

Armada Open House, 2023-2024

Welcome to Albany Armada Aquatics!





Albany Armada Aquatics
2022-23



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Code of Conduct





Introductions

Coaches

- Helen Garcia, Head Coach & Co-Founder
- Jesus Salcedo, Head Age Group Coach & Co-Founder
- Dan McGarry, Assistant Coach
- Daniel Choy, Assistant Coach
- Yev Somov, Assistant Coach
- John McDonald, Assistant Coach

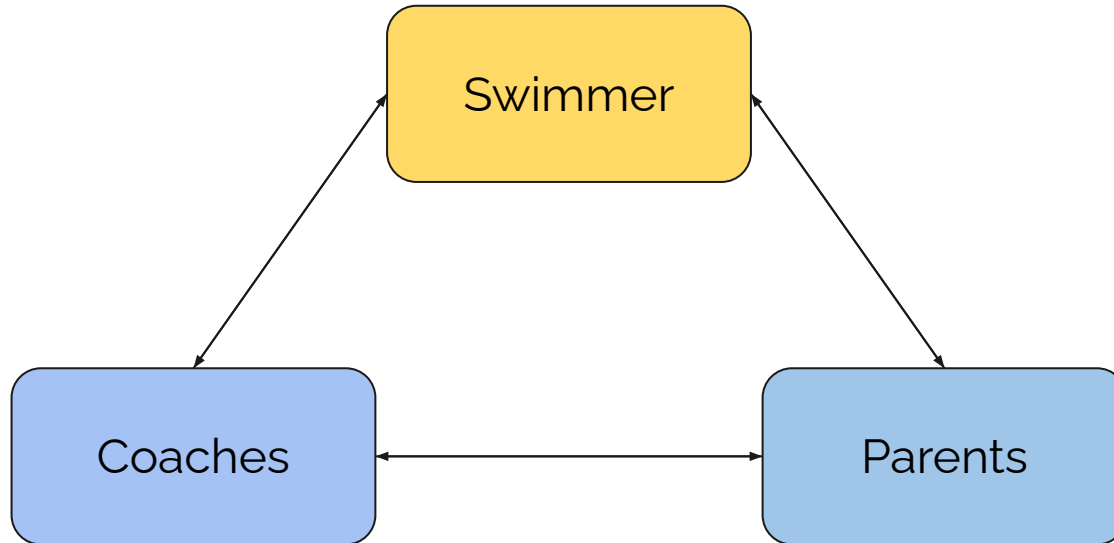
Pacific Swimming Team Reps

- Chetan Raghavan
- Ashley Dangol





Triangle of Success



“Building Champions for Life”

- Kind & empathetic to others
- Growth Mindset: nonjudgmental, humble, intellectually curious
- Hard-working & determined
- Finding joy in what you do



“Building Champions for Life”

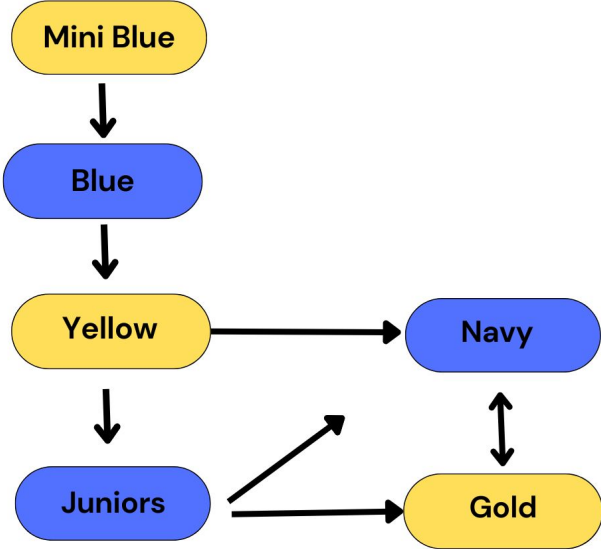
- Fixed Mindset: Talent is a static given, one is unable change in any meaningful way, and success is the affirmation of that inherent talent. Avoiding failure at all costs is a way of maintaining the sense of being talented.

vs.

- Growth Mindset: It is possible to become a better version of one's self every day. Failure is not evidence of a lack of talent but is a heartening springboard for growth. There are many ways to improve and have success beyond being technically talented or physically gifted.



Group pathways & promotion protocol





Group pathways & promotion protocol

Criteria:

- Practice & meet attendance
- Age range, time standards, and practice intervals of the group above
- Technical comprehension and retention
- Maturity, confidence, and growth mindset



Government structure

- USA Swimming is the national governing body (NGB)
- USA Swimming is divided into four smaller zones
 - Pacific Swimming is in the Western Zone
- Within those zones are regional governing bodies called local swimming committees (LSCs)
 - Pacific Swimming is our LSC
- Pacific Swimming is split up into 5 Zones (and is the only LSC with Zones)
- Armada is in Zone 2
- Alameda County, Contra Costa County, and the greater Stockton/Modesto area are all part of Zone 2



Seasonal Structure

- **Fall (late August to December)**
 - Armada Home Meet
 - Thanksgiving break
 - Championship meets: Age Group Champs(JO's), C/B/BB+, Senior Meet, Sectionals, Junior Nationals
- **Winter (December to February)**
 - December holidays break, Winter Training for Juniors/Gold
 - Championship meets: Zone 2, Travel Meet: Lost Dutchman
- **Spring (February to April/May)**
 - Championship meets: Age Group Champs(JO's), & Far Westerns, High School Championships
 - 10 & Under Championships
 - Armada Home Meet
 - Spring break post-Far Westerns
- **Summer (May to August)**
 - Long course meters
 - Championship meets: Age Group Champs(JO's), & Far Westerns, Zone 2 Champs, Sectionals, Senior Meets, Futures, Junior Nationals
 - Summer break for all



Albany Armada Aquatics

SWIM MEET & EVENT SCHEDULE, 2023-2024

Reference the Event & Calendar Tab for more details on each Meet or Team Event

	September	
9/30-10/1	OAPB C/B/BB+	Mini Blue, Blue, Yellow, & Juniors not at Senior Open
	<i>Soda Aquatic Center, Moraga, CA</i>	
	October	
6	Armada Team Time Trial	All Groups
	<i>Albany Aquatic Center, Albany, CA</i>	
6	Team Potluck & Social	All Groups. Pot luck social
	<i>Memorial Park, Albany, Ca</i>	
7	Menstrual Cycles and Swimming Male Puberty and Swimming	Girls 10&up 11:00-11:45am Boys 13 & under (12:00-12:30pm) Boys 14 & up (12:45-1:15pm)
	<i>Zoom Meeting</i>	
20	Trunk or Treat	All groups
	<i>Modified Schedule, Memorial Park- Albany, CA</i>	
28-29	AAA C/B/BB+ Meet	All groups
	<i>Albany Aquatic Center, Oakland, CA</i>	
31	Halloween	All groups
	<i>Modified Schedule</i>	
	November	
2	Armada Picture Day	All groups
	<i>Individual Pics 4:30- 5:00, Team pic to follow</i>	No swim for Mini, Yellow, Blue Senior 2 Meet swimmers- Modified Schedule

Albany Armada Aquatics

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	November	
4-5	PLS Senior 2 P/F	All qualifiers
	<i>Dolores Bengtson Aquatic Center, Pleasanton, CA</i>	
4-5	TCA C/B/BB+ Meet	Mini, Blue, Yellow Juniors & Navy not attending PLS meet
	<i>Miwok Aquatic Center, Marin CA</i>	
11	Hills Hurricane Invitational	Mini, Blue, Yellow Juniors
	<i>Mills College, Oakland</i>	
10 (observed)	Veteran's Day	All groups
	<i>No practice, AAC Closed</i>	
18	LAC Invitational	All swimmers not attending TERA Senior Open
	<i>Livermore, CA</i>	
18-19	TERA Senior Open	Juniors w/ qualifying times, Navy, Gold
	<i>Concord Community Pool, Concord, CA</i>	
23-25	Thanksgiving Break	All groups
	<i>No practice, AAC Closed</i>	

Albany Armada Aquatics

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Dates	December	Assigned Group
1-3	Winter Age Group Championships <i>Moraga, CA</i>	14 & Under, All qualifiers
6-9	Winter Junior Nationals Westmont, IL	All qualifiers
8-10	SCSC Senior 2, P & F Meet <i>Santa Clara, CA</i>	All qualifiers
9-10	SRVA C/B/BB+ <i>San Ramon, CA tba</i>	Mini, Blue, Yellow, Jrs not attending WAGC
12	Secret Snowman <i>Albany Aquatic Center, Albany, CA</i>	All groups
14-17	Winter Sectionals <i>Huntington Beach, CA</i>	All qualifiers
18-1/1	Armada Winter Break <i>No practice</i>	All groups
27-31	Winter Training <i>Albany Aquatic Center & Oakland High</i>	Juniors, Navy invites, Gold



Key Meets

Age Group

- C/B/BB+ Meets
- Zone 2 Championships
- Pacific All-Star Meets
- 10 & Under Championships
- Lost Dutchman
- Age Group Champs (JO's)
- Far Westerns

Senior Meets

- Senior Meets: Open, S2 Trial & Finals
- Sectionals
- Futures
- Junior & Senior Nationals



Resources

- Team website
 - Handbooks, Event Calendar, Practice Schedules, Meet Information, How to Enter Meets, Swim Meet Guidelines & Swim Meet Survival Guide
- Team emails
- usaswimming.org & pacswwim.org (times search, standards, meets)
- Google Drive: Swimmer's Corner



Volunteering

- Volunteering is a mandatory requirement for ALL Armada families
- Monthly Meets: timers, officials & canopy transport
- Hosted Meets: 5 points for one day meets, 10 points for two day meets
 - October 28th-29th
 - Everyone must contribute 1 points worth of snack bar contributions \$25
 - One job shift is 3-4 hours long and worth 2-4 points
 - Buy out: \$200/day
 - No sign up = \$250 fine per swim meet day
 - No shows = \$300 fine
 - Late arrivals = \$25 penalty



Volunteering

- Home Meets
 - Meet Director: Krista Ward
 - Snack Bar & Hospitality coordinators - Karen Raghavan, **need 1 more**
 - Set up & take down coordinators*
 - Office assistant*
 - Runners*
 - Timing system coordinator: Justin Ritter
 - **Colorado Timing Operator* & Expeditor***
 - Awards Desk
 - Head Marshal- Matt McNamara
 - Pool Marshal
 - Timers
 - Canopy repair
 - Pool Recertification Teams





Volunteering

- **Banquet coordinator***
- Officials coordinator: Justin Ritter
- Apparel coordinator - Monica Smith
- Volunteer Coordinator- Theresa Lieu, **+1 more***
** bold open position*

Monthly Meets- for participating families

- Timers
- Canopy Transport - pick up and return
- Officials- trainee's welcome!

Co Hosted Meets- more meet jobs

- Zone 2 Championships
 - February
 - July

Officials

Benefits

Gain a more thorough understanding of swimming in particular, and sports in general

1. Help support a sport that promotes a healthy lifestyle for our children
2. Fulfill Armada volunteer requirements (covers meet volunteer obligation per day)
3. Armada Discount -- 20% off billing for one athlete

Getting Started

1. **Send a message to the team Officials Coordinator, albany.armada.officials@gmail.com**
2. Register as an Official: Non-athlete member of USA Swimming
3. Complete Online Training and take open book USA Swimming Rules Test
4. Get On-the-Deck Training: Shadow officials for 4 sessions at a minimum of 2 different meets, Report to the starting corner by 7:30AM. Trainees are welcome at any C/B/BB+ meet
5. Other Expectations/Requirements
 - a. Age – Minimum of 18 years old
 - b. Attire – Navy blue bottom, white top and white shoes
 - c. Attitude – Positive attitude and a willingness to learn





Officials

1. You get to watch your kids up-close and enjoy every second of their race.
2. You get to contribute to making the meet run smoothly. Meets can't run without officials!
3. You get to meet people from other teams – kids, coaches, and officials. Maybe even make new friends!
4. You get perks - reserved parking, free food, snacks, drinks, gifts and more.
5. **You are a critical component in fostering better swimmers. Young, excited swimmers often forget technique when racing. Officials are there to help point out mistakes before they take them to a bigger meet. DQs are not a bad thing!**

If you need additional incentive, you can also escape the boredom of being seated under a tent for several hours! The process of becoming an official might sound intimidating, but it is not that complex. You **do not** need to be a swimming expert to become an official, most officials' introduction to swimming was through their kids.



ARMADA BOOSTERS CLUB

**September 2023
Armada Open House**





The ABC Board

Karen Raghavan, President

Jessica Getz, Co-Founder and Treasurer

Helen Garcia, Co-Founder and Head Coach

Jill Loman, Vice President

Jenny Fu, Armada Together Community Programs

Matt Henry, Secretary

Athlete Representatives

Ashley Dangol

Chetan Raghavan



ARMADA BOOSTERS CLUB



Our Mission

The Armada Boosters Club, Inc. (ABC) was founded in 2018 to support our young athletes with programs that foster team spirit, leadership, mentorship, engagement and on-the-ground impact within our local communities.



ARMADA BOOSTERS CLUB

Our Goals

Through fundraising events, we aim to achieve:

- **Leadership** - provide opportunities for our athletes to become leaders
- **Mentorship** - structure programs such that our athletes mentor fellow athletes
- **Engagement** - develop programs that engage our athletes with local communities and allow them to give back
- **Access** - provide athletic opportunities to underserved youth in our local communities

— Armada Boosters Club



ARMADA BOOSTERS CLUB

- **Armada Swim & Adventure Camp**
 - June - July, one week camps @ Albany Aquatic Center
 - Run by Armada coaches & swimmers
- **Armada Abroad Program (AAP)**
 - Summer of 2022 - 13 Armada swimmers and 3 Coaches went to South Africa and taught swim lessons to the youth of Soweto; in partnership with Kliptown Youth Program KYP
- **Armada Together** - ABC's new community service program
 - **Coastal Cleanup September 2023** - Point Isabel, East Bay Regional Parks District
 - **Oceans advocacy & environmental justice** - SF Baykeeper, **in progress!**
 - **We All Swim** - free swim clinics for local underserved youth, **in progress!**
- **Preventing swimmer burnout panel - In progress!**



ARMADA BOOSTERS CLUB

Armada Swim & Adventure Camp



Returns Summer 2024!

Registration opens in
February!

Armada Abroad Program (AAP)

Returns Summer 2025!



ARMADA BOOSTERS CLUB



ARMADA BOOSTERS CLUB

Armada Together - Coastal Cleanup 2023





Armada Boosters Club



ARMADA BOOSTERS CLUB

- **Connecting Armada parents:**
 - **Armada family directory**
 - **WhatsApp parent group threads** (Mini-Blue, Blue, Yellow, Juniors, Navy, Gold)
 - Sign-up before you leave today!
 - Great for questions about swim gear, practice schedules, meet logistics
 - Great for commiserating about early meet mornings, setting up playdates
- **Swim-a-thon and other fundraisers, coming 2024!**
- **Financial Aid Program** - applications open October 1, deadline October 30, for financial aid to be awarded December 1



How Can The Armada Community Help?

Tax-Deductible Donations

- Gift donations
- Company matches
- Outreach to friends and family with resources, skills, or services to donate

Time & Service

- Do you have resources, skills, or services that would benefit our young athletes?
 - **Marketing** - Do you love social media and other forms of communication? Are you good with websites?
 - **Fundraising** - Do you enjoy engaging with the community to solicit monetary and non-monetary donations?
 - **Connections** - Do you know people or organizations who could contribute to our programs, for example panel speakers, event venues, pool access?
 - **Would you like to donate time to help us coordinate and execute our programs?**