

# Team Handbook

2018 - 2019



*Teamwork makes the Dream Work*

(This is a living document and can change and be updated throughout the year)  
(Especially the meet schedule and member hours)

# JERSEY WAHOOS (What is it?)

Over thirty years ago, the Sea Jay Aquatic Club was in dire financial straits, and on the verge of going out of business. At that time, there were 35 swimmers participating in their competitive program. The Sea Jay Aquatic Club, at that time, gave serious consideration to selling the facilities and closing their program.

A group of men came forward, and proposed to form a non-profit corporation, that would lease the Sea Jay facilities and keep a competitive swimming program going. This was the start of Jersey Wahoos, and from the moment it was formed, to the current time, Jersey Wahoos' sole purpose has been to provide a competitive swimming program for as many young athletes as possible.

When the original guidelines were laid down, it was the desire of the Board to offer a comprehensive program, ranging from "Learning to Swim" to national level competition. Over the past thirty some years, we have attempted to provide training for all levels of competition. This has been most difficult to do, but we feel that we have provided a program for approximately 430 swimmers a year, with objectives for most novice swimmers, the intermediate and the national and world-class swimmers.

It has been and will continue to be the goal of the Jersey Wahoos, to provide a program of instruction for all levels of swimming.

Each year, the board makes up an operating budget and then establishes the various fees to meet that budget. All expenses in the maintenance of the facilities come from the Jersey Wahoos budget. We no longer lease but have a mortgage of the facility. Jersey Wahoos continues to be a non-profit corporation. Surprisingly enough, it is almost impossible to ever break even running a competitive swimming program. If it were not for lessons, membership and fundraising, the club would have failed financially sometime ago.

It is the goal of Jersey Wahoos to continue to promote competitive swimming in South Jersey at all levels of competition.

The people listed below are the officers and directors of the Jersey Wahoos, with an asterisk indicating original Board Members:

<b>President</b> Brad Glenn	<b>Vice President</b> BJ Kraemer	<b>Treasurer</b> Bob Horvath	<b>Secretary</b> Dave Mayfield
Bob Wineriter	Tedd Behm	Julie Fenton	Christopher Derivaux

## ***WHAT IS A WAHOO ? ? ? ? ?***

The Wahoo, a member of the mackerel family, is rated as the fastest fish in the sea. Reportedly it can reach a speed in excess of 50 miles per hour and is capable of tearing off several hundred yards of line in a matter of seconds. When hooked, usually by trolling, its first run is a real scorcher and has been known to burn the drag out of a reel. This fish is relatively scarce and landing one can be considered a real prize, assuming of course your tackle survives that first run. Wahoos tend to be loners and at best they may travel in tropical and warm temperate seas in small groups of two to six fish.

# Wahoos Coaching Staff

## **Director of Competitive Swimming - Paul Donovan**

The Jersey Wahoos are pleased to announce the appointment of Paul Donovan as our new Director of Competitive Swimming. In this role Donovan will have responsibility for leading and delivering the complete Wahoo program from lessons to the Senior National group.

Donovan's immediate background is in performance swimming, having worked as the Head Coach at the National Aquatic Centre Performance Centre for Swim Ireland for eight seasons. During that time athletes under his direct supervision represented Ireland at every level of the sport, including Shane Ryan (Rio Olympic semi-finalist), Barry Murphy (London Olympian, European Bronze medallist 2013) & countless others who broke more than 50 Irish Records during that time and won more than 100 National titles. Donovan himself lead Irish teams to international meets during this time and travelled to competitions across the world on the Junior, European and World stage. His background is in club swimming having been the Head Coach in Trojan SC (Dublin), previously serving at all levels in the club from 10 & unders all the way up to producing athletes representing Ireland on the World stage. In between these two roles Donovan spent the 2007/2008 season as a Volunteer Assistant at the University of Florida.

## **George Breen**

George has been an assistant coach of Junior A since 2002, and Jersey Wahoos is honored to have this former world record holder and two-time Olympian on deck. He retired as coach and manager of GCIT and now is here at Wahoos. George's swimming career began when he entered college at SUNY-Cortland, NY. He joined the swim team because the school didn't offer rowing (his sport in high school). At Cortland he met legendary coach "Doc" Counsilman, who later coached George at Indiana University while George studied for his master's degree. Displaying talent in distance swimming, George set his first world record in the 1500-meter freestyle, lowering the existing record by 13 seconds. At the 1956 Olympics in Australia, he lowered his own world record by another 13-seconds (though he did it in prelims!) He won three medals at the '56 Game – two individual bronze and one relay silver. During the next four years he won 22 US National Championships, set six world records and competed in the 1959 Pan Am Games. At the 1960 Olympics he won a bronze medal in the 1500 free. George later served as manager of the 1975 Pan Am swim team and the 1980 Olympic swim Team. His vast coaching experience includes Vesper Boat Club in Philadelphia, University of Pennsylvania Swim Team, Team Delaware, and GCIT swim team. George has headed a myriad of swimming organizations such as American Swimming Coaches Association and the USA Olympic International Committee. He is an inductee into the International Swimming Hall of Fame. In 2010 he was inducted into the Great Buffalo Hall of Fame recently he was also inducted into the Bishop Timon High School Hall of Fame. He also is the recipient of many other honors, including the US Swimming Award.

## **Bruce Brockschmidt**

Bruce has coached at Wahoos since 1990, and is the head coach of Junior A1. Bruce was a former outstanding Wahoos swimmer who held the Jersey Wahoos Open Long Course record for the 200 IM. for 25 years until it was broken in 2013. He is a graduate of Southern Illinois University at Carbondale where he majored in exercise science. Bruce specialized in the 400 IM. and swam both the 400 and 200 IM. in the 1988 Olympic Trials. He presently trains with the Masters program. He won the Great Chesapeake Bay Swim, a 4.4-mile swim across Chesapeake Bay in 2004 & 2006. Bruce was nominated for the 2016 & 2017 ASCA National Age Group Coach of the Year.

### **Jeff Clemens**

Jeff has been a coach of the Masters' group at Wahoos since 1995. Jeff is an original Jersey Wahoo who started the sport as a Sea Jay in 1970. His successful swimming career includes competing in AAU, USS, high school and summer club meets. His 13-14 Boys butterfly record in the Tri-County Swim League was one of the oldest standing records in the league. Jeff has taught swimming lessons and stroke mechanics at Wahoos, and has coached all groups from Junior B on up. Jeff is Married to Karen Clemens.

### **Karen Clemens**

Karen began coaching in 1976 when Hugh Merkle gave her the opportunity to work with young swimmers at the Gloucester County YMCA. Also in the summer of 1976, she was hired as the head coach of Ramblewood Swim Club. Karen coached in the summers from 1976 to 1990 with Ramblewood, Woodstream, Haddontowne and Deer Brook. She began coaching at Wahoos in 1981 and has been the head coach of Mini A, Junior B, Junior A and for twenty-five years, Junior A-1. She was honored as Middle Atlantic Age Group Coach of the Year four times. At the present time she is an assistant on Junior A-1 and the Safe Sport Coordinator. Karen has been teaching since 1981 and presently is the Department Chair of HPE at Bishop Eustace Preparatory School. Karen has completed 17 marathons, four-time qualifier for Boston and numerous triathlons from sprint to the Ironman Distance. She is married to Masters coach Jeff Clemens.

### **Allison Delany**

Allison is an assistant coach for Mini A. For the past eight years, she served as the head swim coach for the KATZ JCC Swim Team. In the summer, Allison is the head swim coach at Barclay Farm Swim Club, and recently lead the team to a division winning season. She has a bachelor's degree in elementary education from York College where she was a member of the women's swim team, focusing primarily in the distance freestyle events. She also has her special education certification and is working on completing her masters degree in this area from Rowan University. Allison is the kindergarten teacher at Our Lady of Perpetual Help in Maple Shade.

### **John DiCarlo**

John is in his first season coaching the Senior A group and is a former Wahoos swimmer. John swam for Bishop Eustace for 4 years, was captain his senior year and swam for The Catholic University of America. He is a first time head coach at Camden Catholic High school coaching both boys and girls teams. John is owner of DiCarlo Landscaping and Lawn Service LLC.

### **Joe Fitzgerald**

Joe is currently a senior at Temple University where he is looking to complete his BA in Accounting with a minor in Management Information Systems and Education. At Temple University, he is the President/Coach of the Club Swim Team and also a 2-time qualifier for Collegiate Club Nationals. He is looking to finish his career with Temple with the plan to acquire his Master's in Education. Joe graduated from Father Judge High School in Northeast Philadelphia in 2015. He was a 4-year varsity swimmer, and a member of the All-Catholic team his Junior and Senior year. He was elected Captain his senior year and transitioned into an assistant coach for Father Judge High School and St. Hubert's High School under Ed Quarry in 2016, and 2017. Joe is currently an assistant coach at Pomona Swim Club in Cinnaminson, New Jersey. At Pomona, he swam for 13 years and now has coached for 3 years with Danielle Willard, George Willard, and Kim McGonigle.

### **Lisa Gutekunst**

Lisa coached Training Camp here at Wahoos from 1998-2003. Took a nine year hiatus and returned in 2013 as assistant coach to TCII. Lisa swam high school at Vineland High School, then went on to swim at William Patterson University. Currently Lisa swims with the Masters her at Wahoos. When not at Wahoos she loves spending time with her husband Wayne and their sons at the beach.

### **Rich Henderson**

Rich is a former Wahoos swimmer who is returning to the pool deck after an 8 year hiatus from the sport. He is the head coach of the JRA2 group and assists with JRA1 and SRA3. He has coached for Woodbine and Meadowbrook Swim Clubs as well as Camden Catholic High School. In 2008 he shifted his focus to coaching crew, the sport he competed in while at Clemson University. While swimming and rowing are quite different, they do both require a regimented approach to training, commitment to technique, and unrelenting motivation and encouragement. Rich teaches Special Education at Camden Catholic High School. He and his wife Rachel have three children - Gabriel, Lucy, and Cecilia - and a bulldog named Stella. Gabe is a Wahoo swimmer who competes in the summer for Tavistock.

### **Todd Hutchinson**

Todd is a former Wahoos swimmer who has coached at Wahoos since 1990. He has is currently helping Senior A. Todd previously has assisted with Training Camps 1 and 2, and Junior A1. He is a University of Delaware and Thomas Jefferson University graduate and was the captain of the swim team. He has also coached Riverdel Swim Club, and helped at Wedgewood Swim Club. He is a physical therapist and lives in Haddon Township with his wife Amy, and his children Drew, Shelby, and Cali.

### **Doug Mann**

Doug works with the training camp I group. Doug is a certified athletic trainer and associate professor in health and exercise science at Rowan University. Doug holds a doctorate in physical education from Springfield College. He has authored several articles and textbooks related to physical education, strength and conditioning, and athletic injury. Doug is a former competitive triathlete having completed over 20 triathlons.

### **Amanda Martin**

Amanda coached at Wahoos from the late 80's through the 90's working primarily with the 8 and under groups (Mini A and TC II). She came back in the late 2011 to help assist with the swim team prep groups. This is her fourth year as head coach of the Voorhees Silver group (formerly Jr AB2). Amanda is currently working on attaining her ASCA (American Coaches Swimming Association) Level 1 and Level 2 certifications. Amanda's main philosophy as a coach is to teach the fundamentals and mechanics of swimming early so that coaches don't have to correct a bad stroke later on in a swimmer's career. The main emphasis of the Silver group is mechanics first so that speed and endurance have a foundation to build upon when the swimmer becomes bigger and stronger. Amanda swam at Wahoos under Hugh Merkle and was a high school All-American. She swam at Southern Illinois University becoming a 13 time Division 1 All-American and Olympic Trials qualifier. Amanda's two daughters swim in the Wahoos program and her husband enjoys swimming in the Master's group.

### **Kim McGonigle**

Kim started at Wahoos in 2015, as assistant coach to Senior Prep. Kim is a seventh grade teacher in Delran. She is the head swim coach at Delran High School. Kim has coached at Riverdel Swim Club and Woodcrest Swim Club. Currently, she is an assistant coach at Pomona.

### **Allyson Mitidieri**

Allyson is a former Wahoos swimmer who qualified for Junior Nationals in the breaststroke. Her senior year at Cherry Hill West, Allyson was team captain. Allyson attended Indiana University of Pennsylvania. Allyson was an All-American in 2012-2014 while swimming at IUP. She set the IUP team records in the 100 & 200 breast and the 200 & 400 IM.

### **Ann Rychlik**

Ann coaching since 2004 is the head of the Pre Team. In the past Ann has been the head coach for the Pre Teams and Training Camp I and assistant for Mini A, Jr B1, and JR A. Ann swam competitively for Wahoos from age 6-18 and also was a member of the Junior National Team. Ann swam at the University of Connecticut where she majored in political science and earned a Master's Degree in Public Administration. She is currently vice principle at Shawnee High School.

### **Erin Sheehan**

Erin is a former Wahoos swimmer who has been the assistant coach of Mini/Jr B, Junior AB2, and Junior A2 since 2015. She swam at Rowan University where she earned a BA in History. She also has BSN and is currently an RN for Bayada Home Care. Erin has been a coach at Stratford Swim Club for the past 18 years. Erin and her husband have 4 children, Kailey, Braden, Reagan, and Shaelin.

### **Liz Spanfelner**

Liz swam for Jersey Wahoos for 10 years. She continued her swimming career at The College of New Jersey. During her senior year she was elected captain of the Women's swim team. Through her four years at TCNJ Women's swimming and diving were NJAC champions. Liz graduated with a bachelor's in Early Childhood Education and English. She is currently a Reading Specialist for K-2 students in Hammonton, NJ. Liz hopes to continue her passion for swimming through coaching. She previously coached for Eastern Express and was head coach of Hopewell Valley Swim and Tennis' summer team. This is her second season with Jersey Wahoos Pre-Teams and Jr.Pre groups

### **Kathleen Thompson**

Kathy swam for Jersey Wahoos for 10 years and then went on to swim for Rowan University. She was an Academic All-American in the 200 Breast and 400 IM; and Team Captain her Junior and Senior Years. Kathy also taught swimming lessons for Jersey Wahoos for 10 years and coached the Pre-Team. During college, Kathy coached TNT Swimming at Rowan University and Larchmont Swim Team in Mount Laurel. Kathy and her husband Matt have 2 children, Charlotte and Parker.

### **Jim Villa**

Jim has coached at Wahoos since 1993 as head coach of Junior A, now entering his fifth season as Jr B1 Head Coach, and his sixteenth season as a National Team assistant coach. Jim has swum in the Delaware Valley area since he was an age grouper, under the coaching of George Breen. At the University of South Carolina Jim captained the swim team for two seasons and held records in butterfly and medley relays. He earned "Gamecock of the Meet" honors twice for his performances at conference championships. He received his master's degree in physical education in 1976. Jim spent many years coaching USA and college-level teams nationwide before returning to Wahoos in 1993. He is currently instructing over 350 Wahoos athletes. Jim is also head coach of the Wedgewood Swim Club. Along with coaching from former Wahoos athletes Dana Stone and James Villa, Wedgewood won their third straight A division Championship, and the Tri-County Championships.

### **Chris Waggoner**

Chris has been coaching at Jersey Wahoos since 1993. He is currently the head coach of Mini A and Assistant coach of Junior A. Chris was also the Middle Atlantic Zone All Star Team Head Coach for four years in 1998-2001. He also served as the Middle Atlantic Age Group Chairman from 1998-2001. Most recently, he served as the 10/under Zone Team manager in 2015 and Long Course Zone Coach during the summers of 2015 and 2017. He is a 1996 graduate of Temple University and 2007 graduate of Rider University, where he received his Master's degree in Special Education. He is a 1st grade inclusion teacher in the Pemberton Township School District. Chris and his wife, Gwen, have three children, Allie, Maddie, and Gabe. When not on the pool deck, Chris enjoys fishing, bike riding, drinking Starbucks coffee, and driving to Disney World.

### **Gwen Waggoner**

Gwen first started coaching with Jersey Wahoos back in the early 2000's, took a break to raise a family, and returned again in 2015. Gwen achieved four NJ High School State event titles and qualified for Senior Nationals. Gwen has both a bachelor's degree and a master's degree from the University of Virginia, where she was an All American swimmer and an ACC Champion for the Cavaliers. She had the most exciting opportunity to coach for Jersey Wahoos at the 2016 Olympic Trials! Gwen hopes that all swimmers aspire towards greatness and work hard to meet and exceed all of their goals and ambitions! She is entering her 21st year of teaching adapted physical education and is the Head Coach of the Pennsauken High School Unified Sports teams. Gwen and her husband, Chris, have 3 children, Allie, Maddie and Gabe. As a family, they enjoy fishing, biking, Starbucks, and anything Disney & UVA.

### **David Washick**

Dave graduated from Rowan University, where he also swam, with a BA in History. His swimming experiences began when he was 8 years old swimming for the Kingston Estates Seals, and include winning a state championship with Cherry Hill West. David is also a Fire fighter/EMT-B for the Borough of Haddonfield and an EMT-B for Cherry Hill.

### **Danielle Willard**

Danielle is an assistant coach for Mini A and the head coach of Training Camp 2. In the summer she is the head coach of the Pomona Dolphins Swim Team in the Tri-County swimming league. Danielle swam with the Masters group and competed in may open water swims and triathlons. She is a graduate from Lebanon Valley College. In College she was a three sport athlete and was recently inducted into their Hall of Fame. During the school year she teaches 7th and 8th grade special education in Palmyra. Danielle lives in Delran with her husband George and their daughter Campbell and 2 sons George and Sam.

# JERSEY WAHOOS / VOORHEES 2018-2019 PRACTICE GROUPS

Other Fees Required  
 JW Membership - \$270 / family  
 Team Uniform - Male \$58 / Female \$80

Annual 09/10/18 to 08/2/19  
 Winter/Spring 09/10/18 to 05/24/19  
 Summer 05/28/19 to 08/2/19

<p><b>TRAINING CAMP I (At Wahoos)</b>  <b>WEDNESDAY 5:30-6:15PM SATURDAY 4:30-5:30PM @JW Lesson Pool</b>                  Our beginning group for 4 to 6 year olds (Pre-school, Kindergarten, 1<sup>st</sup> Grade) who have no competitive experience. Emphasis will be placed on mastering all skills in the four competitive strokes. Meets will be offered to those who are ready.</p>	Reg Fee: \$175 Winter/Spring Balance: \$490
<p><b>TRAINING CAMP II (At Wahoos)</b>  <b>WEDNESDAY 5:30-6:15PM FRIDAY 5:15-6:00PM SAT. 4:30-5:30PM</b>                  A novice group for 8 and unders (K, 1, 2, 3 grades) who have had little or no competitive experience. Emphasis placed on mastering skills in the 4 competitive strokes. Swimmers should compete once a month.</p>	Reg Fee: \$175 Winter/Spring Balance: \$693
<p><b>MINI A (At Wahoos)</b>  <b>MONDAY 5:15-6:15PM WEDNESDAY 6:15-7:15PM SATURDAY 3:15-4:30PM</b>                  Our top competitive 8 and under group (1, 2, 3 grades). This group will stress all four competitive strokes and will train and condition swimmers for competition, and develop pace and breathing patterns for various events. Swimmers will compete once a month.</p>	Reg Fee: \$175 Winter/Spring Balance: \$840
<p><b>BRONZE* (At Voorhees) (formerly Mini/JRB)</b>  <b>MONDAY 6:00-7:00PM THURSDAY 5:30-6:30PM SAT. 12:30PM-2:00PM</b>                  Our novice 8 year olds and our 1<sup>st</sup> level junior group for ages 6 to 9 year olds (grades 1-3). Our emphasis will be to master all 4 strokes, turns, starts and conditioning. USA Swimming meets are offered and encouraged throughout the Winter/Spring season</p>	Reg. Fee: \$175 Winter/Spring Balance: \$1022
<p><b>JUNIOR B1★ (At Wahoos)</b>  <b>TUE 5:15-6:15PM THUR 5:15-6:15PM SAT 1:45-3:15PM SUN 1:30-3:00PM</b>                  Our first level Junior group for competitive swimmers emphasizing all strokes, turns, and conditioning, Swimmers will swim in USA Swimming meets throughout the season. For ages 9-11 (4,5,6 grade).</p>	Reg Fee: \$175 Winter/Spring balance: \$1134
<p><b>JUNIOR SILVER (At Voorhees) (Formally Jr AB 2)</b>  <b>TUES 5:30-7:00PM WED 6:15-7:45PM FRI 5:30PM – 7:00PM SAT 11:00-12:30PM</b>                  Our competitive Junior level swimmers ages 9 – 12 years old (Grades 4, 5, 6) who are emphasizing competition in our USA swimming meets. All strokes, turns, dives and conditioning will be reviewed and increased throughout the season</p>	Reg Fee: \$175 Winter/Spring Balance: \$1288
<p><b>JUNIOR A★ (At Wahoos)</b>  <b>MONDAY 6:15-7:15PM WEDNESDAY 7:15-8:30PM FRIDAY 7:15-8:30PM SATURDAY 12:15PM -1:45PM SUNDAY 3:00-4:30PM</b>                  Our serious swimmers emphasizing competition in USA Swimming meets. All strokes, turns, and conditioning will be reviewed. Coaching staff feels that swimmers should definitely practice 4 of the 5 session per week. For ages 9-12 (4,5,6 grade)</p>	Reg Fee: \$175 Winter/Spring Balance: \$1288
<p><b>JUNIOR GOLD (At Voorhees) (Formally Jr A2)</b>  <b>MONDAY 7:00-9:00PM TUESDAY 7:00 – 8:30PM THURSDAY 6:30-8:30PM FRIDAY 7:00PM – 8:30PM SATURDAY 9:00-11:00AM</b>                  Our Serious competitive swimmers to our Top Level swimmers who are very serious about training and competition. For ages 11 – 14 years old (grades 6, 7, 8, 9). Conditioning of each swimmer is a major priority in this group. Swimmers should come to a minimum of 5 of 6 workouts and all meets are required.</p>	Reg Fee: \$175 Winter/Spring Balance: \$1680
<p><b>JUNIOR A1★ (At Wahoos)</b>  <b>MONDAY 7:15-8:45PM TUESDAY 6:15-7:45PM THURSDAY 6:15-7:30PM FRIDAY 6:00-7:15PM SATURDAY 8:45-10:45AM SUNDAY 6:00-7:30PM</b>                  Our top Junior group for swimmers who are serious about training and competition. Conditioning of each athlete is a major priority of this group. Coaching staff feels swimmers should practice 5 of the 6 session each week. For ages 11-14 (6,7,8 grade). Shave and Taper meets are required. (High school swimmers should move to Senior groups unless transitioning into Senior A1.) <i>(Annual training option includes winter/spring short course, summer long course &amp; summer short course)</i></p>	Reg Fee: \$175 Winter/Spring Balance: \$1680 Annual Balance: \$2100



<p><b>SENIOR PREP (At Wahoos)</b>  <b>TUESDAY 7:45-8:45PM THURSDAY 7:30-8:45PM FRIDAY 8:30-9:45PM</b>  <b>(SATURDAY 10:45AM-12:15PM SUNDAY 4:30-6:00PM - W/SRA)</b>  A group for the swimmer who isn't quite ready for the Junior A1 group and can't commit to the Senior A program. Strokes, turns, and conditioning will be emphasized. Swimmers will swim in USA swimming meets throughout the season For ages 11,12,13,14. Grades (6,7,8,9).Dryland Tues 7:15-7:45pm  <i>(Annual training option includes winter/spring short course &amp; summer short course)</i></p>	<p>Reg Fee: \$175  Winter/Spring Balance: \$1337  Annual Balance: \$1435</p>
<p><b>SENIOR A (At Wahoos)</b>  <b>MONDAY 8:45-9:45PM TUESDAY 8:45-9:45PM WEDNESDAY 8:30-9:45PM</b>  <b>THURSDAY 8:45-9:45PM (SATURDAY 10:45-12:15PM SUNDAY 4:30-6:00PM - w/SR Prep)</b>  For High School aged swimmers (14 years old and older- 9,10,11,12 grade) who are not quite ready for the commitment to the Senior A1 practices or who wants to supplement their training for high school swimming. Includes a dry land program. Local USA Swimming meets are required. Team Travel meets are by selection only, swimmers then must adhere to Senior A1 requirements.  <i>(Annual training option includes winter/spring short course &amp; summer short course)</i></p>	<p>Reg Fee: \$175  Winter/Spring Balance: \$1519  Annual Balance: \$1624</p>
<p><b>SENIOR (At Voorhees) (Formally SR A2)</b>  <b>MONDAY 4:00-6:00PM TUESDAY 3:30-5:30PM WEDNESDAY 3:30-5:30PM</b>  <b>THURSDAY 3:30-5:30PM FRIDAY 3:30-5:30PM</b>  <b>SATURDAY 6:00AM -9:00AM</b>  This is a year round group for High School age swimmers 14 – 18 years old (grades 9-12) who want an intensive training program. Good technique is a prerequisite with an emphasis on training toward the National level. All practices, dryland and meets throughout the year are required.  <i>(Annual training option includes winter/spring short course &amp; summer short and long course)</i></p>	<p>Reg Fee: \$175  Annual Balance: \$2660</p>
<p><b>SENIOR A1 (At Wahoos)</b>  <b>MONDAY thru FRIDAY 3:00-6:30PM</b>  <b>SATURDAY 5:45-8:45AM</b>  <b>MORNING PRACTICE 3 TIMES PER WEEK (4:45-6:15AM- M, W, F)</b>  This is a year round group, involved in an intensive training program, practicing 21 to 30 hours per week. Good technique is a prerequisite with an emphasis on training and gearing towards the Senior National level. School year attendance requirements: (9<sup>TH</sup> &amp; 10<sup>TH</sup> Grade – 7 practices), (11<sup>th</sup> &amp; 12<sup>th</sup> Grade – 8 practices). During the summer a minimum of 9 workouts per week is required. New members should contact Bruce Brockschmidt @ office@jerseywahoos.org for conference. Wahoos has one of the top Senior programs in the Eastern United States. Grades 9, 10, 11,12.</p>	<p>Reg Fee: \$175  Annual Balance: \$2786</p>

★ **There are no Sunday practices after Spring Break for Jr B1, Jr A and Jr A1**  
**Groups in gold are at our Voorhees (Giant Fitness) location**

**WAHOOS SITE:**  
**4101 Church Road, Mt Laurel, NJ 08054**

**VOORHEES SITE:**  
**120 Britton Place, Voorhees, NJ 08043**

**Both Sites - 856-234-5898**

**Tryout dates**  
**June 27, July 5, July 10, July 18, July 23**  
**1:30pm 12/under 2:30pm 13/over**

**August 6 (At Voorhees), September 4, September 6**  
**5:30pm**

**[www.jerseywahoos.net](http://www.jerseywahoos.net)**



<b><u>Group</u></b>	<b><u>Coach</u></b>	<b><u>Position</u></b>	<b><u>Days</u></b>
<b>Pre-Team</b>	Liz Spanfelner	Head	All
		Assistant	
<b>Non Swim Team at Sterling</b>	Doug Mann	Head	All
<b>Training Camp I</b>	Ann Rychlik	Head	Wed, Sat
	Liz Spanfelner	Assistant	Wed,
<b>Training Camp II</b>	Danielle Willard	Head	Wed, Fri, Sat
	Kathleen Thompson	Assistant	Wed, Fri, Sat
<b>Mini A</b>	Chris Waggoner	Head	Mon, Wed, Sat
	Allison Delaney	Assistant	Mon, Wed, Sat
<b>Junior B1</b>	Jim Villa	Head	Tue, Thu, Sat
	Lisa Gutekunst	Assistant	Thu, Sat
	George Breen	Assistant	Sun
		Assistant	Tue
<b>Junior Silver</b>	Amanda Martin	Head	Tue, Wed, Fri, Sat
	Erin Sheehan	Assistant	Tue, Wed, Fri, Sat
<b>Junior A</b>	Jim Villa	Head	Mon, Wed, Fri, Sat
	George Breen	Assistant	Mon, Wed, Fri, Sat, Sun
	Chris Waggoner	Assistant	Mon, Wed
	Danielle Willard	Assistant	Fri, Sat
		Assistant	Sun
<b>Junior Gold</b>	Rich Henderson	Head	All
<b>Junior A1</b>	Bruce Brockschmidt	Head	M, Tu, Th, Fr, Sa
	Karen Clemens	Assistant	Tu, Fr, Sat
	Lisa Gutekunst	Assistant	Mon, Thu, Sat, Sun
	Gwen Waggoner	Assistant	Thu, Sat
	Allyson Mitidieri	Assistant	Fri
	Joe Fitzgerald	Assistant	Sun

<b>Senior Prep</b>	Joe Fitzgerald	Head	Tue, Thu, Fri, Sun
	Kim McGonigle	Assistant	Tue, Thu
	George Breen	Assistant	Fri, Sat, Sun
<b>Senior A</b>	John DiCarlo	Head	Mon, Tue, Thu, Sat
	Jim Villa	Assistant	Mon, Tue, Wed, Thu
	Todd Hutchinson	Assistant	Wed
<b>Senior</b>		Head	All
		Assistant	Mon, Fri, Sat
<b>Senior A1</b>	Paul Donovan	Head	All
		Assistant	Tue, Wed, Thu
	Allyson Mitidieri	Assistant	Fri, Sat
<b>AM Masters</b>	Jeff Clemens	Head	
<b>PM Masters</b>		Head	
<b>USA Certified Coach Substitutes</b>			

# 2018-2019 Schedule

(As of 1 August 2018)

<u>DATE</u>	<u>MEET</u>	<u>LEVEL</u>	<u>LOCATION</u>	<u>HOST</u>
Oct. 3	Mini Time Trials	(5pm-7pm)	Wahoos	Wahoos
Oct. 13-14	SSC Dual	SRA1/Senior	SSC	SSC
Oct. 20-21	Swim-A-Thon	ALL	Wahoos	Wahoos
Oct. 26-28	Autumn Harvest	A/BB/C	Wahoos	Wahoos
Nov. 3	SSC Mini	Mini	SSC	SSC
Nov. 17-18	Thanksgiving Meet	A/BB/C	GCIT	Wahoos
<b>Nov. 22</b>	<b>THANKSGIVING DAY – NO PRACTICE</b>			
Nov. 30-Dec. 3	December Travel Meet		???	???
Dec. 8-9	Jersey Storm MINI		GCIT	STRM
Dec. 13-16	Pitt 57th Annual Christmas Meet		U. of Pittsburgh	Team Pitt
<b>Dec. 22 – Jan. 1</b>	<b>HOLIDAY BREAK – NO PRACTICE (except SRA1/Senior)</b>			
<b>Jan. 2</b>	<b>PRACTICE RESUMES</b>			
Jan. 12-13	GCIT Non LC	Swimmers	GCIT	GCIT
Jan. 13	Malvern Mini	Mini	Malvern	Malvern
Jan. 19-21	JW Long Course	B+	GCIT	Wahoos
Feb. 3	1650 Meet Selection		Wahoos	Wahoos
Feb. 9-10	Sweetheart (T/F 13/o)	A/BB/C	GCIT	Wahoos
Feb. 9-10	Feb Developmental 9-10/Mini		GCIT	Wahoos
Feb. 23-24	Last Chance Meet	Non JO	Wahoos	Wahoos
Feb 28-3	JO's (14/under)	A to A+	York, Pa	York Y
Senior Level Meet				
Mar 9-10	RMSC Mini Champs		Olney, Md	RMSC
Mar 22-24	Silver Champs	Sub JO/SR champ	U. of Del	DST
Mar 28-31	MA SR Champs	Qualify	F & M	LAC
<b>SPRING BREAK – NO PRACTICE</b>				
<b>PRACTICE RESUMES</b>				
April 28	Berkeley Dual Meet	BB/C	Wahoos	Wahoos

# Jersey Wahoos Swim Meet Volunteer Policy

Jersey Wahoos is a non-profit organization. And, as one of the few teams in the country to OWN our own facility, Jersey Wahoos needs the help of ALL participants to be successful. Our success depends on the successful administration/management of our team, the condition of our facility, our ability to host successful meets, our participation in away meets, and our ability to maintain excellence in coaching and the physical and mental condition of our swimmers.

Jersey Wahoos has changed our volunteer policy to ensure a more equitable distribution of effort amongst all our families. **If your child is competing in a meet, you are required to volunteer at that meet.** There are two types of meets:

## Jersey Wahoos-run meets

### 1. Wahoos runs meets for a few reasons:

- a. It is an opportunity for your swimmers to **race**. Few swimmers choose to swim year-round in order to practice. They practice to swim fast. Running meets provides our swimmers the opportunity to swim fast without the added time and expense of traveling to other areas to compete.
- b. Wahoo-run meets provide added income which subsidizes programming costs and pays for needed equipment.

### 2. Volunteer opportunities:

- a. At Wahoo run meets, we need everybody to help out. Many different positions are needed: timers, hospitality, officials, runners, safeties, and entrance coordinators to name a few.
- b. Each family is required to sign up for one of these positions at one session for every meet that your child is swimming in.
- c. Sign up at least four days before the start of a meet to ensure the meet is adequately staffed.
- d. Any family not registering for a volunteer position will randomly be assigned one during the session your child is swimming.
- e. If the meet is fully staffed before you have registered, you will be asked to make a donation in kind.
  - a. Food and/or beverage donations for hospitality/concessions (minimum of \$15)
- f. If the meet is not fully staffed after everyone has registered, families with two or more swimmers in the meet will be required to sign up for two sessions.
- g. Positions can be covered by parents, grandparents, friends, or capable & responsible children.
- h. It is your responsibility to ensure your chosen/assigned position is covered.
- i. If the positions are not filled, Wahoos cannot run the meet. Accordingly, a fee of \$100 for each meet will be assessed to families who do not report/cover their assignment.

### Meets hosted by other teams/Championship meets:

1. Wahoos participates in meets hosted by other teams to compete against a wide variety of swimmers. Wahoos swimmers compete in championship meets at the local, regional, and national level. At these meets, Jersey Wahoos is required to provide a certain number of timers based on the number of swimmers entered in the meet.
  - a. Once Wahoos is notified of the timer requirement, parents will be assigned a timer slot.
  - b. The slots will be split as evenly as possible amongst the parents of the swimmers attending the meet.
  - c. Whenever possible, the slots will be assigned during/near the event your child is swimming. Relay participation will be a factor in the assignments.
  - d. A fee of \$100 for each meet will be assessed to families who do not report/cover their assignment.

# JERSEY WAHOOS SWIMMING.....

## WHERE DOES IT FIT IN U.S.A. SWIMMING?

### ***WHAT PROGRAMS DO JERSEY WAHOOS OFFER?***

Wahoos has over 300 swimmers competing on all levels, from learning to swim to the National level. We participate & host Mini, "C", "B", "A", and Senior level meets. The governing body of swimming in the eastern half of Pennsylvania, all of Delaware, and New Jersey south of Trenton is Middle Atlantic Swimming, Inc.,

There are four Zones in the United States, ours being the Eastern Zone. Representatives from JW and Middle Atlantic attend meetings and are an integral part in the planning of our All Star Zone Age group Meet - the finest meet our age group swimmers can attend. All our MA/LSC committee members are at the monthly meetings, making plans and decisions with our swimmers best interest in mind. You only have to walk into a MA meet to see many Wahoo parents active "on deck". We have many certified officials, but need more. We also have many qualified and experienced behind the scenes people as well. When you see all the Wahoo parents working at a meet you can be proud of all these volunteers.

### ***WHAT DOES ALL THIS MEAN FOR YOUR SWIMMER?***

Wahoos is present at all levels of swimming. When decisions are made, our people are there with your swimmer in mind. Meets are run smoothly and as fairly as possible with quality people making considered judgment calls and knowledgeable enforcement of swimming rules. This benefits your swimmer. Swimmers work hard to bring their times down. Wahoos parents are doing their best to give those swimmers every opportunity to swim fast in a fair meet and reap the reward of hard practice - fast times.

Each swimmer is charged a USA Swimming registration fee each year. Part of this fee is sent to Middle Atlantic Swimming, part is for the swimmers USA membership and the remainder goes to offset various printed materials, mailing costs and administrative expenses etc., incurred by USA Swimming.

### ***USA Swimming Meets***

All USA meets held in this district must be sanctioned by the Local Swim Committee (LSC). To receive this sanction, a club must meet standards established by the LSC. There are various levels of USA meets: Mini Meets for 8 & Unders; Age Group Meets (A/BB/C) for 9 years and over; & Senior Meets with open age events.

The group coach will place the swimmers in the meets and events that are appropriate for each swimmer. A child has to meet a time standard to move from one level to another. The age group for a meet would depend on the age of the swimmer on the first day of the meet.

A child has to meet a time standard to move from one level to another. The age group swim for a meet would depend on the age you are the first day of the meet.

USA competition is very beneficial because it allows the swimmers to compete on their level of ability and gives them the opportunity to swim all the competitive strokes at the various distances. This gives the swimmers plenty of opportunities to see what kind of progress they are making.

There are entry fees for USA meets. This is mainly to pay for the awards that are provided for teams and individuals as well as the administrative costs and supplies needed to run a meet.



## **IMX CHALLENGE INFORMATION**

Have you swum all of your required events? Then come on in and find out where you rank in your age group. Search below to see who is ahead of you and who you are ahead of. Keep up the great work! Please note that we do not rank swimmers who have only achieved an IMR score. Rankings are only for IM Xtreme.

You can check both your IMX and IMR Scores on USA Swimming site or, your Deck Pass page if you have set up a linked account.

## **A Note About IMX & IMR Scores**

*An IMX or IM Ready score is only established after a swimmer has swum all of the events required for their age group in a sanctioned meet since the start of the current season; both short and long course seasons start September 1 and end August 31 for IMX/IMR purposes.*

*Additionally, a swimmer must complete all of the events in the same course (SCY or LCM) to have a score in that particular course.*

## **IM READY (IMR)**

The first step in the IMX Challenge is IM Ready (or IMR). To get "IM Ready," swimmers compete in a series of five events at shorter distances. Below, we've listed the line-up by age groups.

**9 & Under; 10-year olds:** 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

**11-year olds; 12-year olds:** 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

**13, 14, 15, 16, 17, & 18-year olds:** 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

Once you've swum each event at least once at an official meet, you can log-in to your Deck Pass Account, and find out where you rank against all the other swimmers on your club team. You do not need to complete the IMReady program to participate in the IM Xtreme. It is simply a stepping stone.

## **IM XTREME (IMX)**

Ready to move forward? The next step is IM Xtreme (IMX). The IMX ranking includes a series of five or six events at longer distances. Once you've completed the IMX program, you can find out where your IMX score ranks nationally, within your zone, within your LSC rank and on your club.

**9 & Under; 10-year olds:** 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

**11-year olds; 12-year olds:** 400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM

**13, 14, 15, 16, 17, & 18-year olds:** 400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

## **HOW DO I SCORE POINTS?**

Rankings in the program are based on power points, a system developed by USA Swimming and Hy-Tek. See the Power Points page for more information and to use the Power Point Calculator.

## **HOW DO I PARTICIPATE?**

Participation in the IMR and IMX is easy. USA Swimming automatically scores and calculates results for all athlete members! Swimmers only need to sign up for a Deck Pass Account, then compete in each required event, at a sanctioned meet, at least once in a season.

Swimmers have the option of printing certificates that displays their scores for either IMR or IMX. They can also optionally print their national, zone, LSC and/or club rankings.

# VIRTUAL CLUB CHAMPIONSHIPS (VCC)



## PROGRAM DETAILS

The purpose of the VCC program is to recognize and highlight clubs that are developing athletes and achieving success at multiple levels in the club swimming continuum emphasizing the team element in club swimming. This program serves as a key part of the Athlete Development & Performance component of the Club Recognition Program.

**Period.** The Virtual Club Championships will be tabulated annually for both the short course and long course seasons. Both Short Course Yard (SCY) and Long Course Meter (LCM) rankings will be tabulated using results achieved between September 1 and August 31. (Prior to the SCY 2008-2009 season the yards season was from 9/1 to 5/31 of the following year.)

**Tabulation.** All registered USA Swimming clubs will be scored automatically. The USA Swimming Star Times Data Base will be used in combination with the Hy-Tek Single-Year Age Group Power Point system. The program scores single age groups from 11-16 years old and has a combined 17-18 age group. After all eligible swims have been scored using the power point system, a team score for each registered USA Swimming club will be calculated. The tabulation will occur once every evening.

**Team Event Limit.** Each team will be limited to two entries per event by age group and gender. The program will automatically tabulate which two events in combination with other teammates produce the highest team score.

**Individual Event Limit.** Each swimmer will be limited to four events. A swimmer may contribute only four times per season even if they age up (i.e. may have two times selected as an 11-year old and two as a 12-year old, but not four as an 11-year old and four as a 12-year old). The program will automatically tabulate which four events in combination with other teammates produce the highest team score. For larger clubs, the computer will go through more than 1,000,000,000,000 (1 Trillion) calculations to determine the optimum score!

**Eligibility.** For a swimmer's point total on a specific swim to count toward the overall team total, the athlete and/or their swim must meet the following eligibility criteria:

Times must have been achieved while representing a registered USA Swimming club (no unattached times may be used).

**Age Groups and Events.** The following event results will be tabulated for both men and women:

11 & 12 year olds – 50 Fr, 100s of each stroke, 200 Free, 4/500 Free, 200 IM (8 events).

13, 14, 15, 16, 17-18 year olds – All recognized Olympic events (13 events) plus the long distance event not swum at the Olympics (Men's 1000y/800m freestyle and the Women's 1650y/1500m).

No relays will be scored.

The Virtual Club Championship rankings are updated nightly with any new times submitted by Local Swim Committee (LSC) times volunteers.



## **SWIMMERS TEAM GUIDELINES FOR PRACTICES AND MEETS**

SWIMMERS MUST ADHERE TO THE GUIDELINES IN ORDER TO PROMOTE TEAM UNITY, GOOD SPORTSMANSHIP AND ASSIST EACH SWIMMER TO DEVELOP TO THEIR FULLEST POTENTIAL.

1. Cell Phones PROHIBITED FROM THE LOCKER ROOMS (per USA Swimming rules)
2. Please report on the pool deck at least 15 minutes before your scheduled practice to do stretching exercises. Swimmers are not allowed in the weight room without a coach present.
3. All team members must wear hats to and from practice during the winter months. You cannot win a race without workouts - you cannot workout when you are sick.
4. Do not leave the pool area during practice at any time without the coach's permission.
5. During a meet, all swimmers are to remain in the team area unless given permission to leave by the coach. When you are not swimming, you should be cheering on your team.
6. All swimmers are to conduct themselves in a sportsmanship like manner at all times.
7. After you swim each event, report to your coach. If you are disqualified for any reason, do not argue with the official, but immediately report to your coach with the official's ruling.
8. Swimmers should eat a good meal about 3 hours before the scheduled time of the meet or a practice.
9. Whenever a swimmer is having difficulty, your coach will be there to listen. Should you have a question, you feel overlooked, or you are not being given a fair chance, go to the coach and discuss the problem freely. You are very important to us, if you miss the coach at practice, you can schedule a meeting by leaving a note in the office, and the coach will get back to you promptly. We try to have any problems between a coach and a swimmer resolved by them. Only when that fails, or in the case of smaller children, do we want the parents to be involved. Self-reliance, responsibility, and fairness are all part of the Jersey Wahoos experience.
10. Please check the bulletin board or the front desk daily, they contain vital information about upcoming meets and other notices of importance.
11. Please be quiet and still while the coaches are instructing your practice group. Be courteous to all coaches & teammates.
12. Please DO NOT wait in lobby before practice. Please wait in the bleachers.

## **JERSEY WAHOOS FACILITIES GUIDELINES**

1. Use of Cell Phones PROHIBITED IN THE LOCKER ROOMS
2. Chewing gum prohibited in the building at all times.
3. Glass bottles prohibited in the building at all times.
4. SMOKING IS PROHIBITED ON THE PREMISES (INSIDE OR OUTSIDE) AT ANY TIME!
5. Recycle plastic bottles by disposing in blue/green recycle bins.
6. Any swimmer caught defacing Wahoos property will be suspended and or dismissed from the program and held responsible for damages. If defacing of Wahoos continues to be a problem, locker room privileges will be revoked for the practice group responsible.

# **PARENTS TEAM GUIDELINES FOR PRACTICES AND MEETS**

- ***SMOKING PROHIBITED ON WAHOOS PROPERTY AT ALL TIMES!***
- Make sure your children have warm clothing at meets. It can get chilly in the winter sitting around waiting for their next event.
- PLEASE do not come down on the pool deck during a practice to talk to your children or the coach.
- Please do not coach your children from the balcony.
- Give your children support and encouragement, not criticism. Let the group coach be the disciplinarian, and mentor. If you feel the coach is missing something your child is doing incorrectly, or you have a question, please discuss it with the group coach, but not during practice. Your questions and concerns are important to the coaching staff, so if you miss the group coach after practice leave a note in the office and that coach will get back to you as soon as possible.
- Please be aware of the swimmers' team rules and try to support the coaching staff by having your children obey them.
- Please help the coaching staff by checking the locker rooms during and especially after practice to see that the children are not fooling around to the point where someone can get injured. Additionally, please check to see that they have all their clothes and equipment. It is a good practice to have them put all of their clothes in a gym bag and to put it up in the bleachers during practice.
- Please encourage your swimmers to wear Wahoo attire during all swim meets to show team spirit.
- Parents will be held responsible to pay for any damages that their swimmer causes to Wahoos.
- Parents who wish to set up a meeting with your child's coach, should leave a message in the office. The coaches will get back to you as to when they can meet with you. NO coach's phone numbers will be given to any swimmers or parents.
- Parents will support Jersey Wahoos team philosophies and guidelines pertaining to meets and practices. If the parents have a difference of philosophies, they should look elsewhere for their child's swimming development.
- Chewing gum prohibited in the building at ALL TIMES.
- Use of Cell Phones PROHIBITED IN THE LOCKER ROOMS

## **Travel Meet Policy for Jersey Wahoos Swim Club (non-team trip)**

**Purpose:** Athletes are most vulnerable to misconduct during travel, particularly overnight stays. This includes a high risk of athlete-to-athlete misconduct. During travel, athletes are often away from their families and support networks, and the setting – new changing areas, locker rooms, workout facilities, automobiles and hotel rooms – is less structured and less familiar.

### *Behavior*

- a. Be quiet and respect the rights of teammates and others in hotel.
- b. Be prompt and on time to all meet sessions.
- c. Use appropriate behavior in public facilities.
- d. Needs and well-being of the team come first.
- e. No scratching of events without consent from coaches at the meet.
- f. Swimmers may not leave the meet until all relays have been determined.

### **Code of Conduct / Honor Code**

#### *Required:*

All team members, team staff, and parents of minors are apprised in writing of this Code of Conduct and the attached USA Swimming Code of Conduct. A signature on this document constitutes unconditional agreement to comply with the stipulations of both documents.

- a. Team members will display proper respect and sportsmanship toward coaches, officials, administrators, teammates, fellow competitors and the public at all times.
- b. Team members will refrain from any illegal or inappropriate behavior that would detract from a positive image of the team or be detrimental to its performance objectives.
- c. The possession or use of alcohol or tobacco products by any athlete is prohibited.
- d. The possession, use, or sale/distribution of any controlled or illegal substance or any form of weapon is strictly forbidden.
- e. No “deck changes” are permitted. Athletes are expected to use available change facilities.
- f. Team members are reminded that when competing in meets, traveling on trips, and attending other meet-related functions, they are representing both themselves and the Jersey Wahoos Swim Club. Athlete behavior must positively reflect the high standards of the club.

#### *For Consideration:*

- a. Failure to comply with the Honor Code as set forth in this document may result in disciplinary action. Such discipline may include, but may not be limited to:
  - i. Dismissal from the trip and immediate return home at the athlete’s expense.
  - ii. Disqualification from one or more events, or all events of competition.
  - iii. Disqualification from future team travel meets.
  - iv. Financial penalties.
  - v. Dismissal from the team; and/or
  - vi. Proceedings for a LSC or USA Swimming National Board of Review.
- b. Swimmers are to refrain from inappropriate physical contact at team activities and events.
- c. Swimmers are to refrain from use of inappropriate language.

# ATTENTION SWIM TEAM!

## SWIM TEAM PICTURES 2018

**Dates: September 18, 19 & 20**

Your pictures will be taken at your groups practice facility

Tuesday 9/18	Wednesday 9/19	Thursday 9/20
at Giant Fitness	at Wahoos	at Wahoos
Senior @ 3:30pm	Senior A1 @ 3:00pm	Junior B1 @ 4:45pm
Silver @ 5:00pm	Training Camp 1 & 2 @ 5:00pm	Junior A1 @ 5:45pm
Gold @ 6:30pm	Mini A @ 5:45pm	Senior Prep @ 7:00pm
	Junior A @ 6:45pm	
	Senior A @ 7:45pm	

**MUST WEAR NEW GRAY SHORT SLEEVE TEAM SHIRT**

Group pictures will be taken outside

Envelopes will be handed out during practice

Please bring your envelopes with you at your scheduled time and give them to the photographer with the proper payment enclosed.

***Make checks payable to: Photography By Jay Baccile***

Thank you very much!

# Jersey Wahoos Swim Club

## 2018 - 2019 Non Swim Team & Junior Prep Programs

The Jersey Wahoos Swim Club is now offering programs for children who can swim the strokes and are looking to refine and master butterfly, backstroke, breaststroke, and freestyle. We now offer five programs on a weekend basis for beginner to intermediate level swimmers.

<b>SATURDAY</b>		
Non-Team 1 5:30-6:30pm	For the beginner level swimmers, 5-8 years old, who want to learn to master the 4 competitive strokes and are not ready for our swim team.	\$235 / session member \$315 / session nonmember
Non-Team 2 5:30-6:30pm	For intermediate level swimmers, 6-10 years old, who want to refine the four competitive strokes and are not ready for our Junior level swim team.	\$235 / session member \$315 / session nonmember
Junior Prep B 6:30pm-7:30pm	Stroke mechanic work for 11-14 year old swimmers who want to improve their technique and endurance.	\$235 / session member \$315 / session nonmember
Junior Prep A 6:30pm-7:30pm	Stroke mechanic work for 11-14 year old swimmers who want to improve their technique and endurance.	\$235 / session member \$315 / session nonmember

### Schedule of Practices

<b>SATURDAY</b>			
<u>Session 1</u>		<u>Session 2</u>	
<b>September</b>	<b>15, 22, 29</b>	<b>January</b>	<b>26</b>
<b>October</b>	<b>6, 20</b>	<b>February</b>	<b>2, 9, 16</b>
<b>November</b>	<b>3, 10, 17, 24</b>	<b>March</b>	<b>2, 9, 16, 23, 30</b>
<b>December</b>	<b>1, 8, 15</b>	<b>April</b>	<b>6, 13, 27</b>
<b>January</b>	<b>5, 12, 19</b>	<b>May</b>	<b>4, 11, 18</b>

#### NOTES:

- Two 15-week sessions.
- Limited Group Size per session.
- There is a Registration Fee of \$30.00 per swimmer
- Registration Fee and Session Payment of Swim Group required to hold a spot.
- Swim meets are available and optional to any swimmer who wishes to participate. There is a \$75 USA / Middle Atlantic Swimming registration fee in addition to program fee for those swimmers interested in swimming meets.
- NO MAKE UPS for missed practices.
- NOT MEANT FOR JERSEY WAHOOS SWIMMERS ALREADY ON THE SWIM TEAM!
- Registration includes (1) Team Cap.

# Jersey Wahoos @ Voorhees

## 2018 - 2019 Non Swim Team Programs

Our Non-Swim Team group, who are 9-14 years of age, who want to learn and improve on their stroke technique and build on their endurance  
Once a Week.

WEDNESDAY\* 5:30PM – 6:15PM

MEMBER PRICE - \$250  
NON MEMBER PRICE - \$325

REGISTER ONLINE @ Registration Jr Prep/Non Team (next to changing picture)

### Schedule of Practices

WEDNESDAY	
<u>Session 1</u>	<u>Session 2</u>
Sep. 19, 26	Jan. 23, 30
Oct. 3, 10, 17, 24	Feb. 6, 13, 20, 27
Nov. 7, 14, 21, 28	Mar. 6, 13, 20, 27
Dec. 5, 12, 19	Apr. 10, 17, 24
Jan. 2, 9, 16	May. 1, 8, 15

### NOTES:

- ☺ Two 16-week sessions.
- ☺ Limited Group Size per session.
- ☺ There is a Non Refundable Registration Fee of \$30.00 per swimmer
- ☺ Registration Fee and Session Payment of Swim Group required to hold a spot.
- ☺ Swim Meets are optional. Must be registered with USA Swimming (\$75 Fee)
- ☺ NO MAKE UPS for missed practices.
- ☺ Registration includes (1) Team Cap.
- ☺ All suits, goggles, flippers, etc an be purchased from the Sprint Lane located at Jersey Wahoos Swim Club, 4101 Church Road, Mt. Laurel, NJ
- ☺ Voorhees Location: 120 Britton Place; Voorhees, NJ 08043

# WAHOOS SWIM LESSON PROGRAM

For more information, call the office and ask for Toni between 9:30 am & 5:30 pm weekdays at 856-234-5898 or email [tdicarlo@jerseywahoos.org](mailto:tdicarlo@jerseywahoos.org). Daytime, evening, Saturday and Sunday classes are available. At WAHOOS, the swimming instruction program begins at each individual level and progresses. For children under three, the program stresses basic water safety. For children over 3, there are six levels of achievement, with ribbons awarded at each level. We offer private instruction for ages 3 and over.

Wahoos offers infant and toddler group classes from 6 to 36 months.

Wahoos offers private lessons for all children ages 3 and over.

Wahoos offers adult lessons for those not comfortable about their swimming.

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## LITTLE FINS GROUP LESSON

40-minute group lesson, once a week. Swimmer must be recommended by a Wahoos instructor for this group. The session length will vary.

Limited to 8 per class

\$19.75 per group lesson

## PRIVATE LESSONS

3 years and older

20-minute lesson, once a week. The session length will vary.

\$20 per lesson Non-JW members / \$18 per lesson JW members

## INFANT AND TODDLER - GROUP CLASSES

(6mo up to 3 yr)

Limited to 8 students per class

30-minute group lesson, once a week. Session length will vary

\$16.00 per group lesson

## WAHOOS LESSON PROGRAM POLICIES

Registration and payment is completed online at our TeamUnify site by clicking the Lesson Registration button above.

**If paying by check, payment must be made by the 2nd lesson, the set will be canceled!**

Private Lessons - **NO MAKE UP POLICY or rescheduling of lessons.**

There is a yearly \$40 Registration Fee per family payable each September.

If you are not a member of the club, you may not use the club facilities other than for your program.

If you are interested, please put your name on the waiting list. We will be contact you by email/phone as soon as we have availability.

All inquiries MUST be made by phone.

No e-mail inquiries!

# 2018 JERSEY WAHOOS WATER POLO FALL SESSION



Last year the Jersey Wahoos Swim Club launched a youth water polo program specifically designed for boys and girls, ages 8-14. The new program was a big hit and in early 2018 Wahoos proudly became South Jersey's first aquatic club to enter an age-group water polo team in the American Water Polo Association's Mainline League!!!

This coming September Jersey Wahoos will continue to embrace one of the country's fastest growing sports by hosting another Fall Water Polo Session. Coaches & clinicians with years of experience at the age group, high school, collegiate, national & international levels will guide each participant as they learn the fundamental concepts, rules, and skills for playing water polo.

Besides being a really fun sport, water polo can compliment competitive swimmers by offering many opportunities and benefits, including:

- Learning new swimming strokes and aquatic skills for a sport that is played in many colleges around the country
- Increasing fitness, strength, endurance & stamina
- Building friendships while sharing the values of teamwork & sportsmanship
- Training in a safe, respectful and positive environment

The Fall Water Polo Session includes a Beginner Group and an Experienced Group.

- Beginner Group will focus on introducing the action-packed team sport of Water Polo to young athletes {Boys & Girls ages 8-14} who have no prior competitive water polo experience.
- Experienced Group is for athletes {Boys & Girls ages 8-14} who have prior water polo experience and would like to learn new skills that will help them to prepare for the 2018-2019 competitive water polo season.

**Fall Schedule: Ten practices {Sept – Dec} on the following Sundays:**

- 9/16, 9/23, 9/30, 10/7, 10/21, 11/4, 11/11, 11/25, 12/2, 12/16.
- **Beginner Group:**
  - Time: 11:00 AM – 12:15 PM



- Capacity: 20 participants
- **Experienced Group:**
  - Time: 12:15 PM – 1:30 PM
  - Capacity: 20 participants

**Location: Jersey Wahoos Swim Club, 410 Church Rd., Mt. Laurel, NJ 08054**

Cost: \$230.00 {Wahoos members} / \$270.00 {Non-members}

**Athlete Requirements:**

While no prior water polo experience is required for the Beginner Group, participants must be able to perform the following:

- Swim 4 lengths of the 25-yard pool without stopping using any stroke including freestyle, backstroke, breaststroke, butterfly or sidestroke.
- Tread water for 2 minutes.

**Registration: [Now open - Click here](#)**

Space is limited so don't miss out on this wonderful opportunity. Visit our website at [www.jerseywahoos.org](http://www.jerseywahoos.org) to register. Questions should be sent to Dan Thompson {Jersey Wahoos Water Polo Coordinator / Coach} at [waterpolo@jerseywahoos.org](mailto:waterpolo@jerseywahoos.org).

NOTE: Completed Registration Forms, Parental Authorization Forms and Payments are required prior to 9/16/18 for any athlete to participate in the Fall Session.

**Program Partners / Supporters:**



**AMERICAN  
WATER POLO™**

**KAP K7 SEVEN**  
WATER POLO

Working together to introduce the sport of Water Polo to young athletes in the South Jersey region.

# Private Special Skills Classes

Jersey Wahoos will offer private 30-minute sessions throughout the short course and long course season to swimmers on the swim team or pre-team interested in working on any particular weakness in a stroke, turn, or start. Jim Villa will give these classes at Wahoos.

Private Session- 1 swimmer @ \$50 per swimmer  
(\$65 for a non-member)

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***All arrangements must go  
through Wahoos office.***

Placement will be on a first come first serve basis.

Lane Space is limited

If you have any questions, please call the office at  
856-234-5898 ext 100.

# Volunteers Needed!

**WE NEED YOUR HELP- SWIM MEETS CANNOT BE RUN WITHOUT THE PARENTS HELP!**

***When Wahoos hosts meets, we MUST have your help in the following areas:***

We are looking for new folks who would like to learn to become a meet director and folks who would like to learn to score meets using Hy-Tek Meet Manager and Colorado timing system operators.

***please sign up for the following positions on the JW Team Unify page for each meet.***

Safeties

Announcers

Awards Table

Snack Bar

Admissions

Runners

Timer's

**OFFICIALS:** We would like our parents to get their USA Swimming certification in the following areas:

***Stroke and Turn Judges***

***Starters***

***Referees***

**PRACTICE GROUP REPS** for every group. See your group coaches if you are interested. Call parents from group to work at meets (incentive coupon can be used). You will also be helping with group functions and parties.

Mini Groups: 2 each group

Junior Groups: 2 each group

Senior Groups: 2 each group

**MARKETING COMMITTEE:**

***Swim Meet Sponsorships***

***Meet Articles for local newspapers***

**FUNDRAISING COMMITTEE:** Fundraising for specific swim team functions and for specific events to help offset costs to swimmers.

# **OFFICIALS HELP WANTED**

**Wahoos parents - tired of sitting in the stands during a swim meet and desiring a better view of their swimmers during a meet.**

**WE NEED YOU !**

**As a USA Stroke and Turn Official, you can't get any closer to your swimmer without getting into the water.**

**An excellent benefits package is offered. It consists of:**

- Free entry for you in all meets you work as an official**
- Food and drink supplied in the officials hospitality area**
- Ability to be with your swimmer on the pool deck**
- Being up close and personal to all the "action"**
- Advancement opportunities to Starter and Referee**

**It is not hard to participate. All that is required is attendance at the one-day training clinic. Look for postings on the MA website, at the club, or contact me directly, for the date and time of the next clinic. After completion of an open book test that you take home to complete (not a very long test and it is multiple choice), you are placed in an on-deck training program for six sessions. In training, you will be placed with a qualified official to coach and counsel you in the process of being a USA Stroke and Turn official. After completion of the training phase, you will be a qualified official. Additionally, if you have swimming questions at any time (with the exception of the wee hours of the morning), I am available.**

**This opportunity is open to all. I would like to make a special request to all parents of swimmers between the ages of 9 and 14. We have an extreme need for Stroke and Turn officials in this age group, so please consider this opportunity to join in and help your swim club.**

**Please contact me to discuss this opportunity.**

# The Sprint Lane at Jersey Wahoos

Has all of your swimming needs!

The Sprint Lane can outfit your Tri-County, Suburban,  
or High School team!

Contact Wahoos office to arrange an appointment!

## Hours of Operation

Monday through Friday - 9:30am to 8:00pm

Saturday & Sunday - 11:00am - 5:00pm

Call Now.....856-234-5898



# Jersey Wahoos General Member Pool Schedule

## September – June

*Subject to change without notification*

SUNDAY	MONDAY through FRIDAY		SATURDAY
**Membership 8:00am to 11:00am	<b>Membership Lap Swimming Only</b>  6:15 am to 3:00 pm		<b>Swim Team Practice</b> 5:45am to 5:00pm
<i>Limited Lanes See monthly schedule</i>			
<b>Swim Team Practice</b> 1:30pm to 7:30pm	MON - THUR	FRIDAY	<b>Membership</b> 5:00pm to 9:00 pm  <i>Limited Lanes See monthly schedule</i>
	<b>Swim Team Practice</b> 3 pm to 10 pm	<b>Swim Team Practice</b> 3 pm to 10 pm	

**Please check monthly schedule for dates  
when additional hours apply**

*- Schedule will vary due to Wahoos hosted swim meets on some Saturdays & Sundays*

# WAHOOS MEET COMMITMENT FORM

With the strong desire to create an air of excitement and energy at our meets, effective September 1, 2017, Jersey Wahoos is putting into place a new policy for Wahoos hosted swim meets.

The new policy is as follows:

If your child would like to participate in a meet, it is now **MANDATORY** that your child has a representative working the meet. Working at swim meet may take many forms. You can work as a timer, work in the hospitality area, work as an official (starter, stroke/turn, referee, safety) work with our computer systems (Colorado or Team Manager), work as a runner, work with admissions or work putting awards together.

*(If session positions are filled when you go to sign up, you will be asked to donate in Kind. i.e. (Donations to hospitality/concessions – minimum of \$15.00)*

**If there is NOT a representative at the session your child is swimming in, \$100 will be assessed to your account. Your child will NOT be allowed to swim in the next scheduled Jersey Wahoos meet until that fee is paid.**

This agreement **MUST** be signed and returned to the Wahoos office by September 30. Failure to do so will result in your child not being allowed to participate in any meets.

We have the BEST swimmers in South Jersey here at Jersey Wahoos. We would like to present ourselves as a team at each and every meet that we host. The more we can do to support our children and our team, the better message we send to our kids and all who encounter us!

We are looking forward to an amazing, fully supported swim season! Thank you for being such an integral part of Jersey Wahoos!!

SIGNED: \_\_\_\_\_

PARENT OF: \_\_\_\_\_