

Hi Everyone:

Please read the entire email carefully, MANY REMINDERS in here...

• **DUAL MEET SIGN UP:** *Sign Up for the RAC meet ASAP, online sign up closes Tuesday, December 7th at 11:00pm.*

Directions listed below, this is the only way to make sure your child is in the line up.

• **INVITATIONAL MEET SIGN UP:** *Council Rock's Hawaiian Holiday Invitational Meet entries are due Monday, December 6th. We would like all swimmers in silver and gold to attend. Also all senior swimmers aged 13 and younger.*

Meet information and sign up sheets are attached. This is a great opportunity for SAL swimmers to post times in events they don't always get to swim in dual meets or to better their times on the SAL top 50 list. For our USA swimmers, this meet counts towards entry times for the Elite Meet and Junior Olympics. Make every effort to attend this meet!!

• **VOLUNTEERS NEEDED:** This Saturday we swim RAC. Jordan and I have chosen this as the dual meet for our Silver and Gold practice groups to focus on for December. This means we need all hands on deck as far as parent volunteers. Swimmers will be tracking their times on posters on our sidelines (boys and girls in each age group will have a competition to see who gets the most personal bests). *Swimmers may have even more questions than usual and we want this meet to run as smoothly as possible for them so they can focus on achieving best times and winning races...so please, please, please take a moment to look over the volunteer sheets on the LMAC bulletin board as you walk up the steps to the balcony at Maguire.* If you have any questions please ask myself or Pam McKeon, Patti Reed, Kathy Kerns or Liz Cassidy.

• **Practice Schedule, week of November 29th:**

- **Developmental:** Tuesday, Wednesday & Friday 5:30-6:15
- **Diving:** Monday 5:30-6:50; Sunday 4:00- 5:00
- **Silver:** Tuesday 6:15-7:15, Thursday 5:30-6:30, **Friday 6:15-7:00\*\***, Sunday 12:00-1:00
- **Gold:** Mon 7:00-8:30, Wed 6:15-7:30, **Friday 6:15-7:00\*\***, Sunday 1:00-2:00
- **Senior White:** Mon 5:30-7:10, Tues 7:00-9:00, Wed 7:15-9:00, Thurs 6:30-8:30, Sun 2:00-4:00
- **Senior Blue:** Mon 5:30-7:10, Tues 7:00-9:00, Wed 7:15-9:00, Thurs 6:30-8:30, Sun 2:00-5:00
- **Dry Land:** Monday 7:20-8:10, Wednesday 6:15-7:00 (swimmers 13 & older)
  
- ***\*\*Gold and Silver will have a combined practice on Friday, December 3rd due to a home diving meet on Friday evening. Please be there, we will have a team meeting regarding Saturday's meet!***

• **Training Focus:**

- **Silver & Gold:** Come to practice this week ready to listen, work hard and focus on strokes, starts and turns. We will work on all aspects of training in preparation for this weekend's meet. Remember, our training time is valuable--please make every effort to attend all practices, be on time, use the bathroom beforehand, and complete all training sets...

• **LMAC v RAC:** *This coming Friday & Saturday we compete against Radnor Aquatic Club.* Diving will take place at Maguire on

Friday evening (12/10), the boys swim Saturday (12/11) morning at Maguire and the girls are away at Upper Merion High School on Saturday (12/11) afternoon.

▪ **Online Sign Ups (the only way your child can be added to the line up) for the LMAC v RAC meet are open NOW close at 11:00pm on Tuesday, December 7th.** Directions are listed below, any problems signing up please email Katie Orange at [orangek@comcast.net](mailto:orangek@comcast.net).

▪ **NOTE OF CAUTION: IF YOU DO NOT SIGN UP (or contact Katie so she can help you work through any issues you may have logging on/signing up) YOUR CHILD WILL NOT BE PLACED IN THE LINE UP.**

§ **Boys & Girls DIVING HOME (Friday 12/10)**

- **On Deck at Maguire:** 7:00pm
- **Warm Up:** 7:00pm
- **Meet Start:** 7:30pm

§ **GIRLS Swim Meet AWAY (Saturday 12/11)**

- **Be at Bus (at Merion Elementary School):** 12:10pm
- **Bus Departs Merion Elementary:** 12:20pm
- **Warm Up:** 1:00pm
- **Meet Start:** 1:30pm

§ **BOYS Swim Meet HOME (Saturday 12/11)**

- **On Deck at Maguire:** 9:20am
- **Warm Up:** 9:25am
- **Meet Start:** 10:00am

• **How to Sign Up for Dual Meets: *All swimmers in Silver, Gold, Senior White and Senior Blue are expected to participate in dual meets.*** You must sign up for dual meets online on our LMAC website.

- On the home page, click on Meet Sign Up under Coach's Quick

Links. You will be prompted to enter a username and password. Once logged on, you will be prompted to give your child's name and age and say whether or not they will participate.

- This will be the case for all dual meets, you will always need to sign up by the Tuesday prior to the meet. This is the only way to sign up, if you do not sign up then your child will not be entered into the line up.

- **Dual Meet Line Ups/Protocol:**

- **Swimmers Ride the Bus to Away Meets:** LMAC swimmers are strongly encouraged to travel to away meets on the bus. Lower Merion School District provides our bus transportation to all away meets. If your swimmer does not take the bus, please have them on deck at 10 minutes prior to the scheduled warm up time. **We leave from Merion Elementary School (address 549 South Bowman Ave, Merion PA 19066-1499).**

- \* **Directions to Merion Elementary from SJU's Maguire Pool:**

1. Left on Latches Lane
2. Right on Merion Road
3. At traffic light, left on S. Bowman Ave. Merion Elementary is on the right.

- The following coaches take primary responsibility for putting the line up together for dual meets. If there is a last minute emergency or an unusual request, please email the coach for your age group and feel free to cc me on any correspondence. As head coach I take full responsibility for the final line up.

- \* **8 & Under:** Songja Shore, [songja.shore@gmail.com](mailto:songja.shore@gmail.com)

- \* **9-10:** Jordan Orange, [orange@mail.med.upenn.edu](mailto:orange@mail.med.upenn.edu)

- \* **11-12 Girls:** Jordan Orange, [orange@mail.med.upenn.edu](mailto:orange@mail.med.upenn.edu)

- \* **11-12 Boys:** Kathryn McKeone, [lepster04@verizon.net](mailto:lepster04@verizon.net)

- \* **13-14:** Sally Wolfe, [sswlax22@verizon.net](mailto:sswlax22@verizon.net)
- \* **15 & O:** Kathryn McKeone, [lepster04@verizon.net](mailto:lepster04@verizon.net)

• **Winter Break Practices:** LMAC will practice over the winter holiday break (Sunday, December 26th through Sunday, January 2nd) during the day at the Field House Pool (where we practiced over Thanksgiving weekend). I will be circulating a calendar for the end of December and all of January soon, but so you can start to plan ahead, the schedule is as follows:

- **Sunday, December 26th:**
  - Mighty Mites/Piranhas: 12:00-12:45pm
  - Silver: 12:00-1:00pm
  - Gold: 12:45-2:00pm
  - Senior White: 2:00-4:00pm
  - Senior Blue: 2:00-5:00pm
  
- **Monday, December 27th:**
  - Mighty Mites/Piranhas: 1:00-1:45pm
  - Silver: 1:45-2:45pm
  - Gold: 1:45-3:15pm
  - Senior White: 3:15-5:15pm
  - Senior Blue: 3:15-5:45
  
- **Tuesday, December 28th:**
  - Mighty Mites/Piranhas: OFF
  - Silver: 1:00-2:00pm
  - Gold: 1:00-2:30pm
  - Senior White: 2:30-4:30pm
  - Senior Blue: 2:30-5:00pm
  
- **Wednesday, December 29th:**
  - Mighty Mites/Piranhas: 1:00-1:45pm
  - Silver: 1:45-2:45pm
  - Gold: 1:45-3:15pm
  - Senior White: 3:15-5:15pm
  - Senior Blue: 3:15-5:45

- **Thursday, December 30th:**
  - Mighty Mites/Piranhas: OFF
  - Silver: 1:00-2:00pm
  - Gold: 1:00-2:30pm
  - Senior White: 2:30-4:30pm
  - Senior Blue: 2:30-5:00pm
  
- **Friday, December 31st:**
  - Mighty Mites/Piranhas: OFF
  - Silver: OFF
  - Gold: 9:00-10:30am
  - Senior White: 9:00-10:30am (start of recovery)
  - Senior Blue: 9:00-10:30am (only if you have no high school practice, will start recovery)
  
- **Saturday, January 1st:**
  - Happy New Year!! (NO Practice)
  
- **Sunday, January 2nd:**
  - Mighty Mites/Piranhas: OFF
  - Silver: Hawaiian Holiday Meet
  - Gold: Hawaiian Holiday Meet
  - Senior White: Hawaiian Holiday Meet
  - Senior Blue: will be 2 hours, either early morning or late afternoon

Thanks very much and have a great week...

**GO PIRANHAS!!!**

kathryn