



## COACH'S CORNER

ACWS Parents and Swimmers;

Wow, can you believe that tomorrow we start our pre-season training? I don't know about you, but I'm definitely missing the smell of chlorine, and I'm sure most of our swimmers are starting to feel as though their "gills" are beginning to dry out!!!! ☺ ... I want to thank everyone again for such a great 2010/2011 winter season. Without the support of our parents and the hard work of our swimmers the season's accomplishments could not have been possible. Again, I would also like to thank my assistant coaches' for their hard work and dedication. We will truly remember this season as an important milestone in our club's history. With that said, we now must focus on the **future and the future starts Monday!!!!**

The ACWS competitive swimming program is growing by leaps and bounds. The club continues to work on defining and building a competitive swimming program that will meet the needs of our swimmers, parents and community. We must continue the work we started back in September in making our club one that stands out above the rest in Central Pennsylvania. We continue to define ourselves as a club that welcomes all, no matter what the skill level. We take pride in each and every one of our swimmers and the commitment to these swimmers starts from our Board, to the coaches, to the swimmers and the parents. Our success is defined not only by our win to lost ratio, but also how we treat each other, how each of us work on the success of the team, and our contributions back to the community.

Beginning Monday, ACWS will be offering pre-season training on Monday, Wednesday, Friday and Saturday. The Strength training that started in March will continue to run on Tuesday's and Thursday's during April, May and June. I will also be offering a stroke clinic for those swimmers that are 10 & under on Tuesday's and Thursday's during the month of April. The website has been updated with the pre-season and summer season schedule. Please make sure to visit the website to obtain the most up to date schedule information. In June, after the end of the current school year, the club will be resuming early morning practices for our High School and advanced swimmers. This will allow our HS swimmers the flexibility of getting in their daily practices but yet still be able to keep up with their summer jobs work schedules. This will also alleviate congestion in the pool during the evening practices

In closing, if there are any questions about the spring/summer season or in general please do not hesitate to contact me. I'm hoping to see many of our winter swimmers return for our summer season. I know it the summer season can be hectic with vacation schedules and so forth, but honestly if we can keep your children in the pool. the better off we will be when we come back to next winter season. It would be great if we could keep the majority of our winter team intact for our summer season. Dare I say we go for "GOLD" again?????? I'm putting out the challenge: let's keep our team going and make this summer just as great; if not better than our winter season..... WHO IS WITH ME????!!!!????!!

See you on deck tomorrow.... Coach Dave