



Aquatic Club of the West Shore

The Starting Block

November – Winter Season 09-10 – Newsletter #2

A Message from the President:

First and foremost: there is going to be another Team Suit order put in. The deadline is Dec 3rd. Information is on the website. This is your final chance for a team suit. No late orders.

This is going out right after Thanksgiving. I do hope everyone's Feast was filling and festive. I wanted to send a note off since we have less than a week before our first meet.

Practices are going well and the Coaching staff is doing an exceptional job. Coach Dave has a good system going with the Younger kids in early and his High Schoolers helping out there. I think it does a lot for building teamwork and the young ones have the more experienced swimmers to look up to. My hats off to you older kids for helping out here.

For those that made the fundraiser dinner out at Isaacs, it was a big success. Bigger again this year than they were ready for. I apologize to those who had to wait so long or couldn't wait it out. The server my wife and I had told us that they usually get 5 to 10 people in from other groups. And they did try to get people to come in to help. Chalk it up to experience for them and us and we will remind them next time of the turn out we bring. Thank you all for making it a success.

Time Trials and Training went well on the 13th. A slow start, but once Dave and Brian got things rolling; we were off to the races. New timers, thank you for stepping up. It is a fun time working on deck during meets. Seems most of us started there and move into other areas as I did when I joined the team; and look where I am now. **Hey, this position can be yours at the end of the season!!!!!!**

Speaking of positions, please look over the areas where we need volunteers. We are still in need of **Board Positions, Consignment/ Clothing Coordinator, Meet Volunteer Coordinator** and someone(s) to coordinate the end of season **Splash**.

O.K. Our first meet is Saturday, Dec. 5th, at Northern York (Dillsburg). We ask that you try to get there a half hour before warm-ups to sign in and get settled. Directions, if you need them for this meet and all others are on the Website. **A reminder to those High School swimmers who may be taking SAT's, the start time for the meet is 1:00 PM so you have time for the meet if you're so inclined.** Swimmers keep working hard. Gather your times; check out records to beat and goals to achieve. Most of all, have fun, enjoy the sport and your teammates...and do the best you can.

On behalf of the Board of Directors, I wish you all a good Holiday season and a great season in the water.

Sincerely,

Mikel Sherbo
ACWS President

Reminders:

Mailboxes: Each swim family will have a folder in the roll-away file cabinet on the pool deck. They will contain timely information, so check them frequently. There will also be folders to put information in that needs returned and folders for each of the coaches (if you would like to contact them). If you don't have a folder, let us know.

Website: Keep checking the website. Winter is soon upon us and schedules always change. We share this pool with 2 high school teams and the WSREC and events and schedules do change. If you need it, you can most certainly find it on the website, from forms to links to have your questions answered.

Team Dress Code: We have implemented a dress code for the team this season. For the meets, all swimmers are required to either have a team suit or make sure it is Navy or Black. Also team caps for those who wear them. Latex caps were given at time of registration. If you didn't get one, ask on deck. Silicone caps are available to purchase also on deck for \$10.00 and latex for \$3.00.

Goggles: We have a nice supply of goggles in the team cabinet on deck. They are priced competitively with the local sporting goods shops. Speedo and TYR brands are on hand for \$12.00 per pair. Stop down and ask any board member and they can assist you. You can pay with cash or checks made payable to ACWS.

Invitationals: These events are separate from our team meets. These are individual swim meets where the swimmer gets to pick which strokes/distances to swim. It is a separate fee and usually hosted by a local team. Announcements and deadlines are listed on the website. Should you have any questions or are interested in signing up, please contact Brian Wrightstone at bwrights@ptd.net. Both Invitationals and USA Swimming are great ways to get extra experience for your swimmer.

USA Swimming: Again these are meets outside of ACWS. We are not a USA registered team so you need to take care of registrations yourself. ACWS will not do this for you. There is a link on the website for USA swimming with the information you will need. Your swimmer will swim **"unattached"** and the checks should be sent to Mid-Atlantic Swimming, not ACWS. It is a great way to get experience with swimmers more closely grouped to their times.

Since we are in the midst of restructuring the team and are not a registered USA Team, we are asking for help from those who are interested in signing up. We would like to get a committee together to organize the USA meets that your swimmers go to. We will be having a mandatory meeting for all those wishing to sign up for USA swimming. Please watch the web and check your e-mail for information coming soon.

Volunteers: Don't forget to sign up for meets and other fun positions. We offer a wide variety: From Board members, where you help make the decisions to run the team, to baking delicious treats for the concession stand, or working the pool deck during meets. We don't ask for a lot but we do depend on you to help...and require you to help, because without your help, the kids don't swim. **So, please remember, we do it for the kids.**

ACWS Board Members (as of 11/29/09)

Position

Name

President

Mike Sherbo

Vice President

Open

Secretary

Shawna Wrightstone

League Representative

Tim Kurland

Parent at Large

Rocco Cambria

Parent at Large
Parent at Large
Parent at Large
Parent at Large
Parent at Large
Parent at Large
Parent at Large
Parent at Large – Diving Team

Ferdy Tolentino
Jim Lorah
Chuck Cameron
Open
Open
Open
Open
Teresa Green

Invitationals
Meet Volunteer Coordinator
Concession Stand
Team Suits/Caps
Clothing/ Consignment

Splash Coordinator

Brian Wrightstone
Open
Kimberlee Loch
Vicki Kurland
Dawn Cameron
(We are looking for someone to take over)
Open