



Gators Newsletter

May 28, 2019

We are off to a great start. We are still adding new swimmers and those who have already made the team are settling into their groups. At our practice meet, we will also have worker training. This is a very important meet for both swimmers and parents, please make every effort to attend.

Team Philosophy

AST strongly believes that competitive swimming offers an exciting and worthwhile experience in a young person's life. Swimming can be learned and enjoyed by those with little natural ability, as well as those who are of Olympic caliber. Its values go far beyond that of learning efficiency in the water.

Team Communication

Visit our website at www.athensgators.org. We will also have family folders at the pool for meet ribbons and medals. Please check these often! There is a bulletin board at the pool that should be updated on a regular basis. Keep your eyes out for snap shots of the swimmers. Also, you can always reach me via email annieking2010@gmail.com or text 256-975-2221 or Coach Jessica jessica.aaron@gmail.com if you have a question or concerns.

Weather Policy

Practices will not officially be cancelled via email but will take place at the pool group by group. Meets will hopefully be cancelled in advance and an email and text will be sent out. We will swim unless there is lightening and then we are out of the pool for 30 minutes after the last strike. Please sign up for text alerts on the team website. This will be handy for more than just weather!

Meet Sign-ups

Check the sign-up books to sign your swimmer up for each swim meet. You will need to indicate a YES or NO for participating in the meets. The sign-up book will be out at each practice. Be aware that if you are not signed up for a meet and request to be added late or just show up at the meet, we may not be able to add you in. Late entries will only be added into available lanes. Additional heats will not be added for late entries. Also, late entries will likely not be placed on relays since these will have already been decided.

COACH'S CORNER

We are so excited to have our 2019 season underway! We had a good couple of weeks so far working on technique and will continue learning and reviewing all the strokes including starts and turns over the next couple of weeks. Everyone should be assigned to a practice group at this point. Remember to talk with your coaches if you would like to challenge to move up in groups. We are preparing to start our competitions next week and have some fun meets to get started. Remember to start signing up for meets you want to compete in!

- Your Gator Coaches

UPCOMING MEETS

Thursday, May 31 – 6:00 Blue/Green
5:30 Warm-ups

Thursday, June 6 – 5:30 AST vs.
Lawrenceburg @ HOME
4:30 Warm-ups

What to Expect from Parents

At Practice:

Parents should ensure that their swimmers are at the pool and ready to go on time. During practice, please refrain from talking to your swimmers or the coaches. Your child's coach will take care of any behavior problems that occur during the practice.

Swimmer Drop Off and Pick Up

Parents are encouraged to drop off their swimmers before practice and pick them up promptly after practice. Coaches will end practice at the designated times. If you choose to watch practice, please make sure other children with you do not enter the pool. No children are allowed in the pool during practice unless they are a member of AST and are involved in a swim session.

Entering Swim Meets

There will be a sign-up sheet for each scheduled swim meet. It is the responsibility of parents to indicate on the sign-up sheet or via email to Coach Jessica whether their swimmers will participate in each of the swim meets. The coaching staff will determine the events that each child will swim in the meets. Swimmers can be entered in up to three individual events, and up to two relays.

At Meets

We ask that parents model good sportsmanship for our swimmers and visitors at all times. AST parents play an important role at meets. Swim meets operate, for the most part, on a donation of parent worker time. Parents are required to work at a minimum of three swim meets. If you do not want to work, you may choose to pay \$20 per meet, so that we may hire someone to take your place. When you arrive at the meet check in with Joy Hargrove or at the merchandise table if you are scheduled to work or willing to fill in for someone not there. Thanks!

What to Expect from Swimmers

Relationships

Many consider swimming to be an individual sport. Regardless of the individuality of the sport, AST swimmers are members of a team. This means that swimmers need to respect and support other members of the team. Swimmers need to cheer on their teammates. Swimmers need to respect the coaches and do what is asked of them. Coaches will have realistic expectations and requirements for all swimmers.

At Practice

Swimmers represent the coach, parents and team. Behavior should be a positive reflection of this. As a member of the team, swimmers will show good sportsmanship and manners in the water, on the deck, in the facilities, and the surrounding area. Respect should be shown at all times. Swimmers must be on deck and ready to get in the water before practice begins.

At Meets

As well as representing the people mentioned above, we represent the city of Athens as well. At meets, we need to exemplify the manners and attitudes expected at swim practice. Swimmers should also show good sportsmanship by being gracious losers, and more importantly, gracious winners. Swimmers should congratulate the success of other athletes and respect the failures.

Apparel

AST swimmers are encouraged to wear a team suit at all meets. If the swimmers choose to wear a swim cap, an Athens Gators swim cap is required. AST t-shirts are available for purchase. These will be available at the meets.

What to Bring to a Swim Meet

The following are items a swimmer will find useful at a swim meet:

- Two towels
- Money for concessions and goodies
- Swim Suit (and a spare)
- Dry clothes for after the meet
- AST swim cap
- Sunscreen
- Goggles (and a spare; very important!)
- Footwear (flip-flops or Crocs)
- Water Bottles
- Sunglasses
- Healthy Snacks (fruit, pretzels, drinks, etc)
- Maybe a game or toy

Workers

We could not run a meet without our parents stepping up to work! The home meets have been abundantly filled with volunteers but **we do still need several spots filled in our away meets**. Remember, every family needs to work a minimum of 3 spots total. If you are a returning family, please consider signing up to work an away meet as opposed to a home meet this year. We only have 3 home meets this year and many new families prefer to start with home meets. 😊

Upcoming Deadlines:

- Ad and Sponsor image files are due by **May 31** – in order to get the boards and ads completed in time for the 2019 season, they must be turned in by this Friday! Please see Joy Hargrove if you have not turned in your ad image (joyop3@hotmail.com).
- Ad and Sponsor money is due by **May 31**– if you haven't had a chance to turn in money, please see Jeff Hoover at the pool or drop your check in his folder at practice.
- Remember, if you don't have a chance to sign-up for a meet at the pool, you can always email Coach Jessica at jessica.aaron@gmail.com

See you at the pool...

Annie