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Important Info - MUST READ

All information in this handbook is important and pertinent to our team functioning properly. Please pay special attention to the following excerpts from throughout this handbook. For more Information on each topic, go to the page number provided.

- Page 3 Every parent is urged to attend any parent meetings held throughout the year.
- Page 4 We want to prepare our swimmers to move from our club into a successful college career.
- Page 6 The main characteristics of an athlete with the privilege of being a part of the Gold Group: Recognize the position of being an active role model for the entire team; Have and maintain a positive attitude toward training and racing; Be prepared to train at the highest level possible on a daily basis; Be on time to practice and in the water when told.
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- Page 13 Please be ready on deck at a meet 15 minutes before warm up to stretch as a team.

Introduction

The Clinton Swim Club is a competitive age group swim team affiliated with USA Swimming. We currently have 4 levels on our competitive team, as well as a 2 level pre-competitive program. Training groups are based on ability, commitment, and coaches discretion.

The team policies and group requirements can be found within this handbook. All swimmers who are registered with the Clinton Swim Club and all parents of those swimmers are considered members of the club. All members are responsible for knowing and following the policies of the Clinton Swim Club.

Mission Statement

The Clinton Swim Club is a competitive swim program supported by volunteers with the purpose and commitment to promote the sport of swimming, to encourage health and fitness, and to produce athletes who are a credit to their sport and community. The Clinton Swim Club is committed to: Building a team of members who share our vision, providing swimmers with quality coaching, create and maintain an enjoyable and productive swimming environment, recognize each individual and value their role in the success of our organization, encourage positive attitudes and respect, teach and develop life skills through our swimming program, and to provide swimmers the opportunity to grow and succeed to their highest level (whether that be JO's or the Olympics).

Welcome to the Clinton Swim Club. We look forward to and appreciate your participation with the team.

As a member of the Clinton Swim Club, you represent our teams' standards and ideals. These are a few things to keep in mind; Be a proud member of the Clinton Swim Club; Promote and support your team; Please do not make any negative comments about team members, coaches or the team. Based on our expectations, we understand that this may not be the best choice of teams for all swimmers, if this is the case, please discuss it with the coach. We want to spend the limited time we have training the swimmers who want to be a part of this team.

Coaches do the coaching. The coaches' responsibility is to help swimmers pick their events, designate meets, run practices and supervise in general all of the "competitive career" features of the swimmer's routine. Parents, please do not ask our coaches to work with your child if you intend at some point to start deciding which meets the swimmer will attend, or what events s/he will enter, or what warm ups they will do, or what events they will scratch. Please do not try and coach your child from the bleachers during practice or meets, it is a distraction to coaches and other swimmers. Talk to us if you are in doubt about what this covers.

Every parent is urged to attend any parent meetings held throughout the year. In order for this club to run successfully, we need all members to be informed and up to date with pertinent information.

Practice Information

Training Philosophy

Our philosophy is important to understand, our main objective is to provide a healthy, goal driven program that will help any committed athlete reach their full potential. With that said, we are a developmental program, we wish to develop our swimmers in a way that will allow them to progress throughout their swimming career, which will hopefully last a lifetime.

We want to prepare our swimmers to move from our club into a successful college career.

It is not our intention to turn 10 and under swimmers into world class athletes at 10 years of age, although we would like them to start learning the anthems that someday create a world class athlete. We do not specialize in limited events. The training and progression through our team will be based on being able to compete in the distance events of each stroke for given age groups. At our highest level we will focus on training for the 400 IM and 1650 freestyle, which will provide the base to compete in any events.

Practice Groups

The following is a general description of our team structure. These guidelines are always subject to change from season to season. All group placements are ultimately at the discretion of the Head Coach, regardless of swimmers ability

Red and White (Little Cudas)

For swimmers not ready for the Blue group. We have 2 progressive levels leading up to the Blue group. Swimmers must be evaluated to gain entry into a group. Spots in each group are limited and will be offered on a first come first serve basis. Minimum requirement are swimmer must be able to swim 25 yards in any manner. There are private lessons available for those who need more attention before entering red or white groups.

There are 3 x 5 week sessions offered in the Fall season. Each class is 2 days/week for 45 minutes. The current options are T/TH 630-715, 715-8. or W 630-715, 715-8 and SAT 1215-1, 1-145. The Schedule depends on the season as to what options are offered.

Times and days subject to change depending on enrollment.

*****View Information for Pre-Competitive Group that follows group descriptions***

Blue Group

The main characteristics of the Blue group:

1. Focus on skill development , technique in strokes, starts, and turns
2. speed is not a focus

The practice schedule for the Blue group:

Winter season: M, W, F 630-8

Summer season: M, W, F 6-730

The attendance requirements for the Blue group:

All available is recommended - minimum 2/week expected

Less than expected could prevent moving up in future

Performance standard: 50 yards of free and back, proficient free and back kick, forward dive, rhythmic breathing, general understanding of breaststroke pull and kick, understanding of fly kick, listening skills

Bronze Group

The main characteristics of the Bronze group:

1. Focus on skill development and endurance (technique first-speed later)
2. Basic interval training/aerobic conditioning
3. compete in 'long' events for age group

The practice schedule for the Bronze group:

Winter season: M, TU, TH, F 615-8

Summer season: M, TU, TH, F 6-745

The attendance requirements for the Bronze group:

All available is recommended - minimum 2/week(10&U), 3/wk(11&O) expected

Less than expected could prevent moving up in future

Performance standard: meet expectations on test sets

Should attend scheduled Bronze group meets

Silver Group

The main characteristics of and needed for the Silver group:

1. Prepare younger swimmers to handle and enter Gold group.
2. Ready to make greater commitment and handle heavier practice load
3. Train to compete in all events
4. Positive attitude and willingness to work hard
5. Silver group is also for older swimmers unable to make the Gold group commitment

The practice schedule for the Silver group:

Winter season: M- F 6-8,

Summer season: M- F 6-8

The attendance requirements for Silver group:

All available is recommended - minimum of 4/week is expected

Less than expected could prevent moving up in future

Performance standard: meet expectations on test sets

Should attend scheduled Silver group meets

Gold Group

The main characteristics of an athlete with the privilege of being a part of the Gold group:

1. Recognize the position of being an active role model for the entire team
2. Have and maintain a positive attitude toward training and racing
3. Be prepared to train at the highest level possible on a daily basis
4. Be on time to practice and in the water when told

The practice schedule for the Gold group:

Winter season: M-F 6-830, Sat 12-2; AM practices available

Summer season: M-F 6-830, Sat TBD, AM practices 530-730

The attendance requirements for Gold group:

Gold group swimmers must have a minimum of 6 practices a week to stay in group (8 in summer). Should attend all practices on any school breaks

Swimming should be athletes primary sport, if doing another high school sport, you should be at a minimum of 2 practices/week.

H.S. swim season –minimum 1 practice/week, anytime they have no practice, will be at our practice

Meets- Will attend designated team meets for Gold Group which will include all of our hosted meets, and higher level USA meets that they may qualify for

Performance standard: Meet expectations on test sets

Participation in the Gold Group must be discussed between athlete, parent and coach.

****Information for Pre-Competitive Group (Red and White)**

Red and White group parents are not obligated to participate in fundraising or to work at swim meets.. Help is always welcome, please speak with a board member if you are interested in helping out in any way.

The objectives of the 2 levels of classes that we offer are to prepare less experienced swimmers to become successful competitive swimmers. There are certain skills that are proven to be key in successful swimmers, such as balance and feel for the water, seeing your child work on these skills may lead you to think they are not learning to “swim” quickly enough. We can assure you that it is our goal to have as big and as successful a team as possible. It is not our intention to teach survival swimming, each level is set up to prepare a swimmer with the necessary skills to succeed at the next level. Please keep in mind that all athletes develop at different rates, both physically and mentally. This is not something that should be rushed in young swimmers.

Keep in mind that we are at the mercy of Hamilton College and the pool. During the College swim season, we may not be able to get in on time. If this becomes an issue, we will do our best to make the time up.

It is your responsibility to know our team policies and procedures outlined throughout this handbook.

Practice Attendance

1. We expect swimmers to be on time and prepared for practice (have all equipment and water bottle with you on deck everyday).
2. If you are late for some reason, please do not interrupt or distract the group from what they are doing.
3. Swimmers should plan to stay for the entire practice, there are often important things to do or hear at the end of practice, not to mention the distraction it causes.
4. Swimmers who are not meeting the recommended attendance will meet with the coach to discuss the problem. Group re-assignment may be necessary.
5. If a swimmer will miss an extended period due to illness or trip, etc, you should let the coach know the details.

Practice Schedule

Our practice schedule is fairly consistent throughout the season, practice schedules during school breaks will be made available. We are at the mercy of the pool and Hamilton College, if there is a sudden practice cancellation you will be notified as soon as possible, occasionally we do not get a whole lot of notice, we do our best.

Practice Behavior

1. Swimmers should work with and support their teammates at practice at all times, we rely on each other to achieve team and individual goals.
2. Stretching and Dryland are part of our program and must be done properly (as an athlete), with a goal of improving strength and flexibility. Stretching will also hopefully help prevent injury.
3. We do not want to tell swimmers more than once to get in the water, that means get in promptly.
4. Be courteous to teammates and coaches.
5. Be responsible for your own training habits, be aware of what is going on, intervals, number of repeats, etc.
6. Do not cheat in practice; skipping parts of sets, pulling on lane lines, etc. is not acceptable.
7. We prefer that if you wear a cap in practice, it is a Clinton Swim Club cap. Please see Jackie McAllister if you need one. The cost is \$4.00 per cap.
8. Swimmers may only leave practice (bathroom, etc.) with a coaches permission.
9. Parents, our practices are open for you to view, please do not try to interact with your child or the coaches during practice (meet with coaches after or outside of practice), if this becomes a problem we will have to close our practices to parents.

Facility Rules

We are guests at Hamilton College, in order to remain in good standing; we need to abide by their requests. We are required to park in the lower parking lot (by tennis courts). Do not park or drop your children off behind the pool by the football field! We are not allowed to be anywhere in the building (besides the pool), the facilities such as the track and fitness center are not for our use. When Hamilton College is not in session, we will have to use the red door by the diving well to enter and exit the pool.

Disciplinary Action

Disregarding our rules and regulations will lead to the following (3 strikes):

1. Discussion and warning (contact parent)
2. Sitting out of practice(s)
3. Possible expulsion from our team

Our rules and regulations are subject to coach and board translation, the board reserves the right to discipline/remove anyone from our team for any actions that are deemed harmful to the organization and its members, regardless of whether they are specifically noted in this handbook.

Parents Role in the Clinton Swim Club

Parent Guidelines

The best way to help your child achieve goals and reduce the natural fear of failure is through positive reinforcement. No one likes to make a mistake. If your child does make one, remember that this is a learning experience. You and your child should learn to treat success and failure as learning experiences and not life changing situations. Encourage your child's efforts and point out the positive things. The coach is the one you have assigned to judge a swimmer's performance and technique. Your role is to provide love and support regardless of outcome.

Parents should understand that individuals progress at different rates and to different levels of achievement. There will be times of accelerated improvement and there will be plateaus, where an athlete will go through (sometimes long) stretches without improvement.

Parents' attitudes and models often dictate those of their children. A child might not be consciously aware of what is taking place while subconsciously absorbing powerful messages about their parents' desires. For example, be enthusiastic about taking your child to practices and meets, fund-raising projects, meetings, etc. Don't look at these functions as chores.

Remember, particularly in the case of younger swimmers, that attitude and behavior of the parents in regard to their outlook on the sport has an important effect on the child. In swimming, as in life, nobody can "win" or succeed all the time. There will always be some disappointment. Every youngster can gain from this experience whether or not he/she ever wins a single race. The important thing is to keep on striving to do better next time. The secret is not only to produce great swimmers but also, rather, produce great young people who swim.

Please DO NOT bribe/reward your swimmer monetarily or materially for time improvements, a dollar may be easy motivation at 10, at 18 what are you going to do, offer up a Porsche?

Parent and Coach...The Other Stuff (Reprinted from USA Swimming website) By Tom Slear, *Splash Magazine*

Coaching is about more than athletes, practices, and competition. As Mike Krzyzewski, Duke's hugely successful basketball coach said, it's also about "the other stuff." For coaches of club teams, that means parents.

"All that craziness," is how Monica Teuscher describes the rituals of other parents who nervously follow their children's swimming development. Teuscher, mother of Cristina, a 1996 and 2000 Olympian, never owned a stopwatch and rarely bought a meet program. She didn't track her daughter's times, yell during her races, or seek out her coach after practices for private chats. During swim meets, she went off by herself to read or knit, only to be amused when other parents gave her a rundown on Cristina's swims, complete with split times.

"I thought it was important that I was there, but for support, not for coaching or to add pressure," Teuscher explains. "My job was to take my daughters (older daughter Carolina also swam) out for a good meal after they raced. The last thing we talked about was swimming."

Most coaches would agree that the best team to coach is one filled with parents such as Teuscher, who recognize the line between parenting and coaching and avoid it as if it were radioactive. They somehow manage to counterbalance their staunch support with a refreshing cluelessness. Years ago Debbie Phelps, mother of Michael, the world record-holder in the 200-meter butterfly, relocated the family so that her children would be closer to North Baltimore Aquatic Club's practice facility. Yet when asked about Michael's world record time, she can do no better than to say, "I'm not sure - 1:50 something?" (Actually, 1:54.58)

"The swimmers I've had who have had the most success were unencumbered by parents calling the shots behind the scenes," says John Collins, who has coached Olympians Rick Carey and Lea Loveless as well as Cristina Teuscher at the Badger Swim Club in Larchmont, N.Y. "These parents are very good about backing up their kids, but they are hands off when it comes to swimming business."

10 Commandments for Swimming Parents

by Rose Snyder, Reprinted from USA Swimming Parent Handbook

I. Thou shalt not impose thy ambitions on thy child.

Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push him based on what you think he should be doing. The nice thing about swimming is every person can strive to do his personal best and benefit from the process of competitive swimming.

II. Thou shalt be supportive no matter what.

There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

III. Thou shalt not coach thy child.

You are involved in one of the few youth sports programs that offers professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. Never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

IV. Thou shalt only have positive things to say at a swimming meet.

You should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Remember "yelling at" is not the same as "cheering for".

V. Thou shalt acknowledge thy child's fears.

New experiences can be stressful situations. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event or meet if your child was not ready. Remember your job is to love and support your child through all of the swimming experience.

VI. Thou shalt not criticize the officials.

Please don't criticize those who are doing the best they can in purely voluntary positions.

VII. Honor thy child's coach.

The bond between coach and swimmer is special. It contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child.

VIII. Thou shalt be loyal and supportive of thy team

It is not wise for parents to take swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team find that it can be a difficult emotional experience. Often swimmers who do switch teams don't do better than they did before they sought the bluer water.

IX. Thy child shalt have goals besides winning.

Most successful swimmers have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

X. Thou shalt not expect thy child to become an Olympian.

There are 250,000 athletes in USA Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%.

Working at Meets

Currently we host 2 long course meets in the summer at Colgate University. This is our major fund raiser so all families MUST work. We are also looking to host a one day meet in the fall/winter session. Mandatory requirements are as follows:

For a 1 day meet – You are required to work 1 session.

For a 2 day meet – You are required to work 2 sessions.

For a 3 day meet with finals – You are required to work 3 sessions.

If you choose not to fulfill your requirements you will be assessed a \$250.00 fee and any swimmers in your family will not be allowed to get back in the water until this fee is paid. This fee is in addition to and separate from the \$250.00 fund raising obligation set forth below. Sometimes we understand family obligations interfere with certain dates. It is still your responsibility to find out the dates of the meets which are usually posted many months ahead of time and plan accordingly.

For meets during the fall/winter season, all Families are asked to help time at these meets if the Clinton Cuda Team is assigned to do so. We will have a sign up sheet with timing slots for each session.

Fundraising Obligations

Each family is required to participate in team fundraising events, which will be held throughout the year.

At a minimum, each Family will be required to raise \$200.00, **and** at least \$50 in advertisements for the summer programs (the “Threshold Fundraising Amount” which is in addition to any registration or other fees that may be due to the Team) Only one Threshold Fundraising Amount is required from each Family, regardless of the number of swimmers in that Family. The Threshold Fundraising Amount will be due and payable on March 1, 2007, and any Family that has not met its Threshold Fundraising Amount in full on or before that date will be required to reimburse the Team by making up the difference between the total amount raised and the Threshold Fundraising Amount. The Team reserves the right to prohibit Swimmers from registering for (or to scratch Swimmers from) the Spring Championships, if the Threshold Fundraising Amount is not timely met.

Any family that exceeds the Threshold Fundraising Amount will receive a credit toward Spring Registration. This credit will be equal to a third of the amount by which the family’s total fund raising exceeded the Threshold Amount on March 1, 2007. Additionally, any family that has parents or guardians who agree to act as officials, are actually eligible to become and are actually serving as officials on or before March 1, 2007 will have their Threshold Amount reduced by one half.

Communication

Communication between swimmer, coaches, parents, and board members is of the utmost importance in the functioning of the team.

Clinton Swim Club website : www.clintoncudas.org

E-Mail : please pay special attention to any email you may get from board members or coaches.

Bulletin Board : Important information will be posted on the team bulletin board, please take time to check the board at each practice.

Committee Descriptions:

Holiday Project: plan a Christmas time (philanthropic) event for the team to participate in. Small Party afterward.

Banquet: plan and organize fall/winter banquet, prepare awards and secure restaurant. Work with coaches and current juniors and seniors in planning.

Swim Meet Food: prepare and organize menu and sign-up list for food donations for both summer meets

Swim Meet Work: prepare and organize work detail list for swim meets

Cuda Team Activity: organize with detail, events for swimmers to participate in as a group to promote team spirit, winter and summer. All activities should be one any age group can participate in. Work with group coaches to plan any group outings they may want to do.

Cookie Sale: organize cookie sale (to be ready for delivery holiday season) fundraiser.

Raffle: organize raffle ticket fundraiser (usually held toward end of season).

Thanksgiving Stroll: organize a fundraiser (i.e. basket raffle, restaurant calendar raffle) for the Clinton Thanksgiving stroll.

Swim A Thon: organize swim-a-thon event (through USA swimming), this event will be on a pre-planned practice, get started early enough to give the swimmers time to raise money. Small party afterward.

Swim Meet Information

Competition Philosophy

As a competitive swim team we are striving to prepare our swimmers to challenge themselves both in practice and in competition situations. The following policies offer a brief description of our philosophies:

1. We teach to strive for personal improvement, not only in time, but in technique, knowledge and discipline.
2. Sportsmanship is of critical importance. Respect and modesty in dealing with coaches, teammates, officials, parents, children, and other competitors are behavior that is expected of all Clinton Swim Club members.
3. We strongly encourage a healthy competitive spirit between teammates in practice and racing, that is how athletes learn and improve. It is not healthy or acceptable for an athlete to be upset at a teammate or competitor for having a better race or practice than them. If an athlete is unhappy with the result then they need to speak with a coach on how they may improve themselves.
4. Swimmers should be praised for improving technique and times, it is the coaches job to offer constructive criticism regarding races and technique. Even though you are only trying to help, you could be contradicting what the coach is telling the swimmer, which only leads to confusion for the athlete.
5. We train our swimmers to be able to compete in all events offered to them. All swimmers should and will be expected to swim all events that the coach feels they are ready for.
6. Setting goals is an important part of competition, all athletes should set realistic, yet challenging goals. This will be taught to all training groups, in varying degrees of depth.
7. Our training is based on the coaches season plan, the coaches plan takes the entire season into consideration, and is geared toward specific meets. Rest is included in the training when it is needed. PLEASE do not take it upon yourself to skip practices before meets, because you feel your child needs to rest.

Meet Entry Procedures

Each swimmer will get a meet schedule (additional optional meets may be added to schedule throughout the season). Meet announcements will be posted on the bulletin board and can be viewed from our website.

Check Meet Schedule for the meets that your child's group are expected to attend. You may sign up for any meet you would like to go to, even if that group is not scheduled (unless it is a meet you must qualify for).

Once the meet announcement is released, a sign up sheet for the meet will be posted on the bulletin board (with a deadline date) outside of the pool. You must check off if you are going to attend, there will be empty spaces on the bottom for you to fill in names if it is a meet that you are not scheduled to go to.

The coach will then sign the swimmers up for events, and they will be posted. This will give you an opportunity to review your child's events, and make any requests to the coach. If payment is not received by the payment due date (or if you have outstanding balances due to the club) your child will not be entered in that meet.

Meet Attendance Expectations

1. Swimmers are expected to attend designated group meets.
2. All District Championship meets are considered mandatory team meets. Again, we are a competitive TEAM, as a member of this TEAM, it is your duty to help our team to achieve the highest levels possible. Championships show where we rank amongst the other teams in our area, and it is our desire to be the best we can be. It is irrelevant whether a swimmer is at the top or bottom of their age group, everyone is important to our team. Every swimmer plays a part in training (our most accomplished swimmers are only as good as the people pushing behind them), and in competition, our best is brought out when we are faithfully supported.
3. Swimmers that qualify for upper level meets are expected to attend those meets. Some of these meets are USA sectionals, Zones, Junior Nationals and Senior Nationals.

Types of Meets

Within each age-group, there are different “ability levels” or “classifications” (C, BB, B, A, AA, AAA, AAAA). Time standards for each classification are established and published each January by USA Swimming, Inc. In order to swim in a certain classification, a swimmer must have achieved the qualifying time for that classification.

In our district, many meets do not have qualifying times. This allows a swimmer from any classification to compete in that meet. In some cases, a swimmer may be in a different class in each stroke (i.e. “C” Breaststroke, “B” Freestyle, “B” Backstroke, “A” Butterfly, and “AA” IM).

“Slower than” & “Faster than” meets. A swimmer must have either a “slower” or “faster” time than is posted in the meet announcement for any event they wish to enter.

Adirondack District Team Championship Meets - Every March, the Adirondack Short Course Championships are held. The Adirondack Long Course Championships(Districts) is held in late July.

Silver Championship Meet. This meet is held in March, a week or two before the Winter Short Course Championships. All swimmers who do not qualify for the short course championships must attend this meet. Swimmers who achieve qualifying times in this meet can be entered into the short course championships.

Eastern Zone Championships - These all-star meets are the fastest age group meets in the country. Short Course Zones are held in April and Long Course Zones are held in August. Unless a swimmer attends a higher level meet, Zones is the meet that all our top swimmers should be training for.

Speedo Championship Series - USS Swimming has 12 regional meets across the USA. Any swimmer who qualifies for this meet should be attending.

Swim Meet Procedures

1. Please be ready on deck at a meet 15 minutes before warm up to stretch as a team.
2. You are required to stretch and warm up with the team.
3. You need to wear a team suit and cap (if you wear a cap).
4. Expect that you may be a member on a team relay. If you are on a relay be proud to represent your team and to have the opportunity to challenge and better yourself.
5. Before and after races you need to see the coach, to discuss race strategy and then to review races.
6. You need to warm up and warm down for each race if the pool allows.
7. Please do not leave before the meet is over, unless cleared by the coach.
8. Swimmers are responsible for knowing which events they are swimming, and for being present on time to swim their race.
9. In any meet where there are prelims and finals, swimmers need to make sure to check whether they qualified for consolations or finals.

Swimmer Check List

- Regardless of time of year, expect it to be hot and steamy in the pool area
- Programs cost \$3-\$10, depending on the meet
- Plan travel time so that you arrive at the pool ½ hour before warm up begins
- Plan to spend 1 hour helping to time the swimmers

One Day Meets (about ½ day for each session)

- Meet suit and spares
- Towels
- Cap and Goggles (and spares)
- Shirt and/or warm ups to wear between events
- Shampoo
- Dry clothes for after meet
- Drinks and Snacks

Two -or- Three Day Meets

At multi day meets we try to do some sort of an activity as a team, please plan on participating. (i.e. We try to have a team dinner on Saturday during the winter District Championships)

- In addition to above, you may want:
- Sleeping bag / blanket for the gym
- Lawn chairs for gym
- More food

Meet Behavior

1. As a member of the Clinton Swim Club, you always represent the team and your actions reflect on the entire team.
2. PARENTS are absolutely NOT allowed on deck unless they are serving in an official capacity.
3. Any issues/concerns during a meet should be referred to the coaching staff only. They will take any actions necessary.
4. Please **DO NOT** take it upon yourself to scratch your child from an event, speak with a coach about any issues.
5. If a swimmer qualifies for consolations or finals, we expect that swimmer to compete in that event, unless excused by the coach.

Directions (Adirondack District)

AMSTERDAM MIDDLE SCHOOL From NYS Thruway go to exit 27, get on Route 30 North. Follow up the hill and turn left on Bunn Street (there is a Stewarts on the corner.) Go through two stop signs and one traffic light. The middle school driveway is on the left.

TOWN OF BETHLEHEM'S ELM AVE PARK POOL - DELMAR From NYS Thruway exit 23, through toll booths, up ramp on right and take right turn onto Route 9W. Go south on 9W approximately one mile and bear right onto Route 32 (Delmar By-Pass). At the 4th traffic light (approximately 3.2 miles) take a left onto Elm Avenue. The park is on your right in approximately 0.3 miles.

COLGATE UNIVERSITY, HAMILTON, NY Take the NYS Thruway to Utica, exit 31. Follow I-790/NY 12 south to Sangerfield, about 18 miles. Turn west on US 20, continue about 12 miles to junction of Route 12B. (Or take US 20 west from Albany to its junction with NY Route 12B). Follow 12B south through the village of Hamilton. Colgate University is on the south side of the village. The pool building is directly on 12B, on the left (east) side, adjacent to the ski slope. Parking is available in the lot across the street from the pool.

KINGSTON HIGH SCHOOL, 403 BROADWAY, KINGSTON, NY Take NYS Thruway, I-87, south to Kingston, exit 19. Enter the traffic circle and follow the signs for I-587 (also known as Col. Chandler Drive). Take I-587 into downtown Kingston. Exit on Broadway, Route 32 (South or East). Take Broadway past the railroad underpass and watch for the high school on the right, about 3 blocks after the underpass. The pool is in the athletic building on the southeast side of the school complex. Parking is available in the school lots.

BURNT HILLS - BALLSTON LAKE HIGH SCHOOL From the Northway (I-87): Take exit 9 and go west on Route 146. Follow 146 past Shenendahowah Schools and Methodist Church. Turn right (North) onto Route 146A. Follow 146A into the town of Ballston. Turn left onto Lakehill Road, which is the first left after the railroad tracks. The school is on the right before the next traffic light

CANAJOHARIE SWIM CLUB: NELLIS POOL, EAST HILL SCHOOL Take NYS Thruway to Canajoharie, exit 29. The school is up on the hill in the southeast end of town and is visible from the Thruway. From the exit, turn right on East Main Street (Route 5S) and go about 1/4 mile to Church Street. Turn left onto Church Street and then left again about 1/4 mile further onto Montgomery Street. Follow Montgomery Street about 3 blocks and turn right onto Maple Avenue. Take the third left onto Abeling Street. The school is off School District Road at the end of Abeling Street. Parking is available in the school lot.

GLENS FALLS HIGH SCHOOL, GLENS FALLS, NY Take Northway, I-87, north to exit 18. Turn right at the exit onto Main Street. Follow Main into the city of Glens Falls where the name changes to Broad Street. Turn left at the traffic light at LaRose Street. Follow LaRose Street to Sherman Avenue. The high school is a yellow brick building on the left side of Sherman Avenue. Parking is available in the school lot.

MOHAWK VALLEY COLLEGE, 1101 SHERMAN DR., UTICA, NY Take NYS Thruway to Utica, exit 31. Follow the signs for Genesee St and take Genesee St south to Memorial Parkway. Turn left at the Utica Travel Lodge onto Memorial Parkway. Turn left onto Sherman Drive. The pool is in the Gymnasium Bldg. which is in the first bldg. on the right off Sherman Drive. Parking lot J which is adjacent to the gym.

NEW HARTFORD HIGH SCHOOL, NEW HARTFORD, NY

Take NYS Thruway to Utica, exit 31. Follow the signs for Genesee Street South. Take Genesee Street through Utica to the village of New Hartford. Watch for the underpass. Go left on Oxford Road which is the first left after the underpass. Turn left at the first light on Oxford Road into the school parking lot. Parking is available in this lot.

SHAKER HIGH SCHOOL, LATHAM, NY

Take I-87 to Exit 5 (Route 155). Take 155 (Watervliet-Shaker Road) east, crossing Route 9. Continue east on 155 approximately 3/4 mile past Route 9. Shaker High School will be on the left. The first school building on the left is the Junior High School. The first left after the Junior High is the High School. Parking is available in the school parking lot.

SUNY ALBANY

Take I-87 South until the end (pass the Crossgates Mall exit). At the traffic light, turn left onto Western Avenue. Make a left onto Fuller Road. Watch for the first entrance to SUNY on the right. Turn right. The pool is in the Physical Education building which is straight ahead after the tennis courts.

ROBISON POOL, RENNELLAER POLYTECH. INST. (RPI), TROY, NY

Take I-87 to Alt. Route 7 east towards Troy. Take 7 east until it ends in Troy and turns into Hoosick Street after you cross the Collar City Bridge. Follow Hoosick Street up the hill and turn right on Fifteenth Street, after the Troy Plaza Shopping Center. Follow Fifteenth Street and watch for the Troy Armory (after the pedestrian overpass). The pool is adjacent to the Armory. Parking is available in the lot adjacent to the Armory or on the street.

SIENA COLLEGE, LOUDONVILLE, NY

Take I-87 to exit 5 (Route 155). Take 155 (Watervliet-Shaker Road) east to its junction with Route 9. Turn right on Route 9 and follow it south about a mile. Pass the college on your left and turn left at the traffic light at the junction of Spring Street Road. Take the 4th left off Spring Street Road for the Alumni Recreation Center. As you enter the "ARCH" the pool is on the left off the main lobby.

SUNY NEW PALTZ POOL

Take I-87 south to New Paltz., exit 18. From the toll booth, turn left. Turn left at the second light (So. Putt Corners Road/Super 8). Drive to the end of So. Putt and turn right onto Route 32. Drive approximately 1 1/2 - 2 miles down Route 32. Take the second college entrance on the left directly before the tennis courts. Follow the campus road to a big white dome on the left. The gym is attached to the dome and the pool is on the lower level of the gym building.

TROY HIGH SCHOOL, TROY, NY Take I-87 to Alt. Route 7 east towards Troy. Take 7 east until it ends in Troy and turns into Hoosick Street after you cross the Collar City Bridge. Follow Hoosick Street up the hill about 3/4 mile. Turn right on Burdett Avenue. Go past Samaritan Hospital on the right and the road to the RPI Field House on the left. The Troy High School will be on the left. The high school is an older, yellow brick building; the middle school is a more modern structure. The pool is in the high school. Parking is available in the high school lot.