



Armada Open House, 2025-2026

Welcome to Albany Armada Aquatics!





Albany Armada Aquatics

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Introductions

Armada Coaching Staff

Helen Garcia, Head Coach & Co-Founder, Gold Group Coach

Jesus Salcedo, Head Age Group Coach & Co-Founder, Mini Blue & Junior Group Coach

Brandon James , Yellow Group & Navy Group Coach

Daniel Choy, Blue Group Coach & Membership Outreach Coordinator

Arina Openysheva, Mini Blue & Junior Group Assistant Coach & Head Coach Armada Masters

Evgenii Somov, Gold Group Dryland & Assistant Coach



Safe Sport



- The MAAPP - Minor Athlete Abuse Protection Policy
- Mandated by USA Swimming, it sets standards to protect athletes by regulating one-on-one interactions, electronic communication, travel, locker room and changing area. All USA Swimming clubs, Zones, and LSCs are required to fully implement this policy.
- Safe Sport Training- Parents are required to complete the training through USA swimming University.
- Online Safe Sport Education for Parents

Safe Sport's online course for parents provides an introduction to Safe Sport, abuse, and reporting information. More information and access to the course can be found on the website <https://www.usaswimming.org/safe-sport/recognize>
- The course is called "Parent's Guide to Misconduct in Sport"
- Due by November 30th

Code of Conduct

- Required of all **parents & swimmers**
- Sign electronically via Google form

Outlines expectations of conduct and behavior required of all swimmer representing Armada

- Coaches have reviewed this with swimmers in Goal setting Sessions
- Briefly reviewed with Mini Blue, since they don't have GS
- **Parents** please facilitate the completion of the online form.





Parent Code of Conduct

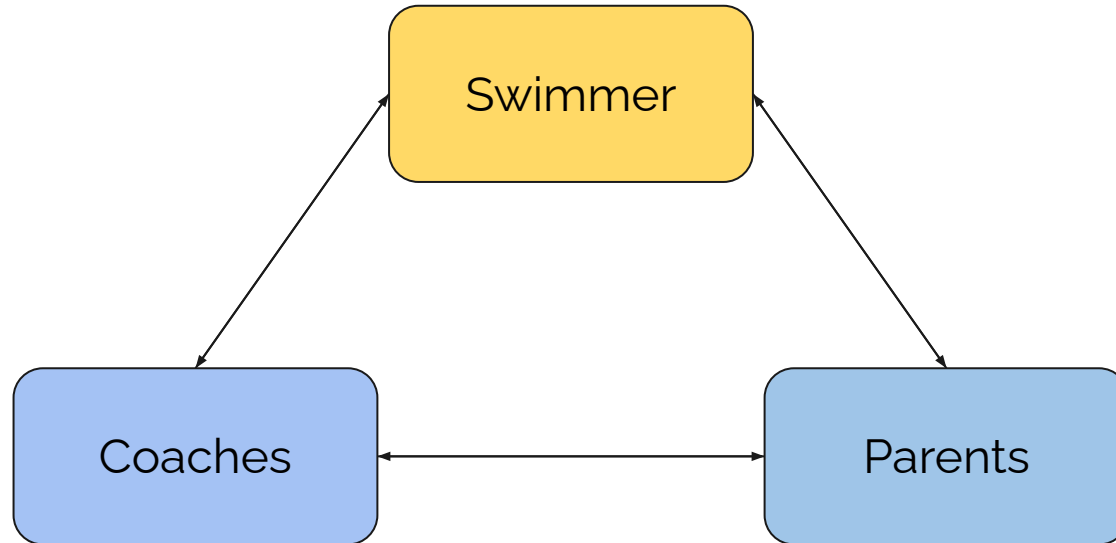




Athlete Code of Conduct



Triangle of Success



Team Philosophy

“Building Champions for Life”

At Armada, our goal is to help swimmers become not only stronger athletes but also kind, resilient, and joyful individuals.

Our Core Values

- **Kindness & Empathy:** Treat others with respect, compassion, and understanding.
- **Growth Mindset:** Approach challenges with humility and curiosity. Stay open to learning, and recognize that every experience is an opportunity for growth.
- **Hard Work & Determination:** Strive to give your best effort each day, knowing that consistent dedication leads to progress.
- **Joy in the Journey:** Celebrate the process of training and competing, and find meaning and enjoyment in what you do.



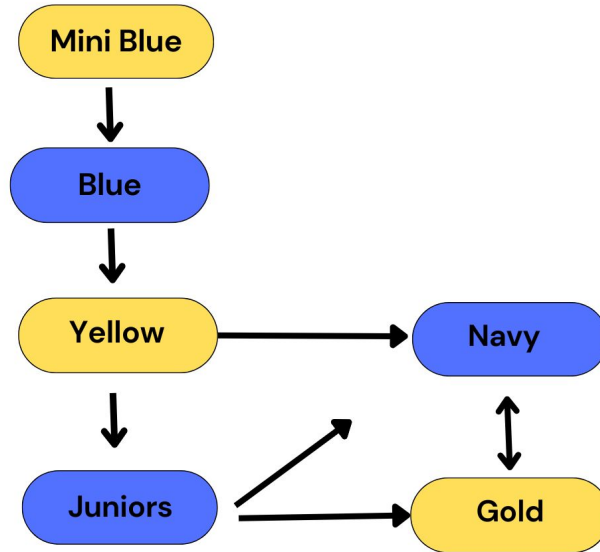
“Building Champions for Life”

Fixed Mindset vs. Growth Mindset

- **Fixed Mindset:** Talent is seen as a static trait. Success is viewed only as the affirmation of natural ability, and failure is avoided at all costs to preserve the appearance of being “talented.”
- **Growth Mindset:** Each person has the ability to improve and grow every day. Failure is not a sign of weakness but a springboard for learning and progress. Success comes in many forms—through effort, resilience, and continual self-improvement—not just from natural talent.



Group pathways & promotion protocol



Group pathways & promotion protocol

Criteria:

- Practice & meet attendance
- Age range, practice intervals of the group above
- Technical comprehension and retention
- Maturity, confidence, and growth mindset
- Refer to our **Group Handbooks** which detail the incoming skills requirements
- Group move up's occur in **Nov/Dec & April/May & July/Aug**



Seasonal Structure

- **Fall (late August to December)**
 - Short Course Season
 - 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
- **Spring (February to April/May)**
 - Championship meets: Age Group Champs(JO's), & Far Westerns, High School Championships
 - 10 & Under Championships
 - Armada Home Meet
- **Summer (May to August)**
 - Long course meters
 - Championship meets: Age Group Champs(JO's), Far Westerns, RESL, Sectionals, Jr Nationals
 - Summer break for all



Key Meets

Age Group

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

Senior Meets

- Block Party Meets
- Senior Open,
- Senior 2 Trial & Finals
- Sectionals
- Futures
- Junior & Senior Nationals



Upcoming Meets & Event Pages



Armada Volunteer Requirement

Volunteering is mandatory for ALL Armada families.

Monthly Meets (if your child is participating):

- **Timers**
- **Canopy Transport** – pick up & return
- **Officials** – trained parent officials on deck
- **Sign up Genius** –
 - Prior to each meet our volunteer coordinators set up a sign up to cover our volunteer responsibilities.

Co-Hosted Meets (team helps run the meet):

- **Zone 2 Championships** – January/February
- **RESL (Redwood Empire Swim League)** – July



Armada Volunteer Requirement

- Hosted Meets: **November 8-9 & March 28-29**
- Home meets are our **Primary Fundraisers** that help cover our operating expenses for the year.
- Each family is responsible for the following:
 - 10 volunteer points
 - \$25 snack bar co-op, billed to team account on 11/1
 - Earn points through Job shifts which are
 - 3-4 hours long
 - worth 2-4 points

Penalties

- Buy out: \$200/day
- No sign up = \$250 fine per swim meet day
- No shows = \$300 fine
- Late arrivals = \$25 penalty



Armada Volunteer Roles

Home Meet Coordinators

- Meet Director, Filip Fillipic
- Volunteer Coordinators: **Kaetlin Henry & Leah McCarthy**
- Snack Bar & Hospitality, Leaders- Ann Chalmers, Tiffany Tsang
- **Set up & take down**
- **Office assistant**
- **Runners**
- Timing system coordinator, Leader- Justin Ritter
- **Colorado Timing Operator & Expeditor**
- Awards Desk- Leader- Joanna Harris
- Pool Marshal's- Leader- Amornit P.
- Pool Beautification Team- Sue Burt

Bold = Open Position

Armada Volunteer Roles

- Apparel Coordinator: Monica Smith
- Volunteer Coordinators: **Kaetlin Henry & Leah McCarthy**
- Officials Coordinator: Justin Ritter
- Team Record Manager: Justin Ritter
- **Armada Equipment Support: *[TBD]***
- **Banquet Coordinator: *[TBD]***

Bold = Open Position

Resources

- Team website
 - Handbooks, Event Calendar, Practice Schedules, Meet Information, How to Enter Meets, Swim Meet Guidelines & Swim Meet Survival Guide
- Team emails
- Group Calendars
- usaswimming.org
- pacswim.org
- Swim Cloud- look up your swimmers times
- Google Drive: Swimmer's Corner
- **Swimmers Chat:** GroupMe -Juniors, Navy & Gold
- Parent Chat: **Whatsapp- need to join?**
 - Email Jill Loman, jvloman@hotmail.com



Equipment



Each group has specific Equipment needs

- Team has some items to borrow but not enough for everyone
- Refer to the list of equipment requirements in your athletes Group Handbook

Conejo Swim Works- Team Store

Team Suit & Group Specific Gear <https://www.conejowimworks.com/albany-armada-aquatics/>

Armada Website- Team Store

Team apparel- new items coming soon! <https://albanyarmadagear.weebly.com/>

Used & New Gear List





ARMADA BOOSTERS CLUB

**September 2025
Armada Open House**





The ABC Board

Helen Garcia, Co-Founder and Head Coach

Matt Henry, President

Jill Loman, Vice President

Jenny Fu, Community Service & Community Impact Council

Julie Herson, Secretary

Neil McCarthy, Treasurer



ARMADA BOOSTERS CLUB



Our Mission



ARMADA BOOSTERS CLUB

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.

Our Goals

We aim to achieve:

- **Team support** - provide financial support to the Armada team
- **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 to those communities
- **Access** - provide athletic opportunities to underserved youth in our local communities



ARMADA BOOSTERS CLUB

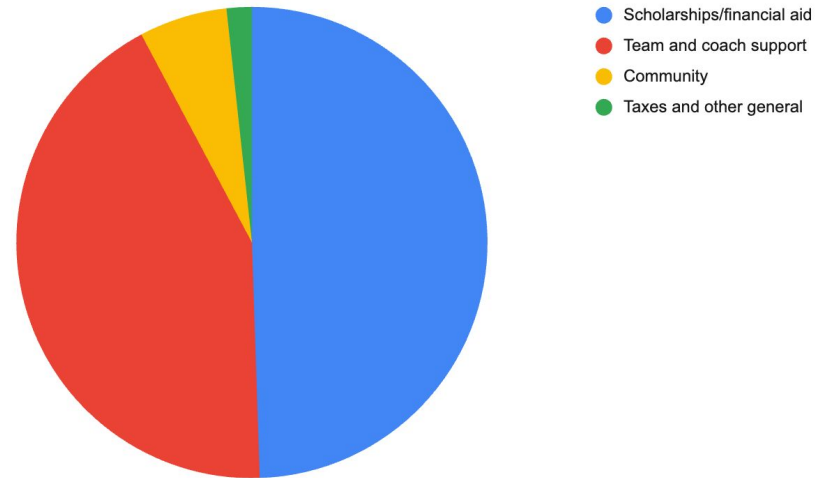
What We Do

- **Find ways to financially support the team** - by covering equipment, travel, coaching and athlete development, and other expenses.
- **Connecting Armada parents:**
 - **Armada family directory**
 - **WhatsApp parent group threads** (Mini-Blue, Blue, Yellow, Juniors, Navy, Gold)
 - Great for questions about swim gear, practice schedules, meet logistics
 - Great for commiserating about early meet mornings, setting up playdates
 - Of note, GroupMe threads (Juniors, Navy, Gold) are not Boosters run and designed for coach to swimmer communications although parents are welcome to join; see Coach Helen for more info
- **Financial Aid Program** - provide financial assistance to members of our swim community
- **Swim-A-Ton coming Friday, October 3, 2025!**

Examples of our support

1. **Financial Aid** and Merit scholarships for swimmers
 - a. Sponsored 11 swimmers' Armada dues
2. **Nutrition sessions** for swimmers
3. **Clinics** for coaches
4. Supporting team **travel expenses**
5. Team-building **meals**
6. **Equipment**, like timing system, canopies, and cones

2025 Booster Club Budget



Fabulous
prizes

SWIM-A-TON!

Coming Friday, October 3rd!



ARMADA BOOSTERS CLUB



	Swim-a-ton 2024 <i>last year</i>	Swim-a-ton 2025
Amount we raised	Over \$16,000	\$20,000 goal <i>\$150 per swimmer</i>
Swimmers participating	40% of swimmers participated	100% swimmer participation

Last year our swimmers swam 7,307 laps = 182,675 yards!

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

- Join the board!
 - We have open positions.
 - Nominate yourself or someone else at any time.
 - Email: armadaboosters@gmail.com
- Time commitment
 - 1 meeting per month
 - Propose new programs
 - Maintain existing programs, like scholarships

Armada Community Impact Council

Jenny Fu, Director of Armada Community Impact Council
Armada Booster Club



Community Service Events & Armada Community Impact Council

- **Coastal Cleanup, Saturday, September, 20, 9am-noon** - Point Isabel, East Bay Regional Parks District
- **Swim Across America, Sunday, September 21, 6-9:30am** - Open water fundraiser for UCSF Childrens' Hospitals, 1.5 mile swim, Little Marina Green to Aquatic Park
- **Home Meet Buddies (November/March)**
- **Secret Snowman (December)**
- **Alameda County Community Food Bank (Winter Break)**
- **Swimming & Menstruation Zoom (Spring)**
- **Green Week & Intrasquad Meet (Spring)**
- **Paper Plate Awards (Armada Banquet)**
- **Swimming Beyond High School Panel Discussion - NEW**
- **Alumni Directory & Reunion - NEW**

Bonus events last year:

- **Nutrition Talk**
- **SFMOMA Get In the Game Tour**

Coastal Cleanup Day

Saturday, September 20, 9am-noon
Point Isabel, Richmond



- Registration with East Bay Regional Parks District on site.
- Swimmers will need parent/guardian to sign waiver and adult supervision during event.
- Bring gloves, grabber tools if you have them.
- Prizes for most interesting finds, best goofy photo with Armada teammates, group with most participants!





Swim Across America

Sunday, September 21, 6-9:30am

San Francisco, Little Marina Green to Aquatic Park



- **1.5 mile open water fundraising swim**; timed with the tides
- Benefits UCSF Benioff Children's Hospital Oakland Research Institute and UCSF Benioff Children's Hospital San Francisco Survivors of Childhood Cancer Program.
- Last year 14 Armada swimmers raised >\$7k; **this year 21 Armada swimmers >\$10k**





Swim Buddies

November 2024 & March 2025







January 2025



Alameda County Community Food Bank

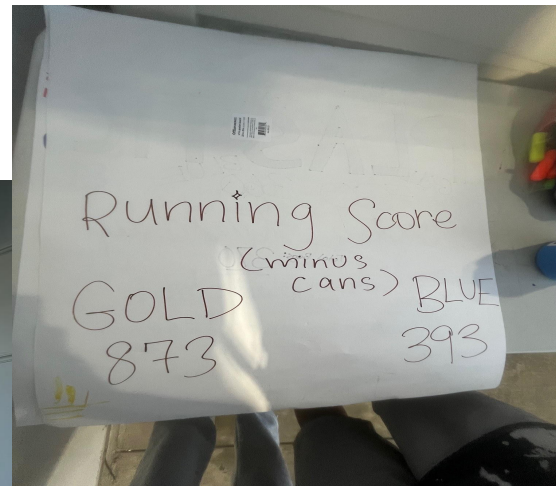
**230 meals
per
volunteer!**



GREEN WEEK!



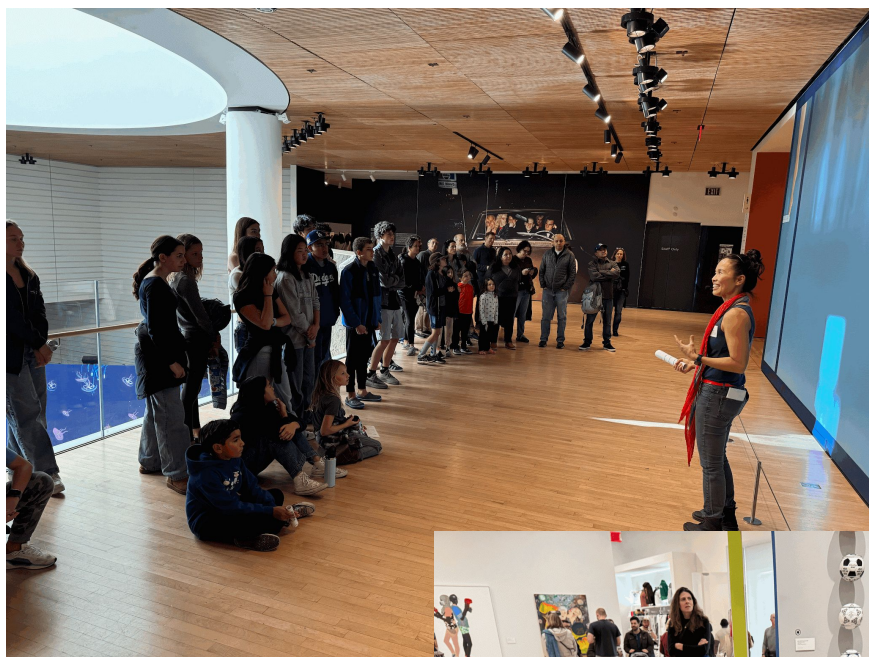
INTRASQUAD MEET!



SFMOMA Get In the Game: Muscle Walk

January 2025







ARMADA BOOSTERS CLUB

April 2025

Nutrition Talk with Scott Austin





ARMADA BOOSTERS CLUB

Armada Community Impact Council

2025-2026 Council Applications next week! **Deadline Monday, October 6.**

Who Should Apply:

- **Council Members** - 9th-12th grade Armada swimmers interested in team building and community engagement
- **Junior Council Members** **NEW** - 7th-8th grade Armada swimmers available for select tasks (e.g. planning buddy activities, paper plate awards)
- Council members should be available for occasional weekend meetings, responsive to Council GroupMe thread & email messages, responsible about task completion, and **most importantly, excited to engage teammates in council activities.**
- **Applications open FRIDAY!**
- **Questions - email Jenny Fu (fujenny@gmail.com); co-director Justin Ritter**



ARMADA BOOSTERS CLUB

Thank you 2024-2025 Armada Community Impact Council!

Chetan Raghavan, Aasish Dangol, Paula Devine, Ryan Hong, Liv Kwong, Yenna Lee, Lena Moon, Armin Schneider, Addy Stevenson, Ada Ward, Kat Zhang



ARMADA BOOSTERS CLUB

Questions?

Tax-Deductible Donations

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- Company matches
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