



# The Athens Bulldog Swim Club

PO Box 7595, 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 club 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 Gups group to the Senior 1 squad, 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 our developmental groups, we place a strong emphasis on learning foundational technique while also building aerobic endurance; both of which are necessary to develop the swimmer's fullest potential. The aim of our club – a 501c3 non-profit organization – 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

## ABSC PRACTICE GROUPS 2017/2018

### RAMSEY CENTER PRACTICE GROUPS

**SENIOR I** 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** Mike Radford [mike@athensbulldogs.com](mailto:mike@athensbulldogs.com)  
Monday – Thursday 6:30 - 8:00 pm

**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 – Friday 5:30 – 7:00 pm

**PUPS** Katie Barnes: [katie@athensbulldogs.com](mailto:katie@athensbulldogs.com)  
Mon/Wed/Fri 5:30 – 6:30 pm

### ATHENS YWCO PRACTICE GROUPS

**GUPS** Elizabeth Turner: [elizabeth@athensbulldogs.com](mailto:elizabeth@athensbulldogs.com)  
Mon/Wed/Fri 5:00 – 6:00 pm

**Stroke Clinic Series** Mike Radford: [mike@athensbulldogs.com](mailto:mike@athensbulldogs.com)  
Tues/Thurs/Fri 4:00 – 5:00 pm

Practice groups are determined by swimmer's age, ability level, and desired level of commitment.

## ABSC FEES 2017/2018

### PER TERM FEES = Group fees and Escrow:

#### Practice Group fees (below)

|                |   |
|----------------|---|
| Senior I       | \$545 (Fall, Winter, and Spring/Summer)   |
| Senior II      | \$415 – 4 day option. \$210 – 2-day option<br>(Fall, Winter, and Spring/Summer)       |
| Dawgs          | \$495 (Fall, Winter, and Spring/Summer)   |
| SuperPups      | \$445 (Fall, Winter, and Spring/Summer)   |
| Pups           | \$395 (Fall and Winter); \$185 (Spring)   |
| Gups           | \$345 (Fall and Winter); \$160 (Spring)   |
| Stroke Clinics | \$175 – 3-day option, \$150 – 2-day<br>option. (Each sessions. Sessions = 5<br>weeks) |

**\*\*There is a 10% discount for second swimmer and a 20% discount for 3rd swimmer in same family. The 4th swimmer is free. (Not including Clinic Series).\*\***

#### Escrow **\*\* See “Explanation of Fees” section below for Escrow Details**

|  |       |
|--|-------|
| Senior I, Senior II, Dawgs, and Superpups: | \$200 |
| Pups & Gups:                               | \$150 |

### ANNUAL FEES = USAS Registration, Booster, Swim-a-thon:

|  |                               |
|--|-------------------------------|
| <b>USA-S Registration (all groups)</b> | \$76                          |
| <b>Booster Club</b>                    | \$100 (per family)            |
| <b>Swim-A-Thon</b>                     | \$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. Remember 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: 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 address below. 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)

Those who would like to pay via credit card may do so, but such payments will incur an percentage based fee for processing. Please contact Ceci Churchwell for additional information.

## EXPLANATION OF FEES

### **Practice Group Term Fees: Amount varies by group.**

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

### **USA Swimming Registration: \$76 per swimmer, per year.**

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 for each swimmer and returned to the ABSC Treasurer. **Please do not mail any forms or checks to Georgia Swimming in Atlanta.** \*\*Clinic swimmers do not register with USA Swimming.

### **Booster Dues: \$100 per family, per year.**

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. \*\*Does not apply to clinic swimmers.

### **Escrow (Meet Entry Fees): \$150 for Gups and Pups, \$200 for Supers and above.**

The \$150 or \$200 numbers above represent the minimum balance that each swimmer must maintain at the start of each term. Each swimmer has an escrow account which covers entry fees for USA-S 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.** \*\*Clinic swimmers do not owe escrow, as they don't swim in meets.

### **Swim-A-Thon: \$150 per family, per year.**

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. \*\*Clinic Swimmers do not participate.

## Swim-a-thon Fundraiser

The Swim-a-thon is a national event in which USA Swimming club teams from around the country participate 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 or November, 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 Jonathan Foggin ([jonathan@athensbulldogs.com](mailto:jonathan@athensbulldogs.com)).

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### Become an ABSC Official! One of the best jobs available!

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 become certified as a swimming official in Georgia?**

In order to become a certified Stroke and Turn Judge, you must first complete a "home selfstudy 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, please contact Sharon Logan ([snefflogan@gmail.com](mailto:snefflogan@gmail.com)).



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## Swim Meet Volunteering and Photography/Media Permission

### Timing at Swim Meets

ABSC meets are run with an automatic timing system consisting of stop-by-touch pads. This is the primary timing system used to record official swim times. In case of equipment failure, there are two levels of backup time. The first is a manually activated button system, which a timer presses at the finish touch of each swimmer. The second consists of individual lane timers, each operating a watch both started and stopped by the timer. Working in pairs, each timer starts and stops a watch for each race; one records watch times and the other pushes the button for the backup time. These secondary and tertiary level timing systems are operated by timers on the pool deck.

Having the proper number of timers (usually 16) is one of the key elements in running a successful swim meet. As such, ABSC parents who have children participating in a home meet are expected to serve in this capacity. When you sign your child up for a home meet, your family's name will be put in the pool of potential timers. Timing assignments will be sent out a week prior to the start of the meet; parents will be assigned only to sessions in which their children swim. If, for some reason, a family cannot fulfill its timing assignment, it is the parent's responsibility to find a replacement. If you have never timed before, you will be placed with an experienced timer to help you "learn the ropes."

**I understand that if I have a child entered in a home meet, I may be required to time. If my family is on the Timer List and I cannot be at the pool to fulfill my requirement, I understand that I am responsible for securing a replacement.**

\_\_\_\_\_ **Yes, I agree to the above.**

In addition to timers, there are other positions that need to be filled at home meets. A list of these is below. If you are interested in working in any of these capacities, please check one or more in which you would be willing to help. Parents who volunteer for these positions will not be required to time.

\_\_\_\_\_ **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)**

\_\_\_\_\_ **Meet Program & Awards (selling heat sheets, procuring and distributing ribbons, medals & plaques)**

### Photography/Media Release

ABSC likes to recognize the hard work of our swimmers. One of the ways to do so is by posting their achievements online. 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, social media, 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 \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_