



The Athens Bulldog Swim Club

520 Millstone Circle, Athens, GA
www.athensbulldogs.com

Dear Swimmers and Parents,

On behalf of the entire coaching staff I'd like to welcome you to the Athens Bulldog Swim Club and another exciting season of year round swimming. We are glad you are with us. I'd like to take a moment to tell you a bit about our club's philosophy and how that relates to you and your child.

From our Super Sunday Group to the Senior Team, at ABSC we believe in emphasizing the development the whole child. This means that in terms of swimming, we believe that technique work and aerobic training go hand in hand. In the less advanced groups a stronger emphasis is placed on learning technique, but we also work on building endurance, which together are necessary to develop the swimmer's fullest potential. Our aim is to provide our swimmers with the skills and background necessary to achieve their individual swimming goals.

But swimming is not an end in of itself. Learning sportsmanship and developing good character are two of the most important things a child can gain from participating in athletics. Though success in the pool is important, ABSC swimmers are encouraged to value a strong work ethic, a commitment to self improvement, and display of respect for others. You will find that at ABSC winning or losing take a backseat to preparation and doing one's best, values which will help your children succeed not just in swimming, but in life.

We also believe that it's fun to be a member of the team! ABSC swimmers forge strong friendships as they train, travel, compete, and participate in team activities together. Swim meets and team social events help build a sense of community and foster relationships that will last long after your child has left the world of competitive swimming.

At ABSC our coaches strive to instill these values in their swimmers, both by instruction and example. We also maintain an open door policy and encourage communication between swimmers, parents, and coaches. If you ever have a question or concern about your child's involvement with the team, please don't hesitate to email, or give his or her coach a call. Though we prefer not to meet with parents on the pool deck during practice, we are more than happy to take time, either before or after practice, to address any questions that you may have.

Once again, we are happy to have you with us and are looking forward to a great winter season. See you soon at the pool, and Go Dawgs.

Harvey Humphries
Owner and Head Coach



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TO: New Swimmers/Parents

FROM: Rosemarie Ferguson, Treasurer

Please find attached information on fees and practice schedules, as well as registration forms for the 2008-2009 swim season. Please complete the USS registration form and ABSC roster form and return to me before you leave this evening along with a check for \$60 to cover the nonrefundable registration fee. All swimmers must be registered in order to practice at the Ramsey Center. New swimmers have a two-week trial period before the remaining fees are due for fall quarter – a statement will be sent to you via US mail.

Please call Head Coach, Harvey Humphries at 542-7953, harveyh@sports.uga.edu or Coach Jonathan Foggin at 369-8431, jfoggin@uga.edu with any questions. Please feel free to contact me as well with any financial questions – 542-2347, rfergus@uga.edu.

Thank you.

Rosemarie Ferguson
ABSC Treasurer and Registration Chair

Practice Groups, Coaches and Schedules

| | | |
|--------------------|--|--|
| SENIOR TEAM | Harvey Humphries: harveyh@sports.uga.edu | (706-354-8310) |
| | Austen Carter: ausdawg@uga.edu | (864-906-0949) |
| | Mon. - Thurs. | 5:30 - 8:00 p.m. |
| | Fri. | 5:00 - 6:45 a.m. |
| | Sun. | 6:00 - 9:00 a.m. |
| | (Weekday morning practices with Harvey's permission) | |
| DAWGS | Jonathan Foggin: jfoggin@uga.edu | (706-369-8431) |
| | Chris Carter: carter1@uga.edu | (404-992-2451) |
| | Mon., Wed., Fri. | 5:30 - 7:30 p.m. |
| | Tues., Thurs. | 6:00 - 8:00 p.m. |
| | | (Sunday morning - only with Harvey's permission) |
| PUPS | Kevin Taylor: kmtaylor85@gmail.com | (770-853-0083) |
| | Billy Humphries: billyh88@uga.edu | (706-461-3452) |
| | Mon., Wed., & Fri. | 5:30 - 6:30 p.m. |
| GUPS | Kevin Taylor: kmtaylor85@gmail.com | (770-853-0083) |
| | Lauren Molnar: lemolnar@uga.edu | (334-663-2864) |
| | Tues. & Thurs. | 5:30 - 6:30 p.m. |
| SENIOR II | Kevin Taylor: kmtaylor85@gmail.com | (770-853-0083) |
| | Lauren Molnar: lemolnar@uga.edu | (334-663-2864) |
| | Mon. - Thurs. | 8:00 - 9:00 p.m. |
| | (October thru March 2009) | |
| MASTERS | Fernando Rodriguez: rodriguezfe@gmail.com | (330-317-5327) |
| | Mon. - Thurs. | 5:30 - 6:30 p.m. |

Practice groups are determined by swimmer's ability level.

FEES AND DUES PER QUARTER

| | |
|-------------|---|
| Senior Team | \$500 (Fall, winter and spring) |
| Dawgs | \$425 (Fall, winter and spring) |
| Pups | \$350 (Fall and winter) |
| Pups | \$175 (Spring) |
| Gups | \$275 (Fall and winter) |
| Gups | \$125 (Spring) |
| High School | \$250 (Includes \$29.00 USS registration) |

(There is a 10% discount for second swimmer and a 20% discount for 3rd swimmer in same family. The 4th swimmer is free).

ESCROW

| | |
|-------------|-------|
| Senior Team | \$150 |
| Dawgs | \$150 |
| Pups | \$100 |
| Gups | \$100 |

ADDITIONAL FEES AND DUES

| | |
|------------------|---|
| USS Registration | \$60 per year, due fall quarter |
| Booster Club | \$100 per year per family, due fall quarter |
| Swim-A-Thon | \$150 per swimmer (*SEE BELOW) |

Swim-A-Thon is required of each swimmer. This is our only fund-raiser and the proceeds are used to maintain overhead expenses for our team. The Swim-A-Thon is usually held on Sunday in mid-to-late October. Please note that if you choose not to participate, you will still owe the minimum of \$150.00 and a check will need to be mailed to our Treasurer before the end of December.

PLEASE NOTE: ALL FEES ARE DUE AT THE BEGINNING OF EACH QUARTER UPON RECEIPT OF STATEMENT. Please make checks payable to "ABSC" and mail to the Treasurer at the following address. Please do **not** give any payments to the coaching staff. Thank you.

Rosemarie Ferguson
520 Millstone Circle
Athens, GA 30605
e-mail: rfergus@uga.edu

EXPLANATION OF FEES

Term Fees

These fees are used to pay for pool rental, coaches' salaries and general operation and overhead of the swim team.

USA Swimming Registration

These fees must be paid before a child can practice with the team and will enable your child to become a member of US Swimming. It will also provide insurance coverage at all practices and meets, as well as transportation to and from practices and meets. This is a yearly fee and a USS registration form must be filled to for each swimmer and returned to the ABSC Treasurer. **Please do not mail any forms or checks to Georgia Swimming in Atlanta.**

Booster Dues

These dues go into an account to pay for all bookkeeping, mailing, postage, and copying costs for the team. It also covers the team awards for the annual spring banquet. This is a yearly per family fee payable fall quarter, or any quarter that you participate.

Escrow (Meet Entry Fees)

Each swimmer has an escrow account which covers entry fees for USS meets. It costs approximately \$50.00 for a two-day meet per swimmer. Since meet fees are paid upon entering a meet, and **not** based on participation in the meet, each swimmer must have funds in his/her account in order to be entered. You will be billed each quarter the difference between what is required for each group and the amount left at the end of the previous quarter. **PLEASE NOTE: Escrow balances are forfeited if a refund is not requested within six months of inactivity.**

Swim-A-Thon

Each fall our team sponsors a Swim-a-thon as a fundraising activity. Each swimmer in Gups, Pups, Dawgs and Seniors is encouraged to participate and raise at least \$150. Swimmers in these groups may choose not to participate, but will be assessed a fee, not to exceed \$150 per family. Please note that the Swim-a-thon is a major fundraiser for our team, and we need 100% participation in order to keep fees and dues from being increased.



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Swim-a-thon

The Swim-a-thon is a national event in which every USA swim club participates annually. It is a fundraiser to benefit all of our ABSC swim programs, and the participation of all ABSC swimmers helps insure reasonable quarterly dues. This is also a tremendous opportunity for team-building and promoting swimming at all levels. Our Swim-a-thon is usually held on a Sunday afternoon in October, and swimmers will receive a packet of information early in the Fall Quarter with more details. Please join us in helping your child reap the benefits of this endeavor.

To participate in the Swim-a-thon, swimmers will seek pledges from friends and family for the number of laps they will swim during a maximum of two hours. For example, a pledge of \$.10 per lap will amount to a donation of \$20 if the swimmer completes 200 laps in the two-hour period allotted for the Swim-a-thon. A variety of prizes are awarded based on amount of pledge money collected. For further information about Swim-a-thon, please feel free to contact Al or Lisa Cave (a.cave@earthlink.net or lc.cave@earthlink.net or 706-769-7732).

Volunteering at Swim Meets

ABSC, or any other USA Swimming Club in the country, is unable to function without the use of volunteers. Depending on the number of families involved in ABSC in a given year, we would recommend that one parent per family volunteer to help during at least one meet throughout the year. Each meet we host requires a minimum of 25 volunteers. Some of the larger meets we host will require many more.

At the beginning of each season, a Volunteer Sheet will be provided for each family to select the meet(s) in which they are willing to serve. There will be occasions when we will not have enough volunteers to begin a meet. At that point in time, the announcer will call for volunteers to come down to the deck so the meet can begin. Please be willing to help out when you hear the call, or when you receive a phone call or email requesting your assistance. **As a volunteer, you will have the best seat in the house, and meets tend to pass quickly when you are involved.** You may also be rubbing shoulders with some of the premier swimmers in the Southeast or sometimes even the nation!

When you volunteer, you will be assigned a position to work. The most pressing need at each meet is for timers. The pool has an automatic timing system consisting of stop-by-touch pads. This is the primary timing system used to record official swim times. The pool also has a manually activated button system, which a timer presses at the finish touch of each swimmer. This is the secondary aspect of the official time. **A timing system consisting of individual lane timers, each operating a manual watch both started and stopped by the timer, is the tertiary aspect of the official time.** Working in pairs, each timer starts and stops a watch for each race; in addition, one records watch times and the other pushes the button for the secondary time. As you

can see, timers are very important, but it is really a very easy job to fulfill. If you have never timed before, you will be placed with an experienced timer to help you “learn the ropes”.

All volunteers should report to the officials' office (the "Timing Room") underneath the spectator stands, 30 minutes prior to the meet to be briefed on their specific position and/or receive their lane assignments.

Some volunteer positions require more training in order to ensure the ongoing success of the ABSC program. Computer operators (Hy-Tek), timing device operators, and announcers need to be apprenticed by parents with younger children to assure continuity in the program as older swimmers and their parents “graduate”. This will be discussed in more detail as we begin the new season.

Please feel free to contact Susan Kasay (SWKasay@aol.com or 706-546-9543) with any questions you may have regarding the volunteer system for ABSC.

GA Swimming Officials

All competitive swimming events held under USA Swimming sanction must be conducted in accordance with the rules and regulations established by USA Swimming. These rules are designed to provide fair and equitable conditions of competition and to promote uniformity in the sport so that no swimmer has an unfair advantage over another. To that end, we at ABSC are always in need of certified officials to order to be able to hold swim meets, both at home at the Ramsey Center, and at away meets hosted by other swim clubs. **Without certified officials, we cannot have a swim meet.**

Officiating at swim meets is one of the best ways to actively participate in your child's sport. By becoming an official, you will learn a lot about swimming, help your local swim club, meet people from all over the state of Georgia, and get to watch the competition up close. There are several positions for which one can obtain certification. These include: Stroke and Turn Judge, Starter, Chief Judge, Referee, Administrative Referee, and Clerk of Course. Beginning officials must first get certified as "Stroke and Turn Judges".

How do I get certified as a swimming official in Georgia?

In order to become a certified Stroke and Turn Judge, you must first complete a "home self-study course, and then attend a one-session "stroke and turn clinic". Clinics are offered at designated swim meets and Georgia Swimming meetings throughout the year. After attending the clinic, you will be ready to "apprentice" at a series of meets, where you will be shadowing an experienced stroke and turn judge. After completing your apprenticing sessions and sending in your apprenticing log, you will have completed the certification process.

To request the materials for the Stroke and Turn Home School training or to get information about future clinics please contact the training facilitator for Georgia Swimming, Rob Schreer at h2oref@bellsouth.net

If you have questions about officiating feel free to contact Kathleen Schmaltz (kathleenschmaltz@earthlink.net or 706-549-7999).

ABSC Social Events

Various social activities are scheduled throughout the swim season. Once a month we go to Stevi B's for pizza to honor our "ABSC Swimmers of the Month". In past summers we have gone to Carowinds after a long course meet. If you have any suggestions for the Social Committee please contact Lisa Cave (lc.cave@earthlink.net or 706-769-7732).

Away Meets

Information about away meets (location, warm-up times, event schedules, etc.) will be posted on the ABSC website prior to the competition dates. Also, hotel reservation information and directions to the pool will be made available (sent out via email or posted on the ABSC website) prior to the date of competition. Be sure to make hotel reservations soon after receiving the hotel information for a meet, as often there is a limited number of rooms available for a given swim meet and rooms go fast. Should you have any questions concerning away meets, please feel free to contact Ann Hoersten (majh626@yahoo.com).

Communications and Media

The Media Coordinator is responsible for providing information about the club and the accomplishments of our swimmers to the local newspapers and also maintains the bulletin board at the pool and provides meet photos and recap information for the website. If you know of a swimmer who has been recognized in the local papers, or who ought to be recognized for an outside accomplishment, or if you have photos that could be posted on the website, please contact Teresa Allen (drallen8@bellsouth.net or 706-353-2389)
