



2023-2024 Elizabethtown Aquatic Club Season Overview

Welcome to the 2023-2024 swim season with Elizabethtown Aquatic Club! The coaching staff and board are looking forward to a fun and successful season!

Please use this Season Overview as a resource to help you prepare for the season and to refer back to for important details to be used throughout the season. While this is a lengthy document, it should serve as a comprehensive source of EAC information.

Use the EAC website, www.eacgators.com, for the following:

- Events – dual meet, invitationals, and USA meet sign-ups
- Calendar – group practice times and swim meet dates
- USA Swimming – information for USA participants
- Documents – registration agreements and season overview
- Links – helpful swimming websites
- EAC Coaches – get to know our amazing EAC coaches
- Frosty Frolic - team invitational information

2023-2024 Swim Season Start Date and Practice Group Schedule

- Practice Start Date: Monday, September 18th
- Season End Date: end of February (USA Swimming season extends through March)
- The EAC schedule is subject to change (i.e. weather or changes to the pool schedule). All schedule changes will be communicated via email and updated on the team calendar.
- We will practice on Sunday evenings again this year. Sunday practices will be held on select weekend dates, beginning routinely in November.

Practice Schedule	Sun (Select Sundays)	Mon	Tue	Wed	Thu	Fri	Sat
Group 1	5:00-6:00		6:15-7:15			6:00-7:00	Dual meets on select Saturdays
Group 2	6:00-7:00	6:00-7:15		6:00-7:15	6:15-7:15	7:00-8:00	
Group 3	7:00-8:00	7:15-8:45	7:15-8:45	7:15-8:45	7:15-8:45	8:00-9:00	

Practice Details

- EAC shares the pool with the Elizabethtown College and Elizabethtown Area High School swim teams. EAC will not use the pool on days of home college or high school swim meets. Changes to regular practice times will be noted in the team calendar due to rescheduled college or high school swim meets.
- Tuesday, Friday, and Sunday practices are open for parents to sit in the natatorium. All other practices are closed to parents.
- Our first practice each evening starts just after college practice ends. Swimmers should arrive no earlier than 15 minutes before practice and must wait in the hall until 5 minutes before practice start time. EAC has agreed to follow this procedure in order to keep our current start times.



- An EAC coach will meet swimmers/parents at the bottom of the pool doors 5 minutes prior to the start of the first practice each night to allow swimmers to go up to the stands. Swimmers should get ready and start practice promptly.
- Unless permission is granted by a coach, locker rooms are off limits to EAC swimmers. The restroom next to the pool deck will be available for swimmers if needed.

Practice Groups

- Group 1
 - This practice is typically designed to be instructed by three coaches. It is geared toward newly competitive swimmers, returning newly competitive swimmers, and competitive swimmers still learning legal stroke technique, dives and/or turns. This group is referred to as the 'White' practice by coaches.
 - As this group's primary focus is technique, it is recommended to attend as many practices as possible.
- Group 2
 - Includes the 'White+' and 'Blue' practices; sometimes referred to as a 'Junior' group by other club teams. Each practice is led by separate instruction for swimmers who are legal in all strokes, dives and turns. The Blue practice is led by instruction with advanced drills and includes occasional sets for swimmers who can complete 100 or 200 short-course yard intervals. Coaches may recommend swimmers from these groups to participate in USA swimming.
 - This group blends technique and training (yardage) but with more focus on technique than yardage. However, as the season progresses and schedules become busy, it is common to take a night off (or two) as needed for rest.
- Group 3
 - Includes the 'Blue+' and 'Green' practices; sometimes referred to as a 'Senior' group by other club teams. Blue+ builds off of the Blue practice with less rest time/faster interval pace and increased yardage. The Green practice is our club's most advanced practice combining advanced drills, yardage and faster set intervals. Both practices in Group 3 are encouraged to participate in USA swimming for increased swimming opportunities.
 - This group maintains needed technique instruction with focus on fitness training. As such, attendance is key. However, rest is often a component in training and taking a night off is appropriate as needed. Communication with coaches is key. Please encourage swimmers discussing attendance (high school practice/meets, rest, etc.) with coaches.

Practice Videos

- EAC coaches may use TeamUnify software to record video for swimmer development purposes. Only coaches, the swimmer, and the account owner will have access to videos of a swimmer.
- Parents and guardians can choose to opt their swimmer(s) out of swimmer development videos by emailing the EAC president at toddtorquato@gmail.com with a clear opt-out request including their swimmer's full name. Parents should email their request prior to the start of the season and watch for a reply to confirm that their request has been received.



Code of Conduct

- EAC swimmers are expected to respect their coaches, teammates, and the facility. The actions and words of our swimmers should be respectful at all times while on campus and while participating in team functions. We are thankful to use the college pool and must show respect when on campus.
- Any swimmer discipline will follow the procedures outlined in the Swimmer Code of Conduct document, published on the team website.
- Swimmers may enter the pool deck only when a coach is present.
- Parents should not enter the pool deck without a coach's permission or unless there is an emergency.
- Swimmers must walk, keep their voices at a reasonable level, and refrain from climbing over or sitting on the railings between the bleachers and the pool deck.

EAC Coaches

- EAC coaches for the 2022-2023 season are Head Coach Isaac Greene, Coach Ken Chandler, Coach Alex Shubert, Lead USA Coach Josh Peters, Coach Janet Sheldrake, and Coach Rik Appleby.
- Our coaches invest a great deal of time, heart, and energy to create a successful club. They are dedicated to making our children better swimmers.
- Please take a few minutes to reinforce to your swimmer(s) the importance of coming to swim practice ready to give their best effort as well as ready to focus on the instructions and guidance they are provided.

Contacting Coach Isaac, Head Coach EAC

- If you have a question or need to contact the coaching staff your point of contact is Coach Isaac. Please email him at ike.greene@gmail.com.
- Depending on the content of your concern and when it is a non-emergency, consider waiting 24 hours and taking time to reflect on the situation before emailing (this does not mean you should not contact Coach Isaac, but meant to encourage thoughtfulness over any emotional reaction).
- In your email, please request a response through email, phone call, or request a meeting. As a parent, please do not come down to the pool deck during practice unless it is an immediate safety concern. Our coaches' focus will be on practice during scheduled practice times.
- For swimmers, we encourage swimmers to communicate directly with their practice coach. As needed, also contacting Coach Isaac is appropriate too. Swimmers are also welcome to contact Coach Isaac through email.
- If you have a time-sensitive issue or an immediate safety concern, please call or text the EAC President, Todd Torquato, at 610-613-8784.

Sponsorships

- We are in the process of seeking additional new sponsorships for this season.
- **New this season, we will credit a swimmer's account \$50 for securing a new gold sponsor and \$25 for securing a new silver sponsor. This can be used for USA fees, invitational fees or even next year's registration. The sponsor MUST note who asked them for the sponsorship in order**



to be eligible for the credit.

- A letter detailing the benefits of being a sponsor as well as who asked for the sponsorship can be found [here](#).
- We are asking everyone to reach out to community business owners that you may know, to your employer, or to businesses that you frequent to ask if they would be willing to sponsor our team.
- Please note, there is no cash value for these credits and credits can only be used for EAC fees.
- All sponsorships are due by September 29, 2023.
- Crystal Hirst will answer any questions you have about sponsorship via email at crystalhirst7@gmail.com.

Gator Guides

- If you are new to EAC, you will be connected with an EAC Gator Guide! Gator Guides are experienced swim parents who will guide you through your first swim season with EAC. You can reach out with questions and learn tips and suggestions from your Gator Guide.
- Brian Stricker will pair you up with your Gator Guide. Please watch for an email from Brian before the start of the season or contact him at stricker119@gmail.com with any questions regarding Gator Guides.

Dual Meets and Invitationals

- EAC swims against other teams in the Central Pennsylvania Aquatic League (CPAL, www.swimcpal.org) during Saturday morning dual meets. EAC typically has five or six dual meets per season.
- Dual meets are typically scheduled during the Nov - February timeframe with one or two meets per month.
 - Meet schedule should be published by CPAL in October
- **Parents must declare their swimmer and mark “attend” or “decline” through TeamUnify for every meet. For the coaches to set the meet lineup, parents must declare their swimmers by the due date.** Swimmer events are selected by the coaches and are shared with swimmers and parents prior to the meet. It is expected that swimmers make every effort to attend the dual meets.
- Swimmers may choose to swim in invitational swim meets attended by swimmers from many teams. Swimmers choose their events for these meets and submit their choices to the coaches by the due date. Swimmers pay a fee per event, which will be collected monthly through TeamUnify.
- Only if a swimmer has participated in at least three dual meets during the season (one can be a CPAL approved invitational), are they eligible to swim in Divisionals, an end-of-season, championship qualifying meet. From Divisionals, the top 16 swimmers will qualify for the championship, All-Star meet.
- There is a file box on the pool deck that contains folders for each family. Any awards (ribbons) will be placed in your family folder within a few days of a meet or invitational. Please check the box regularly.



TeamUnify/OnDeck

- EAC utilizes the TeamUnify platform for registration and general team management (attendance, family/athlete info, events, etc.). Please be sure to keep your contact information up to date and log into your account when visiting the team site for full access.
- TeamUnify also makes a mobile app available, OnDeck, which allows for some similar functionality to the desktop or website, TeamUnify.
- Both provide you access to videos uploaded by the coaches from practices (or a meet).

Team Cap, Team Suit, and Practice Equipment

- Team Suit: The EAC team suit will be new this season and will be wearing the blue [TYR Fizzy suit](#). There are 2 options of suit styles for swimmers. (Be sure to choose the blue option.) **It is encouraged that swimmers wear their team suit for swim meets. Alternative suits that will be permitted in place of the team suit are a solid navy or a solid black suit.**
- Team Cap: Swimmers may wear any cap for practices. **Swimmers who choose to wear a swim cap for swim meets are required to wear an EAC team cap.** Team caps must be ordered online through T&T Swimming at the beginning of the season. A link to the online store and order deadline will be communicated closer to the start of the season. All caps and equipment ordered through T&T will be distributed at practice.
- Equipment: The following equipment is needed for practices and is listed by practice group.
 - **Group 1:** fins, water bottle; optional: kickboard, pull buoy, mesh equipment bag
 - **Group 2:** fins, kickboard, water bottle; optional: mesh equipment bag, pull buoy
 - **Group 3:** fins, kickboard, pull buoy, mesh equipment bag, water bottle, paddles; optional: snorkel
- Write your swimmer's name on their equipment with permanent ink in case any equipment is left behind.
- While it is best for swimmers to have their own equipment, in the event that an item is forgotten or a swimmer doesn't have their own, some team equipment can be borrowed.
- Items can be purchased through our [EAC Team Store - SwimOutlet.com](#) (Be sure to purchase through this link!)
- Becky Houser will answer any questions you have about the team caps, suits and practice equipment via email at beckyhouser@ymail.com.

USA Swimming

- USA Swimming is the national governing body for swimming in the United States.
- EAC participates to provide swimmers additional competitive (and learning) opportunities and is overseen by Lead USA Coach Josh Peters in conjunction with Coach Ken & Coach Isaac.
- Participation includes an additional USA registration fee and additional EAC fee (\$275). Once you are registered, you may choose which EAC USA team events you wish to attend and pay a fee per event you sign up for.
- Our LSC (Local Swim Club) is Middle Atlantic Swimming (MA) and our club code is EAC.
- Meets are generally more competitive and give the swimmers a chance to swim events they don't normally swim. Events like 100 and 200 of each stroke, 200 and 400 IM and 500, 1000, and 1650 Free.



- We attend approximately 6 to 7 meets during the season while working toward achieving qualifying times for Junior Olympics, Senior Champs and Silver Champs in March.
- Most meet locations will be fairly local. We typically travel to Cumberland Valley, Central York, Keystone Aquatics (Carlisle) and possibly Malvern. We sometimes go to the University of Delaware, Bucknell, or Penn State for meets as an overnight trip.
- Meet Format
 - Meets generally run 2-3 days with 2-3 sessions per day.
 - Swimmers don't have to swim every day or session of the meet. You can pick which day(s) and session(s) fit your schedule best as well as the event(s) your swimmer wants to compete in.

Frosty Frolic Invitational – January 7, 2024

- In lieu of traditional fundraising, EAC holds an invitational called the Frosty Frolic. This is a 10-and-under meet attended by many teams as well as our own EAC swimmers.
- For this event to be a success, we need all hands on deck. **At least one parent from each EAC family is required to volunteer at this meet.** There are also volunteer positions for older swimmers. Your volunteer requirements can be found [here](#).
- Please be sure to mark your calendars for **Sunday, January 7, 2024.**

What to Bring to Meets

- Items your swimmer will want to bring to the meet include:
 - Extra swim cap and goggles
 - Healthy snacks and plenty of water
 - Two or more towels
 - Blanket or yoga mat to sit on (a yoga mat is especially important for 10-and-under swimmers who sit around the pool deck for home meets)
 - Sweats to wear between events and after the meet
 - Sharpie (to write event numbers on their hand)
 - Something to keep occupied between events (for example, a book or deck of cards)
 - *Note: If your swimmer chooses to bring an electronic device, it is at their own risk. Neither the club or the college are responsible for lost, stolen, or damaged personal property.
- Please remind your swimmer(s) to be sure they have gathered all of their belongings and **dispose of all trash in a trash can.** It is important that we leave the facilities clean so that we can continue our positive relationship with the college and with the venues used by our partner swim teams.

Seating for Swimmers and Parents at Home Meets

- During home meets, 10 & under swimmers sit around the pool deck. This ensures that coaches and volunteers lining swimmers up for events are able to find them.
- Swimmers who are 11 and older sit in the Jay Walk (large space down the hall from the pool stairs). They are responsible for getting to the pool deck and behind the blocks in time for their events.



- Space for family members to sit in the bleachers is limited at meets. Bring a chair to use in the hallway while you are not watching your swimmer's events. It is common practice and considerate to sit in the bleachers to watch your swimmer(s) events and then leave the bleachers for extended periods of time where you do not have a swimmer in a heat. You can follow the meet's progress on the [EAC Gators YouTube channel](#) and head back to the bleachers 1 or 2 events before your swimmer is ready to swim so you don't miss them.

Social Media

- EAC has volunteer photographers who take photos at our swim meets. These photos are posted on a secure [Flickr site](#) for parents to download. To access the photos:
 - Create a Flickr account.
 - Email Jim McKenzie (eacswimphotos@gmail.com) to be added to the EAC account. The photos are not public.
- EAC also publishes photos and information on Facebook and Instagram. While it is never intended to be the primary means for club communications, occasionally they can be used to share updates. Please follow us!
 - Facebook (private): [click here](#)
 - Facebook (public): [click here](#)
 - Instagram: [click here](#)

Streaming

- All home EAC meets will be streamed live on our [YouTube Channel](#). Please subscribe to the channel and share it with your friends and family.

Volunteer Requirement

- Parents/guardians must volunteer for a minimum of two dual meet volunteer slots per swimmer per season and for one adult slot per family at the Frosty Frolic. If you choose not to volunteer, your account will be billed according to the guidelines in the [volunteer agreement](#).
- Volunteers play a vital role in Elizabethtown Aquatic Club. As agreed to during registration, all EAC families are required to volunteer
- EAC swimmers have the privilege of participating in swim meets because of parent and guardian volunteers.
- There are plenty of opportunities to volunteer as there are approximately 48 volunteer roles to fill per home meet, 24 roles to fill per away meet, 96 roles to fill at the Frosty Frolic as well as opportunities to help on the sponsorship, Frosty Frolic or banquet committees.
- If your family is unable to volunteer due to hardship or extenuating circumstances, please contact the volunteer coordinator, Josh Mayhue at joshuamayhue@gmail.com, to discuss additional ways that you can support EAC.



2023-2024 EAC Board of Directors

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