

# The Athens Bulldog Swim Club

PO Box 1472, Athens, GA 30603  
[www.athensbulldogs.com](http://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 the Underdogs 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

### RAMSEY CENTER PRACTICE GROUPS

**SENIOR TEAM** Harvey Humphries [harvey@athensbulldogs.com](mailto:harvey@athensbulldogs.com)  
Monday - Friday 5:30 – 8:00 pm  
Sunday 6:00 – 9:00 am  
(Weekday morning practices with Coach Humphries’s permission)

**SENIOR II** [harvey@athensbulldogs.com](mailto:harvey@athensbulldogs.com)  
Monday – Thursday 8:00 - 9:00 pm  
(October - February)

**DAWGS** Jonathan Foggin: [jonathan@athensbulldogs.com](mailto:jonathan@athensbulldogs.com)  
Monday – Friday 5:30 – 7:30 pm  
(Sunday morning practice with Coach Foggin’s permission)

**SUPERPUPS** Mike Radford: [mike@athensbulldogs.com](mailto:mike@athensbulldogs.com)  
Mon/Wed/Fri 5:30 – 7:00 pm  
Tues/Thurs 5:30 – 6:30 pm

**PUPS** Mike Radford: [mike@athensbulldogs.com](mailto:mike@athensbulldogs.com)  
Mon/Wed/Fri 5:30 – 6:30 pm

### ATHENS YWCO PRACTICE GROUPS

**GUPS** Mike Radford: [mike@athensbulldogs.com](mailto:mike@athensbulldogs.com)  
Mon/Wed/Fri 5:00 – 6:00 pm

**UNDERDOGS** Mike Radford: [mike@athensbulldogs.com](mailto:mike@athensbulldogs.com)  
Mon/Wed/Fri 5:00 – 6:00 pm

Practice groups are determined by swimmer’s ability level.

## **FEES PER TERM**

Senior I	\$535 (Fall, Winter, and Spring/Summer)
Senior II	\$280 (October - February)
Dawgs	\$485 (Fall, Winter, and Spring/Summer)
SuperPups	\$435 (Fall, Winter, and Spring/Summer)
Pups	\$385 (Fall and Winter); \$185 (Spring)
Gups	\$335 (Fall and Winter); \$160 (Spring)
Underdogs	\$275 (Fall and Winter); \$135 (Spring)

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

**ANNUAL FEES:** Non-competitive groups (Senior II and Underdogs) do not pay these fees

### Escrow

Senior I, Dawgs, and Superpups:	\$200
Pups & Gups:	\$150
USA-S Registration	\$75
Booster Club	\$100
Swim-A-Thon	\$150 per family (*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.

Ceci Churchwell  
PO Box 7595  
Athens, GA 30604  
[ceci@athensbulldogs.com](mailto:ceci@athensbulldogs.com)

## 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 USA-S 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

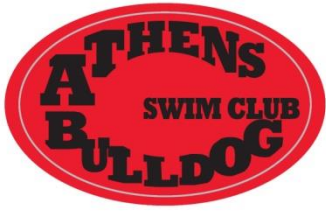
These dues go into an account to pay for all bookkeeping, mailing, postage, and copying costs for the team. It also covers the team awards for the annual spring banquet. This is a yearly per family fee payable fall quarter, or any quarter that you participate.

### 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 Term 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 Shami Jones ([shamicjones@gmail.com](mailto:shamicjones@gmail.com)).

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## 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. **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 Shami Jones ([shamicjones@gmail.com](mailto:shamicjones@gmail.com)) with any questions you may have regarding the volunteer system for ABSC.

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## **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.**

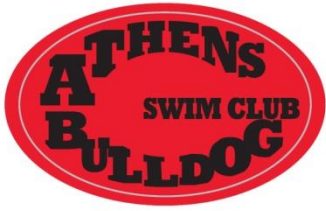
Officiating at swim meets is one of the best ways to actively participate in your child's sport. By becoming an official, you will learn a lot about swimming, help your local swim club, meet people from all over the state of Georgia, and get to watch the competition up close. There are several positions 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.

If you have questions about officiating feel free to contact Sharon Logan ([snefflogan@gmail.com](mailto:snefflogan@gmail.com)).

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Dear ABSC Parents,

Having a group of dedicated volunteers is one of the key elements in running a successful swim club. To provide your children with the swimming experience they deserve, we need your help. A little of your time can make a tremendous difference in the success of a swim meet or team activity. Below is a list of areas in which the club needs volunteers—please check one or more in which you would be willing to help.

Needs at meets:

- Timing (involves operating stopwatches behind lanes)
- Computer Operation (running software that manages the meet—training involved)
- Officiating (judging strokes, turns, and conduct of the meet—training involved)
- Hospitality Room (providing meals and refreshments for visiting coaches & officials)
- Awards (procuring and distributing ribbons, medals & plaques)
- PA System (serving as announcer at home meets, Swim-a-Thon, etc.)

Other opportunities to volunteer:

- Social Events (plan events such as team activities, dinners, hotels for away meets, etc.)
- Fundraising (dealing with team sponsors, selling ads for meet heat sheets)
- Media (help with bulletin boards, website, announcements, articles for the newspaper)

ABSC likes to recognize the hard work of our swimmers. One of the ways to do so is by posting their achievements to the web ([www.athensbulldogs.com](http://www.athensbulldogs.com)). Occasionally we post photos from meets or other team activities. However, we will only do so with your permission. Please check one of the following and sign the waiver below.

ABSC is hereby granted permission to take or reproduce photographs of the swimmer to use in brochures, websites, posters, advertisements and other promotional materials that the team may create.

Yes, I agree to the above.  No, I prefer that photographs not be used.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Names of Swimmers (1) \_\_\_\_\_ DOB : \_\_\_\_\_ T-Shirt Size \_\_\_\_\_  
(2) \_\_\_\_\_ DOB : \_\_\_\_\_ T-Shirt Size \_\_\_\_\_  
(3) \_\_\_\_\_ DOB : \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

Mother's Name \_\_\_\_\_ Phone #/E-Mail \_\_\_\_\_

Father's Name \_\_\_\_\_ Phone #/E-Mail \_\_\_\_\_