



2021-2022 Handbook

"Today is only one day in all the days that will ever be. But what will happen in all the other days that ever come can depend on what you do today."

Ernest Hemingway

This Year Marks the 25th Year of BAAC Swimming!



Welcome!

This year, we will begin entering a COVID recovery phase. Things will start to return to normal, but there will be pieces that will not be as normal as we like. We will begin to transition Penguin and Rockhopper into training models more like before with up to three swimmers per lane at each end of the pool. For other groups we will continue to employ the 3-5 person per lane models we used last year until all swimmers have a chance to be vaccinated if they choose and have had an opportunity to get the process complete.

MD Swimming is not back to having a normal meet schedule so it will be on us to find our and in some cases host our own meets. We will be collaborating with other teams to attend meets at their facilities as well as host. When we host we will be responsible for providing all volunteers so it will be expected that all families will volunteer in BAAC hosted meets.

Since we are employing new training models we were able to return to offering more practices for some groups in some cases lower pricing in some cases or keep it similar but offer more contact time.

Coach Chris

Christopher Bley
BAAC Acting Head Coach
<http://www.swimbaac.com>
chris@swimbaac.com
Bel Air Athletic Club
658 Boulton Street
Bel Air, MD 21014



Registration Check List

1. Group Placement

New Swimmers 12 & Under-

Contact Coach Jessi

Jessi@swimbaac.com

New Swimmers 13 & Over as well as Transfers from other USA Swimming teams-

Contact Coach Chris:

Chris@swimbaac.com

2. Go to: <http://swimbaac.com>

Click on the "Register" button and fill out information **Please**

note: 

This is the first step in the registration process. The majority of the information collected at this time is required by USA Swimming and provides a roster of the team. Please be sure to fully fill out your information including ethnicity as this helps USA Swimming to plan for special opportunities for diverse groups!

All parents must complete the process in Step 3.

3. Fill Out Registration Forms at Bel Air Athletic Club

You will receive an email starting August 1, 2021 stating your registration form is ready to fill out at the front desk. This is when you make payment of the registration fee and first month's training fees. Please take care of this as soon as possible after receiving email notification. Included in that email will be a checklist of other items that need to be completed and returned BEFORE your child returns to the water.

Please be sure we have an email address you check regularly in our database (step #2).

***Swimmers new to USA Swimming will need to bring a copy of their birth certificate.



Swim Team

2020-21 BAAC Fall/Winter Schedule & Swim Team Structure		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Penguin	Highest level of training with goals of state championships to nationals as well as college swimming. The highest level of commitment is necessary for success in this group.	4:00pm to 5:30pm	4:00pm to 5:30pm	4:00pm to 5:30pm	4:00pm to 5:30pm
Rockhopper	For swimmers 13 and older who desire an atmosphere in which to elevate their swimming skills and fitness. Goals for group are varied: college swim, social, fitness, transition to Penguin.	7:15pm to 8:45pm	7:15pm to 8:45pm	6:45pm to 8:15pm	7:15pm to 8:45pm	Off	5:00pm to 7:30pm Includes dryland
Puffin Chinstrap	Advanced and committed age group level swimmers develop higher levels of endurance capacity and stroke/skill refinement in preparation for higher level swimming.	5:15pm to 6:45pm	5:15pm to 6:45pm	Off	5:15pm to 6:45pm	7:30pm to 8:45pm	A weekend day will be added in January
Auk	Entry level for swim team in which swimmers refine and develop the 4 competitive strokes & skills needed for competitive swimming. Swimmers learn to develop proper training habits while being introduced to training sets and test sets.	6:30pm to 7:30pm	6:30pm to 7:30pm	Off	6:30pm to 7:30pm	6:45pm to 7:45pm	Off
Murres	Fundamentals of competitive swimming.	Off	Off	5:15pm to 6:15pm	Off	5:15pm to 6:15pm	Off
Clinic 2	Advanced fundamentals of competitive Swimming.	Off	Off	6:00pm to 7:00pm	Off	6:00pm to 7:00pm	Off

Schedule subject to change based upon pool availability, club schedule changes, Swim Meets, etc. We appreciate your flexibility!

Schedule will change when both pools are open and available: typically April to September. We have a different schedule when Harford county school is out on winter break and for the summer. The most up to date schedule is posted on our web site: <http://swimbaac.com>



Swim Team

Group Fee Structure 2021-2022 (The registration fees are annual)

Group	Member Monthly Training Fees	Non-Member Monthly Training Fees	Registration Fee
Penguin	\$180	TBD	\$120.00
Rockhopper 1	\$160	TBD	\$120.00
Puffin/Chinstrap	\$140	TBD	\$120.00
Auk	\$120	TBD	\$120.00
Murres	\$90	TBD	\$40.00
Gentoo	\$90	TBD	\$40.00

Registration Fee Covers

- USA/MD Swimming Membership [Murres & Gentoo swimmers do FLEX membership: up to 2 meets than must upgrade]
- Cap and Team Shirt

Extra BAAC caps are available for \$10.00 each plus tax (pay at front desk and show coach receipt).



Parents: You are a part of BAACPO (BAAC Parents Organization/Booster Club)

Parents are automatically part of BAACPO when you sign your child up for our team. Look for an email from BAACPO indicating this year's fund raising activities. This fund raising helps to provide for social events and equipment needed to run an outstanding competitive program!

Withdrawal from Team

If a swimmer withdraws from the team during the year, the Bel Air Athletic Club requires 30-day written notice prior to the next billing cycle. For example if a 30-day written notice is received January 25th, the family will be responsible for February's payment—nothing after. If notice is received February 3rd, the family will be responsible for February and March installments. To give this notice you will contact Maria Lorenzo at the front desk.



Group Placement 2021-2022^[SEP]

Swimmers are placed into groups by the coaching staff according to many factors including, but not limited to:

age/peer/grade/maturity

skills

focus

ability to adapt to recommended stroke & skill corrections

capacity to **listen**

training level

ability to train and progress within the group structure

leadership

commitment level

attendance

timeliness arriving at practice and meets

team spirit

level of ability and willingness to work with team-mates in group to make each other better

Group moves, or “move-ups” may take place several times a year or as needed. Typically, group moves occur in the spring after short course season (March/April), at the end of long course season (August) for the the fall & occasionally in December for winter holiday training.^[SEP]

By registering your child for our swim team, you accept the requisite family commitment and agree to the following:

The BAAC Swim Team may host swim meets this year!

Each swim family is expected to volunteer to work 2 sessions of each swim meet (or if unavailable for a particular meet, contributing in another manner such as donations to hospitality); as well as, additional hours throughout the year to time at various swim meets we attend but do not host. These meets are important swimming opportunities for our swimmers and our BAAC hosted meets are big fund raisers!

Parent Pledge!

Upon registration of my child(ren) for the BAAC Swim Team program, I understand I take on a responsibility as a parent to do my part in nurturing a positive and productive competitive team culture with my swimmer(s), the coaches and other team families. I agree, while our family is a member of the BAAC Swim Team, that we will abide by the following Code of Ethics and to immediately communicate to my swimmer's coach, any concerns regarding my swimmer(s).



Parent Code of Ethics

As a swim parent,

- I (we) shall not impose my ambitions on my child.
- I (we) will be patient, realizing that all swimmers develop at different paces.
- I (we) shall provide positive support to my child and team no matter what.
- I (we) shall support my child's responsibility to the team including attending practices, meets and team functions and will relate and exemplify to my child the importance of being on time.
- I (we) shall encourage good sportsmanship by modeling the same to all swimmers, coaches and officials. I (we) shall communicate directly with my child's coach with any comments/concerns (or praise & compliments!).
- I (we) shall support the decisions of the coaches, even if I have a different agenda.
- ***I (we) shall not coach my child (outside of a method agreed upon and in concert with their coach as needed), no matter how difficult it may be. I understand coaching my child, particularly when in conflict with their BAAC coaches instruction, will cause undue stress and anxiety for my child.***
- I (we) shall only have **positive** things to say at a competition.
- I (we) understand that for an age group swimmer (pre-college), meets are a chance to both learn and have fun and for the coaches to observe how training should proceed.
- I (we) shall acknowledge my child's fears.
- I (we) shall not criticize the officials at meets (they are swim parents too!).
- I (we) shall respect the knowledge and guidance of my child's coach.
- I (we) shall be loyal and supportive of our team.
- My (our) child shall have goals besides winning events.
- I (we) shall not expect my child to become an Olympian.

BAAC Parent Mantra: "I Love to Watch You Swim"