometimes high school contests will run longer than anticipated. If you come to practice and a high school event is still "in the water", please WAIT OFF POOL DECK (the balcony is a good choice) until the event is concluded and a Marlins coach signals you to come on deck to practice. It is dangerous and distracting to the high school athletes to have our swimmers wandering around pool deck. This is why it is very important that parents NOT drop their children off at the curb for practices; please walk your swimmer(s) in and make sure that practice is happening before leaving.

MEET ATTENDANCE

All swimmers should be on pool deck 15 minutes before the scheduled warm up time. This will give the coaches an opportunity to take attendance and children can confirm what events they will be swimming. It is very unsettling for the younger swimmers to arrive on pool deck while warm up is in progress. For the sake of the swimmer, please see they are on deck, ready for warm-up, before the announced time.

PLEASE BE SURE TO LET COACH TIM (girls) or COACH ~~BILL~~-SERGEY (boys) KNOW,
VIA EMAIL, IF YOU ARE UNABLE TO ATTEND A MEET!!!

INVITATIONALS
SUBURBAN AQUATIC LEAGUE (SAL)

Invitational Meets are not mandatory; however, attendance is **STRONGLY ENCOURAGED!** Invitational Meets are the swimmer's opportunity to see kids from the other divisions, and race against kids in their own age groups. The Odd Age meet allows kids to swim 9 & under instead of 10, etc... Upper Merion's meet is the last opportunity any swimmer has to qualify for League Championships at LaSalle.

Invitationals are also the swimmer's opportunity to "pick" their event. Each swimmer decides what they'd like to swim at each invitational. Each swimmer is responsible for the entry fees for the event. A Marlins Coach is at each supported SAL Invitational Meet. Because swimmers are seeded according to their best time in an event, everyone is assured of having a competitive race. In past years, our **swimmers have improved their times in over half of the events they swam at these meets. These meets are not just for the faster swimmers; they will help all swimmers, swim faster!!**

We will be supporting 6 Swimming Invitationals being held this year that are sanctioned by the SAL:

11/6 7	Perkiomen Valley Fall Fest Meet Invitational
11/13	SWAC's Fall Fun Meet
11/20 7	Norristown's Harvest Meet
1/2 12/30-31	Council Rock's "Tropical Holiday" Meet
1/8 9	Centennial's Odd Age Meet
1/15 6	Pennsbury's Splash Meet
1/28 9	Upper Merion's Last Chance Meet (All parents must work this meet!)

If additional opportunities arise, we may add to this list. [Lida Bonner](#), our Invitationals Coordinator will post announcements of upcoming invitationals on the bulletin board in the Marlins room; [registration forms and meet information will be available for download via the website.](#) ~~and leave registration forms in the Marlin File cabinet.~~ Invitationals will also be announced in the e-News. You must sign up and pay a small fee to swim in an invitational; to do this, fill out the registration forms in the Marlins File cabinet and return them, with payment, to the Invitationals folder by the stated deadline.

UPPER MERION LAST CHANCE MEET
JANUARY 28~~th~~, 2012~~th~~

Aside from registration fees, this is our club's one and only opportunity to raise money throughout the season. We have never asked our parents to sell candy, wrapping paper or pizzas. The Last Chance Meet is sanctioned by the SAL and all 22 teams that are part of the SAL are invited to attend. We generally have 800-1000 swimmers compete throughout the day. The morning session covers 8&U and 10&U swimmers, the afternoon session is 12, 14 & Unlimiteds.

Every swimmer must pay their own entry to the meet. Fees this year will be announced prior to the meet. Fees are per event and each swimmer may swim a maximum of 4 events. We award medals for 1st – 3rd places and ribbons for 4th – 18th places.

We also sell 50/50 tickets, T-shirts, and programs the day of the Last Chance Meet to raise even more money. Our parents run the entire meet, working as timers, finish judges, stroke and turn officials, announcers, snack bar workers, table people, and clerks of course.

As parents, you will be required to work one session (usually the one your child is swimming). If you'd like to volunteer your services all day – we'd love to have you!! More information on the LCM will be coming as we move into the season.

SUBURBAN AQUATIC LEAGUE

The Upper Merion Aquatic Club MARLINS is part of the Suburban Aquatic League (SAL), one of the largest independent aquatic leagues in the country and one of the last to offer a weekly dual meet format. Over 3000 swimmers and divers are part of the league.

The SAL consists of 22 teams, all of whom offer competitive swimming and many of whom offer competitive diving. The league is broken down into 4 divisions:

<u>East</u>	<u>Central</u>	<u>North</u>	<u>West</u>
Centennial	Dolphin CAA	Central Bucks East	Lower Merion
Council Rock	Plymouth-Whitemarsh	Central Bucks West	Methacton
Lower Moreland	Springfield	Hatboro/Horsham	Norristown
Neshaminy	Upper Dublin	North Penn	Perkiomen Valley
Pennsbury	Wissahickon	Pennridge	Radnor
		Souderton	Upper Merion

League Individual Championships will ~~on in~~ February ~~11-126~~ at LaSalle University. In order to qualify for League Championships, the swimmer and/or diver must be in the top 18 - IN THE LEAGUE - in their event. It is no easy task to qualify for leagues, and our team members who qualify for leagues are honored at the end of the year banquet.

Those swimmers who do not qualify for Leagues will swim in Division Individual Championships, which will be held this year on January 29 . Our team has done very well at Divisions the last few years, and we expect similar success this year; it's a great way to end the season.

SAL League meetings are held 3 times a year; each team has two voting representatives ~~(this year, Sabrina Dwinnell and Kristin Rokosky)~~. SAL is governed by a Board of Directors and various committee chairs; the Marlins are proud to have several current and former Marlin parents who are key players in the SAL governance structure, including Jim Dunlap, Kathy Garro, and John McGinley. If you are interested in getting involved ~~contact Katherine McClelland (kemcclell@gmail.com) at the League level, they are always looking for volunteers; contact Katherine McClelland ()~~ for more information.

Field Code Changed

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Discipline Policy

As with any type of organized sports or youth activity, certain guidelines and policies regarding inappropriate behavior are in place. These are necessary to help facilitate a positive learning environment for all participants, and to hopefully avoid or minimize the risks of physical harm to any team member. Although the guidelines for proper behavior are established and communicated, daily activities involving over 130+ children are likely to have an occasional situation where disciplinary actions are both warranted and necessary.

Discipline Policy: "Three Strikes"

1. Any action by a team member, which intentionally or potentially causes physical harm to another team member, shall serve as cause for immediate probation (see below). This policy shall be in effect during any and all UMAC related activities, including but not limited to the pool decks, locker rooms, lobbies and waiting areas, as well as any club sponsored travel (i.e. buses).
2. A second incident (as described above) or action by any team member will result in an immediate suspension (see below) from the team.
3. A third incident (as described in #1) will result in that member being removed from any participation in team activities for at least the remainder of that swim season.

Probation Period:

- A period from 1 week to 1 month where the team member will be observed under tight scrutiny by the coaches and board.
- May include temporary loss of locker room privileges and may require parental supervision of all practices.
- Notification to the parents of the child on probation regarding specifics of the incident and the description of the probation.
- A formal apology to the affected team member (and parents) or coach will be expected.

Suspension Period:

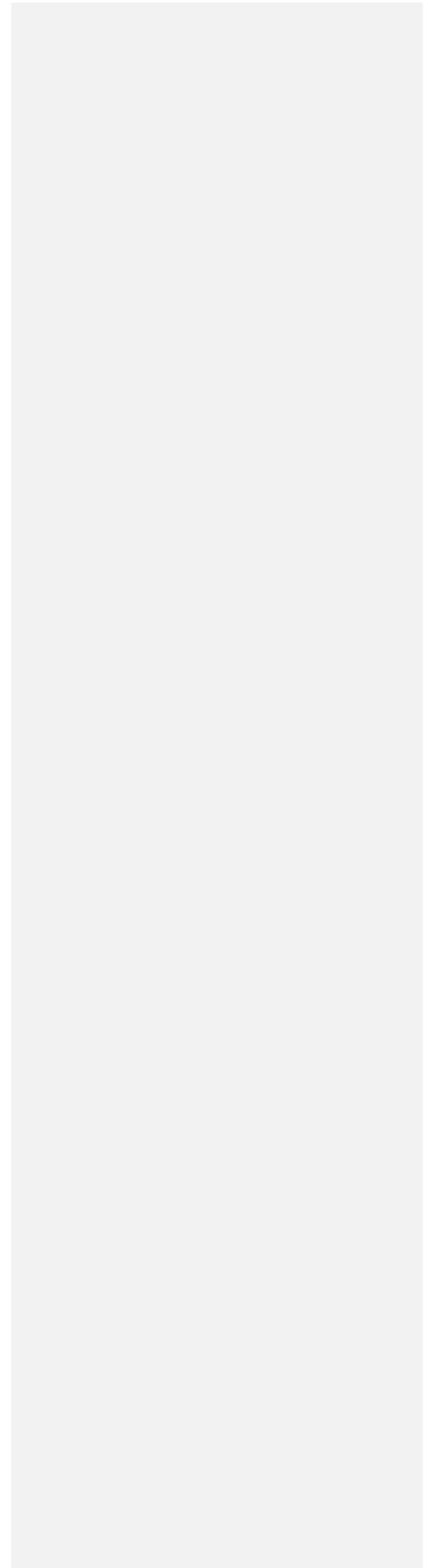
- A period from 1 week to 1 month during which the team member will not be allowed to participate in any UMAC activity.
- May include loss of locker room facilities for the remainder of the season
- A meeting with the child, parents, coaches and board member will take place to discuss the incident and suspension details.
- Formal apologies to affected team members and parents or coach will be expected (and remuneration if appropriate).
- Fees and dues should not be expected to be reimbursed.
- Swimmer may be allowed back on a limited basis at first.

Removal from Team: Self- explanatory

- Fees and dues should not be expected to be reimbursed.

Other Actions by team members that may serve as cause for implementing a probation period for that team member, include but are not limited to the following inappropriate behavior actions;

- spitting on, or biting another team member
- offensive or inappropriate foul language
- stealing or otherwise using another members equipment without consent
- disruptive behavior by any team member which impedes or interferes with another members progress
- “talking back” to any member of the coaching staff in an inappropriate manner
- being “benched” by a member of the coaching staff twice within a one week period
- “towel whipping”



Board of Directors

President: Katherine McClelland ◇ kmcclell@fandm.edu

Internal VP: ~~Lynda Newhart~~ John Harlan ◇

~~lnewhart@umasd.org~~ jharlan23@verizon.net

External VP: Paul Salamy ◇ salamyp@aol.com

Treasurer: Carol Bin Jiang ◇ carolbinjiang@yahoo.com

Secretary: Chris Wells Conroy ◇

~~chriswells@comcast.net~~ chris@krbassociates.com

Email Secretary: Chris Wells Conroy ◇

~~chriswells@comcast.net~~ chris@krbassociates.com

Boys Head Coach: Bill Mareum Sergey Korobov ◇ 248-470-0505 (610) 513-3764 ◇

umacboyscoach11@gmail.com

Girls Head Coach: Tim Huller ◇ (484) 868-4208 ◇ umacgirlscoach@gmail.com

Meet Directors: ~~Kristin Reskosky~~ Amy Vallette (BOYS) ◇

~~avallette@verizon.net~~ rjroskosky@comcast.net

Sabrina Dwinnell Melissa Faw (GIRLS) ◇

~~sabrina@dwinnell.com~~ mfabfaws@verizon.net

Invitational

Meet Coordinator: ~~Tim Culbertson~~ Lida Bonner ◇

~~culbertson760@verizon.net~~ lbonner1999@gmail.com

Team

Statisticians: ~~Jim Dunlap~~ ◇ jdunlap19@verizon.net

Tim Culbertson ◇ culbertson760@verizon.net

General Contact Information

Club Website: www.uppermerionmarlins.org

E-mail Address: info@uppermerionmarlins.org

SAL Website:

suburbanaquatic.org

TEAM PROGRAMS

COMMUNICATION

- We communicate regularly via e-mail. If you have it, e-mail is your best source for up to the minute information. E-mail bulletins are sent out weekly summarizing all the news for the week.
- Check your e-mail daily! Occasional last minute schedule changes are inevitable and out of our control. All short notice practice changes and cancellations will be announced through e-mail, and (if possible) posted on the web.
- Make sure we have all the email addresses you'd like us to use. Joanne Levy-Lamoreaux, Katherine McClelland, and Chris ~~Wells-Conroy~~ are in charge of the email lists.

If you'd like to [add additional email addresses for notifications, email the website info@uppermerionmarlins.org with this information.](mailto:info@uppermerionmarlins.org) ~~receive last minute notices both at home and at work, send both~~ to Joanne at JLL@phillies.com or katherine.mcclelland@fandm.edu.

NEWSPAPER ARTICLES AND PUBLICITY

- We will periodically submit articles about our children's accomplishments to local newspapers for publication. We'd love to hear from anyone who would like to help us with this!
- The Upper Merion Government Access Channel is interested in taping and broadcasting a meet again this season, most likely in December or January.
- Occasionally photos or videotape of your children may be used for publicity purposes. If you would prefer that your child not participate, download a publicity refusal form from our website. Sign the form and give it to a board member.

COMMUNITY SERVICE: THE LAPATHON

- The UMAC is proud to be unique among clubs of its kind in sponsoring a community service project. The purpose is three-fold: to teach our kids the importance of "giving back"; to build team spirit; and to increase team and league visibility.
- For the eighth consecutive year, the Marlins will sponsor a lap-a-thon to benefit the Make a Wish Foundation. Swimmers will be responsible for getting pledges of support for the laps they swim.
- This year, the Lapathon will be held on Thursday, November ~~15th~~. Anyone willing to help in the organization of this important event would be welcomed and appreciated!

THE UMAC "EAT MY BUBBLES" CHALLENGE

- This program is designed to help encourage swimmers to swim their best and improve their best times. Newer and younger swimmers especially will be able to contribute to the effort.
- In addition to the traditional "Improvement Ribbons", for each half second dropped by a swimmer from any official time, a "bubble" will be added to a poster tracking cumulative time lost by the team as a whole.
- If the team as a whole drops a certain amount of time over the course of the season, (to be determined by the Head Coaches), the team will be rewarded with a pizza and swim party at the end of the season.
- You can help support your swimmers' effort to earn "bubbles" for the team by helping him or her to track their time and by emphasizing the connection between good practice habits and improved times.

MARLINS BOWLING NIGHT

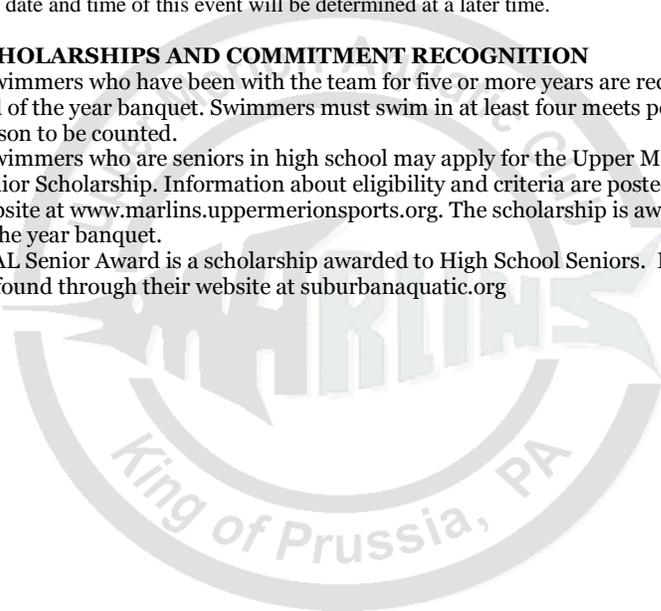
- To get us all in the spirit of friendly competition and to allow children and their parents the opportunity to socialize in lanes WITHOUT water, ~~the second~~ our annual Marlins Bowling night Excursion is planned for Saturday, October 30 (after Time Trials) Sunday, October 30 at Devon Lanes.
- The cost will cover lane rental, ball, shoes, and food. See website for details!

MARLINS PARENT SOCIAL

- A night of fun and socializing for the Marlin parents. A chance to take time off from working on deck and watching the meets to get to know fellow Marlin parents on a more personal basis. The date and time of this event will be determined at a later time.

SCHOLARSHIPS AND COMMITMENT RECOGNITION

- Swimmers who have been with the team for five or more years are recognized at the end of the year banquet. Swimmers must swim in at least four meets per season for the season to be counted.
- Swimmers who are seniors in high school may apply for the Upper Merion Aquatic Club Senior Scholarship. Information about eligibility and criteria are posted on the Marlins website at www.marlins.uppermerionsports.org. The scholarship is awarded at the end of the year banquet.
- SAL Senior Award is a scholarship awarded to High School Seniors. Information can be found through their website at suburbanaquatic.org



UMAC Parent Volunteer Opportunities

The UMAC Marlins is a parent run organization that relies heavily on the dedicated parents who make this such a great program for our kids. In addition to working the required 3 swim meets (plus the Last Chance), each parent should consider stepping up to work on a committee, help run an event, or take on an administrative role on the team.

Administrative roles include service on the executive board, but there are many other ways to contribute as well. This is a list of some of these administrative opportunities, in no particular order, to give you an idea of the many ways the Marlins need you. Volunteers typically serve at least two years in these positions (sometimes longer, if they really like them!), so in any given year, some are open and some are not. If you are interested in one of these positions, either as a future coordinator or to help out this year, contact the coordinating board member, the board president (who knows everything), or the current incumbent (who will certainly be looking for help!).

Webmaster: This job involves keeping the Marlins website up to date and current. You need to post new information and include links when necessary. You need to have a pc, as opposed to a Mac to do this job since the program we use only runs on a pc. The ideal candidate is a person who is at a desk in front of a computer almost all the time as we often need to add updates on very short notice, such as those about pool closures and other cancellations. Having a web background is a plus, but being computer literate is a must. Upside- you always know what is going on. Time commitment- a little bit just about daily both during the season and before the season starts. Currently: Jo-Anne Levy Lamoreaux. Coordinating board member- president.

E-News Coordinator: This person is responsible for sending out all the weekly and supplemental emails that keep our organization organized. You need to solicit news from all the relevant parties on a weekly basis, write up the information that needs to be disseminated, put it all in logical order and prepare it for distribution; some coordination with the webmaster is also required, so as to ensure that key information is also posted on the website. This person must be organized and have a better grip on the calendar than anyone else on the team, and like the webmaster, must be available at almost any time to put out emails about last minute changes. Upside- always on the cutting edge. Time commitment- a couple of hours weekly throughout the season to figure out what information is needed and then solicit it, then another hour or two to write and format, plus time as needed to deal with whatever little emergencies crop up. Currently: Katherine McClelland. Coordinating board member- president.

Publicity: This person would oversee the once a year filming of the home meets by the local access station (arranging dates and lining up a "color analyst") and write periodic press releases to submit to the local papers. Upside- kids will love being in the paper. Time commitment- no more than an hour with regard to the cable channel, then about an hour for each press release you write during the season. Coordinating board member- president.

Meet Director (Boys' and Girls): These people are responsible for staffing all meets (home and away) with parent volunteers and for making sure all necessary supplies and people are on pool deck or wherever they are supposed to be. If anything goes wrong, at all, including inclement weather, it is this person's fault. If everything goes well, the

starter takes full credit. Upside- you get to know everyone on the team (but people avoid you and won't take your phone calls). Time commitment- mostly all pre-season; a couple of hours to make sure all the supplies needed or the meets are in the "black box", a couple of hours to make volunteer sign up sheets prior to the October parents' meeting, 3-4 hours to make up the worker schedule, then about an hour a week throughout the season, half to send reminder emails and half during that dreaded "last half hour before the meet", plus a couple hours total to staff the championship meets later in the season, and the big one- 5-6 hours to do the schedule for the LCM. Currently: ~~Sabrina Dwinnell~~Melissa Faw (Girls) and ~~Kristin Rokosky~~Amy Vallette (Boys). Coordinating board member- president.

Diving Coordinator: This is essentially the diving parent equivalent of meet director. This person takes responsibility for scheduling and staffing the diving meets, and generally acting as liaison between the diving team and the board. Time commitment- maybe a couple of hours each week to help Laura out with whatever comes up. Currently: ~~Open~~Mary Beth Torunian. Coordinating board member- president.

Gear: The person who does this job makes the pre-order with Toad Hollow by notifying them of what suit we will use for the year. Also, this person decides what gear will be offered each season (bags, warm-ups, sweats, etc.) and makes up the order forms, sets up order nights, places the order, and distributes everything when it comes in. Upside- you get to pick the suit, and everything else, for that matter. Time commitment- an hour in August to deal with Toad Hollow, and whatever time you chose to put in to find and design things to sell, then in September or October you'll need a couple of nights to sell gear during practice, 4-5 hours to sort through the order forms and write up the orders, then gear distribution at practices. Coordinating board member- external vice president.

Eat My Bubbles: This person tracks the time dropped meet by meet and posts it in the Marlins room in some fun and creative way so kids can watch their progress. In the past we have had a big poster that we stuck stickers to for every second dropped, or had a picture of one of those thermometer-like things with the "mercury" going up to track progress. Culminates in the planning and operation of the big EMB pizza party at the end of the season! Upside- you always know how fast everyone is going. Time commitment- whatever creative time you want to put in for the initial set up of the poster, then probably an hour or so after every meet, including all team sponsored invitationals. The planning of the party in the end of January takes about two hours total. Currently: Open. Coordinating board member- external vice president.

Bowling Night: This person books a bowling alley, creates a flyer to post on the board and a sign-up sheet, then collects the registrations and money for bowling and/or pizza. Then you order pizzas as needed and distribute them during the party. Upside- you are the king or queen of the biggest night of the season. Time commitment- two hours, plus the time you spend "working" the party. Coordinating board member- external vice president.

Parent Social: This involves designing and planning an event where Marlins parents can get together and get to know each other. All new ideas are welcome. Upside- you get to plan whatever you want. Time commitment- a couple of hours to do flyers and registration forms, plus whatever time you spend planning something and making phone calls to set it up. Coordinating board member- external vice president.

Banquet Coordinator: This involves booking the hall, updating the sign-up form, collecting forms when they are turned in, and getting a final count to the hall, as well as set up on the day of the event. Upside- you'll get a great seat at the banquet. Time commitment- an hour for booking and registration form updating, a couple of hours for reconciling all the forms when they are turned in, and about 2 hours of set up before the banquet on the day of the event. Coordinating board member- president.

Team photographer: This person takes candid shots during meets and at other team functions, solicits photos taken by other parents, and then assembles them in a digital format with music for presentation at the banquet. Upside- you're on pool deck without a stopwatch in your hand. Time commitment- time you'd be at meets and events anyway, then whatever time you spend on the slideshow. Coordinating board member- president.

Improvement Ribbons: This person places the order for improvement ribbons at the beginning of the season, and then during the season, this person gets the printout of time drops after every meet already on little stickers, and sticks them onto the ribbons and puts them alphabetically in the team file cabinet each week. Upside- you are the first to know. Time commitment- half hour to order the ribbons, then a little time after each meet to do the ribbons and get them in the cabinet, which can be done during practice. Currently: Ginamarie Hoy. Coordinating board member- external vice president.

Annual Assessment: This person creates and distributes a form soliciting input from swimmers and parents about their experience on the team, and then collects and collates the results and reports them to the board. There is a master form which may or may not require tweeking. Upside- you will hear it all! Time commitment- 2-3 hours to prepare and make copies of the form for distribution at the banquet, then 2-3 hours to collate the results and report them. Coordinating board member- internal vice president.

Nominating Committee member: The people on this committee seek and receive nominations for open board positions and prepare and present a slate of candidates to the general membership at the spring banquet for approval. Some years this job will require diplomacy and a thick skin, and other years it will require begging skills akin to those of a starving dog; every year it requires good judgment, a level head, and a genuine love for the Marlins. Upside- there is no upside; virtue is its own reward. Time commitment- whatever it takes between the LCM and the banquet in a sort of "wheels are always turning" kind of way. Coordinating board member- president.

Team Statistician: This person loves data and keeps track of all the current times for the team and the coaches using the Team Manger program. This person also handles all the entries for the LCM and may prepare reports for the kids of their times for the year. Upside- you know every kids' times on the team. Time commitment- couple of hours a week throughout the season, plus untold aggravation just prior to the LCM. Currently: ~~Jim Dunlap and~~ Tim Culbertson. Coordinating board member- president.

Lap-a-Thon Coordinator: This person advertises and solicits participants for the annual Make A Wish lap-a-thon, receives and organizes entries, solicits food and drink donations, runs the event, tallies all the money received, and sends the money to Make A Wish. Upside- there is a special place in heaven. Time commitment – several hours early in the season to coordinate with Make A Wish, choose the time and date, and make flyers and update registration forms, an hour to collate the entries, 4-5 hours soliciting

donations and volunteers, 5 hours for the event itself plus set up and clean up, and 5-6 hours to tally all the donations and transmit them to Make-A-Wish. Currently: ~~Jan Sachs and~~ Amy Czarksowski. Coordinating board member- external vice president.

Snack Bar Coordinators (Boys' and Girls'): These people run the snack bars at all our home meets so our kids don't starve on pool deck. They decide what will be sold, do all the shopping, set the prices, lug it all to every meet along with coolers and ice to keep the drinks cold, and man the table during the meet. This is a good job for people with small children who get cranky in the stands and for people with an aversion to the heat who get cranky in the stands themselves. Upside- you are the party; the snack bar is THE social spot of every meet and you will know every man, woman and child related to the team by the end of the season. Time commitment- a couple of hours the week before every home meet (3-5 home meets per year) to shop, restock and get organized, the time spent at the meet plus a couple of hours each time for set up and break down, and a couple hours at the end of the season to tally money and settle up with the treasurer. Currently: Cherie Salamy, Boys. Lorrie Bednar, Girls. Coordinating board member- external vice president.

Last Chance Meet Czar: This person is responsible for every aspect of the planning and running of the annual LCM; if you have to ask beyond that, you don't want the job. Upside- the beverage waiting for you at the end of the meet. Time commitment- big, but only from mid-December to the end of January. Currently: Missi Besz. Coordinating board member- theoretically, the internal vice president, but you get to boss that person around as well.

Invitational Coordinator: This person prepares a flyer and registration form for each of the team "sponsored" invitationals, then collects the forms and money, and passes the forms to the coach and the money to the treasurer. This person needs to keep an eye on sign-up deadlines and leave ample time for the coach to do his share. Upside- you'll always know who is going where. Time commitment- about an hour and a half per invitational, 5 or 6 throughout the season, with a somewhat longer time needed to coordinate the LCM registrations for the Marlins who are swimming (only our team). Currently: ~~OPEN~~ Lida Bonner. Coordinating board member- president.

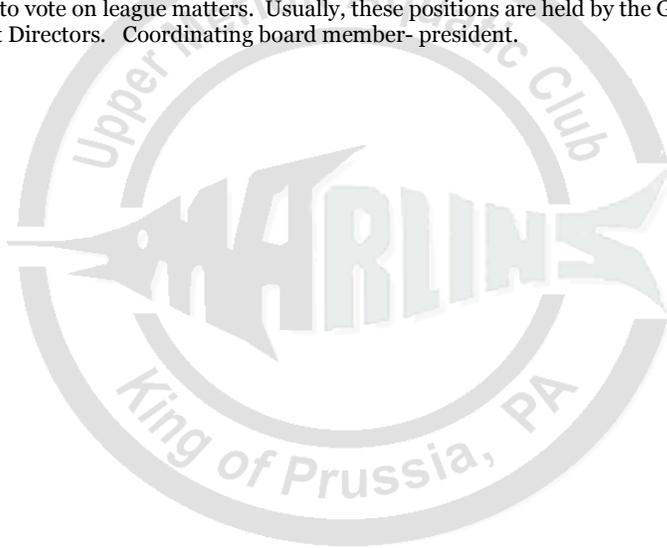
Upper Merion Fair Coordinator: Every September the Marlins have a table at the Upper Merion Community Fair to sing the Marlins' praises. This person would sign us up for the fair, arrange to have Petrucci's come with us, recruit volunteers (board members are like fish in a barrel), and then set up and attend the event. Upside- water ice and social opportunities. Time commitment- less than an hour to make the arrangements, and coordinate props and volunteers, then whatever time you decide to man the table, usually 4-5 hours. Coordinating board member- external vice president.

Auditor: The bylaws require a financial audit of our books every other year. We'd love to get this done for free if anyone is willing. Obviously, whoever does this job has to be otherwise independent from the board. Someone who is an accountant would be ideal, but that isn't really necessary; this job just requires a review and comparison of the board minutes and the check register. Coordinating board member- president.

Mini-Meet Coordinator: This person would work with our wonderful Coach Tim to help schedule and run mini-meets for the Minnows program. Warning: this person might also get roped into helping get pizza for the end of the year Minnows party! Upside-

those little kids are so cute! Time commitment- 3-4 hours all told throughout the season with planning and phone calls or emails. Coordinating board member- president.

Team Rep (Boys' and Girls'): These people attend the Suburban Aquatic League meetings 3 times a year and act generally as a liaison between the team and the league. This person's name and contact information goes on the league website as the person other teams can call if they need information or have a comment. Upside- you get to know the inner workings of the inner sanctum. Time commitment- About 3 to 3 and a half hours three times a year, plus whatever time you spend liaisoning, i.e., figuring out how to vote on league matters. Usually, these positions are held by the Girls and Boys Meet Directors. Coordinating board member- president.



UMAC
PO Box 60280
King of Prussia, PA 19406

Dear Parent/Guardian:

Photos, videotape footage and personal interviews with Upper Merion Aquatic Club members may be used as part of the Club's publicity efforts, including but not limited to: publications, newsprint, TV and website.

If you do **not** want photos, videotape footage or interviews featuring your child used for such purposes, please complete the form below. Be advised that signing this form prevents the intentional use of your child's photo or videotape footage. In situations in which large groups of children are participating, it is impossible not to photograph or video tape certain students and, therefore, we cannot prevent the use of photos or videotape footage that unintentionally includes your child.

This form must be filled out to refuse publicity for your child/children.

Please return this form, via mail to: UMAC, PO Box 60280, King of Prussia, PA 19406

_____ I do not want photographs or videotape footage of my children intentionally used for the purposes including but not limited to: publications, newsprint, TV and website.

Child's Name:

Child's Name:

Child's Name:

Child's Name:

Parent/Guardian Signature: _____ Date: _____