



UPPER ARLINGTON SWIM CLUB

NEW PARENT ORIENTATION

Welcome to The Upper Arlington Swim Club

Congratulations! You are now officially part of The Upper Arlington Swim Club (UASC), having made it through sign-up registration and evaluation day. UASC is a community competitive swim club consisting of over 200 swimmers and their families, most residing in Upper Arlington, Ohio. The Club's swimmers range in age from 5 to 19 and in ability from pre-competitive swimmers to swimmers who have achieved National Championship time standards.

UASC is a non-profit organization supported entirely through member fees, charitable contributions, donated goods, and services and income from Club sponsored swimming meets and sales. The club is managed by a staff of professional swimming coaches and governed by an elected Board of Directors. The Board consists of the head coach and ten to twelve Directors.

Who are the Coaches?

The Upper Arlington Swim Club's age group swimming coaching staff is led by Todd Saltus, head coach. The coaching staff supervises all competitive swim programs and has complete authority over all matters involving training and competition.

Assistant Age Group Coaches: Todd Saltus, Erin Reetz, JJ Spangler, Lauren Wallace, Barb Smith, Abby Chin, Missy Lankard, Betsy Trace, and Beth Long.

Senior Men's and Women's Coaches: Mike de Bear and Dan Peterkoski

The programs offered are:

1. **UA Swim America** - We emphasize the proper techniques of swimming, giving special attention to correct breathing, body position, and good swimming strokes. Our program teaches all four competitive strokes and the starts and turns. It is excellent preparation for swimmers who would like to join the swim team.
2. **Bear Cubs** – Beginning competitive swimmers typically in grade 3 and younger. Practices emphasize basic competitive strokes, starts, turns, and familiarization with competition and fun water activities. Regular attendance at practice and participation in home meets and mini meets for younger swimmers is encouraged. Four practices per week.
3. **Bears** – Emerging competitive swimmers typically in grades 3 – 4. Practices emphasize intermediate competitive stroke techniques. Regular attendance at practice and participation in local meets is strongly encouraged. Five practices per week.
4. **Brown Bears** – Intermediate competitive swimmers typically in grades 4-6. Practices emphasize advanced competitive stroke techniques and conditioning for competition. Regular attendance at practice and participation at local and championship swim meets expected. Six practices per week.
5. **Black Bears** – Committed competitive swimmers typically in middle school. Practices emphasize advanced competitive stroke techniques, rigorous physical conditioning and competitive training and racing strategies. Regular attendance at practice and participation at major meets required. Six practices per week.

6. **Golden Bears** – Swimmers on the Upper Arlington High School Men and Women’s teams. Practices stress advanced conditioning, technique refinement and preparation for high school and collegiate championship competition. Dedication, commitment and consistent attendance at training sessions as well as participation in meets required. Approximately ten practices per week.

Practice Schedule:

Please note that start times are when swimmers will enter the water. Please try to get swimmers there 15 minutes early for stretching. Practice begins in late September or early October, dependent on the calendar.

- Black Bear Practice Monday - Thursday is held at Aquatic Adventures
- Saturday Brown & Black Bear practice is held at Aquatic Adventures

Practice Group	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bear Cub	5:00-6:00			7:00-8:00		7:00-8:00	11:00-noon
Bear	6:00-7:00	7:00-8:00	7:00-8:00		7:00-8:00	7:00-8:00	
Brown Bear		8:00-9:15	8:00-9:15	8:00-9:15	8:00-9:15	8:00-9:15	9:00-10:30
Black Bear		5:30-7:30	5:30-7:30	5:30-7:30	5:30-7:30	8:00-9:15	9:00-11:00

Practices highlighted in yellow are held at Aquatic Adventures.

All other practices will be at Upper Arlington High School. Saturday’s Brown and Black Bear Practices begin at 9 AM. All other practice times are PM. Please note that practices and practice times are subject to change so make sure to check your email and the website often for practice changes.

Practice will be cancelled if school is closed due to inclement weather.

Please do not talk with coaches while they are coaching. The coaches are more than happy to talk with you before or after practice.

UASC programs are designed to develop competitive swimmers physically and emotionally. With younger swimmers, emphasis is placed on developing proper swimming technique and love for the sport. In later years, more demanding physical and psychological challenges are slowly introduced to the swimmers program. At every level, training and competitive goals are tailored to the needs and abilities of the individual swimmer, allowing each swimmer to develop at his/her own pace.

What is the “short course” season and where does the team practice?

The indoor or “short-course” season in which swimmers compete in 25 yard pools lasts from fall to early spring. Most UASC swimmers train at the Upper Arlington High School Natatorium, whereas the Black Bears practice is primarily at the Aquatic Adventures facility in Hilliard.

What equipment does my swimmer need?

Swimmers need a racing suit, towel, goggles, a bag in which to carry everything and perhaps a cap. When swimmers begin competing, they will need a team suit, team cap and bag. All swimmers are expected to wear a UASC team cap during competition to increase team spirit and visibility. It is a good idea to have more than one cap and pair of goggles – these items break or mysteriously disappear. It’s a good idea to label all equipment with a permanent marker.

What if my swimmer decides he/she does not want to swim?

No refund will be given for a swimmer who drops out with the following exceptions: health, academics, or family relocation reasons. The only exception to this policy is for first time swimmers who drop out during the short-course season. These swimmers will receive a full refund by November 1 minus any fees incurred by the swimmer, a prorated refund by December 1 and no refunds after that date. All requests for refunds must be in writing and directed to the Board of Directors in care of the Registrar. The date of the written request triggers the calculation of the refund amount.

Who is responsible for entering my swimmer in a meet?

The request to participate in a meet is made by the parent electronically and can be found in the section titled Electronic Meet Entry Form. The form is in the secure password protected section of the UASC web site - www.uasc.org. The UASC coaching staff then selects which events your child will participate in based on their ability level. The coaches form all relays at the beginning of the meet.

UASC Hosted Home Meets:

- **Golden Bear Invitational** – typically, the first weekend in November
- **Triple Crown Invitational** – typically around the first weekend in January
- **Central Ohio Regional Championship** – typically, the middle of February

What are my work obligations as a parent?

UASC prides itself in offering the best-organized meets in Central Ohio! This is possible only through the cooperation, dedication and hard work of UASC parents and swimmers. The Club hosts three home meets during the short-course season.

Under the rules of membership, every UASC family is required to work at and/or contribute concession food items to each home meet, regardless of whether their swimmers compete in the meet.

The number of sessions that a family must work and the number of food items that it must contribute is determined by the UASC Meet Coordinators. This is determined prior to each meet and generally depends on the training group of the family's oldest swimmer.

Families of pre-competitive swimmers are exempt from work and food duties. Siblings not competing or other surrogates may fulfill family work obligations if they are at least 14 years old. A family that does not completely fulfill its work and food obligations is subject to a fine of \$100 per unfilled session.

Please remember that **we need you** to make our meets successful.

Helpful hints for parents at their first swim meet:

Before you leave checklist:

- Bring swim cap & goggles (and an extra pair of both if you can) Towels to keep your swimmer dry and warm
- Cash for a meet program/heat sheet and concessions
- Snacks for your swimmer (meets can run for a long time)
- Plenty of fluids to drink natatoriums are hot and athletes need to stay hydrated.
- A "Sharpie" marker to write your swimmers events on his/he hand/forearm so he/she knows when to report to the "Bullpen" (more on this below)

At the Meet:

You and your swimmer will need to know the following information provided in the Meet Program/Heat

Sheet:

- Event (i.e. Event #101)
- Heat (i.e. Heat #2)
- Lane (i.e. Lane #3)

Most swimmers write their events on their hands or forearms with “Sharpie” markers for their reference (see below).

You get this information from the “Meet program” or “Heat Sheet”. You can check the UASC web site to find out what events your child is participating in prior to the meet – this is called the “Meet Psych Sheet”.

Your child may also participate in a “Team Relay”. You will not know this until the coaches select relay participants on deck the day of the meet (be sure to ask your swimmer after warm-ups, if the coach asked them to be in a relay).

Your Swimmers Events:

Here is a sample of how to write your swimmers race information on their hand/forearm (E=Event, H=Heat, L=Lane):

Event	Stroke	H	L
#101	50 Free	3	4
#201	25 BR	4	1
#301	25 FL	3	2
#401	25 BK	5	6

Be aware of the swim meet’s current event and heat, so you can help your swimmer get to the Bullpen when their event is posted, or announced.

The Bullpen:

The bullpen is simply an area where swimmers are seated in heat order, for the event they are swimming. This helps the meet organizers get swimmers to the blocks in an organized and timely manner. If you are in EVENT 5, you should start listening/looking for Bullpen seating during EVENT 3 and definitely by EVENT 4.

Final Notes:

Be encouraging and supportive! First time swimmers only need to focus on THEIR heat race! They only need to look at how they did against 5 other swimmers. This should help to calm and relax nerves. Encourage your swimmer to focus on small successes! (i.e. getting an event time, having a fast 25 yards, having a fast 50 yards, finishing a 100-yard event, not getting disqualified (DQ’d), swimming faster than their previous swim time, finishing first in their heat, having FUN!)

Remind your swimmer that is important to talk to their coaches after every event! No matter how they perform in their race. This helps them understand the outcome of each race and coaches will help them focus on their next race. This exercise helps the swimmers know their coaches and for coaches to better know their swimmers.

After several meets, this will all become habit for you and your swimmer. Relax, don’t panic, ask any parent at a swim meet a question and they can help answer it for you! Have fun & wear cool clothing, crowded natatoriums get HOT! Most importantly...enjoy your first swim meet!

What if I have more questions about the UASC?

Please check the Club’s website at www.uasc.org for additional information or contact Erin Reetz, Registrar via email at: [Erin Reetz](mailto:Erin.Reetz@uasc.org).

Club Communications

Folder Bins: Every swim family has a file folder at the High School Natatorium. This folder will contain swimmer awards and other miscellaneous information and should be checked weekly.

Email Blasts: Email blasts are sent when time critical information needs to be sent to one or multiple practice groups.

Websites:

www.uasc.org (Upper Arlington Swim Club)
www.usaswimming.org (United States Swimming)
www.swimohio.com (Ohio Swimming, Inc.)

Other Information: Bulletin Board at the High School Natatorium